

Information provided to assist in preparing, responding, and building resiliency in the event of a disaster or terrorist event.

# advance notice

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## UPCOMING EVENTS

### Great Central U.S. SHAKEOUT

Join millions of people who will  
**DROP, COVER and HOLD ON**  
at 10:15 a.m.

Thursday, Feb. 7, 2013

Participating is a great way for you, your family, or organization to be prepared to survive and recover quickly from big earthquakes.



### SAVE THE DATE!

2013 Public Health  
Preparedness Conference  
June 19-20, 2013

[www.health.mo.gov/information/news/fridayfacts/SavetheDate.pdf](http://www.health.mo.gov/information/news/fridayfacts/SavetheDate.pdf)

## RE-PURPOSING

Beginning with this issue, the Advance Notice newsletter will become a monthly resource posting. You will find timely information and up-to-date websites relating to behavioral health issues in disaster planning, preparedness, and recovery. We hope you will find this information useful.

## FLU PREVENTION AND PROTECTION

Materials are available free through the Department of Health and Senior Services. These include posters, coloring pages for children, Band-Aids with the flu vaccine message on them and other helpful resources:

<http://health.mo.gov/living/healthcondiseases/communicable/influenza/pdf/orderform.pdf> Another helpful resource for flu information is: <http://www.flu.gov/>

## PREPAREDNESS

**Do 1 Thing**—A free, web-based program that encourages individuals to take one small step each month to become better prepared. The flexibility of this program appeals to participants of all socio-economic levels and recently expanded to provide program services to cover literacy and language barriers for all ages with converted visual factsheets. <http://do1thing.com/about>



**Emergency 2.0 Wiki Accessibility Toolkit**—Developed to empower people with disabilities to use social media for disaster preparedness, response and recovery. This toolkit was developed in response to the fact that not all people with a disability are able to access life-saving messages delivered through social media due to the accessibility challenges that the tools currently pose: [http://emergency20wiki.org/wiki/index.php/Main\\_Page](http://emergency20wiki.org/wiki/index.php/Main_Page)

**Disaster and Crisis APPS for iPhone and iPad**—These are 15 of the best iPhone, iPad and iPod apps that will interest crisis management and disaster response professionals. Many will also be of interest to the average user. This list does not include apps that are solely focused on personal preparedness or general weather apps such as AccuWeather.

Most apps are free, and some are available in paid and free versions. The geographic scope of the app—global or USA—is listed next to the name. [http://blog.missionmode.com/blog/15-disaster-and-crisis-apps-for-iphone-and-ipad.html?goback=%2Egde\\_3833131\\_member\\_195053141](http://blog.missionmode.com/blog/15-disaster-and-crisis-apps-for-iphone-and-ipad.html?goback=%2Egde_3833131_member_195053141)

## ***SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) AND DISASTER TECHNICAL ASSISTANCE CENTER (DTAC)***

**Discussion Board**—SAMHSA DTAC offers this online forum for discussing disaster behavioral health issues, sharing lessons learned, and posting helpful resources. To become a member, visit <http://dtac-discussion.samhsa.gov/register.aspx> and complete the brief registration process. Within two business days, you will receive your login ID and password via email, along with further instructions on how to access the board. Contact SAMHSA DTAC with any technical questions by emailing [DTAC@samhsa.hhs.gov](mailto:DTAC@samhsa.hhs.gov) or calling 1-800-308-3515.

**The Dialogue**—SAMHSA DTAC’s quarterly electronic newsletter provides practical and down-to-earth information for disaster behavioral health coordinators, local service providers, Federal agencies, and non-governmental organizations. *The Dialogue* is distributed via SAMHSA’s email updates, which can provide you with the latest news about grants, publications, campaigns, programs, statistics, and data reports. To receive *The Dialogue*, please go to SAMHSA’s homepage <http://www.samhsa.gov>, enter your email address in the “Mailing List” box on the right, and select the box for “SAMHSA’s Disaster Technical Assistance newsletter, *The Dialogue*.” To volunteer to author an article or submit a feature for an upcoming issue, please contact SAMHSA DTAC by emailing [DTAC@samhsa.hhs.gov](mailto:DTAC@samhsa.hhs.gov) or calling 1-800-308-3515.

**Coping with Violence and Traumatic Events**—This SAMHSA webpage has been updated to provide resources that can be helpful to those coping with the recent tragedy in Newtown, Connecticut. Recommended websites and fact sheets are provided that contain tips for talking with children and youth, guidance for coping with grief and mass violence, as well as guidelines for media exposure. To view this webpage, please go to <http://www.samhsa.gov/trauma>

**New Disaster Response Template Kit**—SAMHSA DTAC released this kit, which includes customizable public education materials that disaster behavioral health response programs can use to provide outreach, psycho-education, and recovery news for disaster survivors. This installment also contains links to sample materials and online tools that have been used in previous disaster situations across the country. To view this installment, please visit [http://www.samhsa.gov/dtac/dbhis/dbhis\\_templates\\_intro.asp](http://www.samhsa.gov/dtac/dbhis/dbhis_templates_intro.asp)

### ***CHILDREN***

**Caring for Kids after Trauma, Disaster and Death: A Guide For Parents and Professionals, Second Edition**—This guide has a chapter with tips for helping children who have experienced a death or trauma to cope with the holidays, including establishing new traditions and anticipating children’s reactions. [http://www.aboutourkids.org/files/articles/crisis\\_guide02.pdf?CSRT=13195336753166817812](http://www.aboutourkids.org/files/articles/crisis_guide02.pdf?CSRT=13195336753166817812) [PDF-547.64 Kb]

### **CHECK THIS OUT**

Visit the DMH Disaster Services website:  
<http://dmh.mo.gov/disaster>

“Like” us on Facebook at:  
“Disaster Services-Missouri  
Dept of Mental Health”

Follow us on Twitter at:  
[http://twitter.com/ShowMe\\_HOPE](http://twitter.com/ShowMe_HOPE)

### **NEW: Children's Preparedness Website — (CDC)**

Parents, teachers, doctors and nurses are just some of the people who can help children get ready for and cope with disasters. Check out these resources to help keep kids safe in an emergency. <http://emergency.cdc.gov/children/>

Other links to assist with relating to children:

#### **Catastrophic Mass Violence Resources**

<http://www.nctsn.org/trauma-types/terrorism>

#### **Firearm Related Injuries Affecting the Pediatric Population**

<http://pediatrics.aappublications.org/content/130/5/e1416.full>

#### **American Academy of Child & Adolescent Psychiatry**

[www.aacap.org/](http://www.aacap.org/)

### **SUICIDE PREVENTION**

**Missouri Ask Listen Refer**—The free online training program available from Missouri Partners in Prevention, was recently featured in the state news section of Suicide Prevention Resource Center's newsletter, *The Weekly Spark*. Take the twenty-minute MO ALR training at: <http://moasklistenrefer.org/>

### **EMERGENCY PLANS AND INTRUDER RESPONSE**

The following resources may be helpful when reviewing your facility safety plans:

- **DMH All-Hazards Facility Planning Guide**--<http://dmh.mo.gov/disaster/plans.htm> See Appendices on Armed Robbery and Hostage Situations.
- **Active Shooter: How to Respond**--by the U.S. Department of Homeland Security [http://www.dhs.gov/xlibrary/assets/active\\_shooter\\_booklet.pdf](http://www.dhs.gov/xlibrary/assets/active_shooter_booklet.pdf)
- **Active Shooter: What You Can Do**--one-hour training course provided by FEMA <http://training.fema.gov/EMIWeb/IS/IS907.asp>
- **RUN HIDE FIGHT Surviving an Active Shooter**--Video clip produced by the City of Houston with Department of Homeland Security [http://www.youtube.com/watch?v=zcnA\\_Cq\\_Csk](http://www.youtube.com/watch?v=zcnA_Cq_Csk)

### **VACCINE FINDER**

Adults need more than just the flu vaccine. It is now easier for adults to find all of the vaccinations they need. The HealthMap Vaccine Finder is a free online service that helps consumers locate vaccine providers (like pharmacies and health clinics). By entering an address or zip code, you can easily find nearby providers of recommended adult vaccinations including the flu vaccine.

Check out the new adult Vaccine Finder tool to locate providers of adult vaccines near you at <http://vaccine.healthmap.org/index.php>



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