

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

advance notice

Fall 2014

Vol. 6 No. 2

UPCOMING EVENTS

WEBINAR SERIES

*Advancements in the
Field: What's Working?*

*Highlighting the latest
evidence-informed and
evidence-based trauma
practices in key areas
relevant to the work of
child welfare.*

*Scheduled every two months
starting November 13, 2014,
through January, 2016.*

CEU's available

For more information, email

Julie Collins, LCSW,

at

jcollins@cwla.org

*Child Welfare League of
America (CWLA)*

PREPAREDNESS FOR PEOPLE WITH DISABILITIES

FEMA has produced a unique instructional video regarding emergency preparedness with information specific to Americans with disabilities or other access and functional needs. www.youtube.com/watch?v=ZLLMDOScE4g&feature=youtube_gdata

MANAGING EMOTIONAL ISSUES AFTER A DISASTER



Joplin tornado destruction May 2011

You can now download tip sheets designed to help specific groups cope more effectively with the behavioral health challenges that often occur following a disaster. These groups include children to college-age students, disaster survivors, and responders.

<http://content.govdelivery.com/accounts/USSAMHSA/bulletins/8cccbb>

SAMHSA DTAC WEBINARS

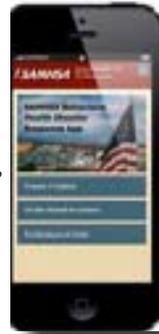
Great news! All SAMHSA DTAC webinars and podcasts can now be found on SAMHSA's YouTube page at <http://www.youtube.com/user/SAMHSA> and the SAMHSA DTAC playlist at www.youtube.com/playlist?list=PLBXgZMI_zqfRcTt9ndxkbieQ-pQslk-R6

CRISIS AND EMERGENCY RISK COMMUNICATIONS (CERC)

The CERC training program draws from lessons learned during public health emergencies, and incorporates best practices from the fields of risk and crisis communication. With this comprehensive training program, CDC has moved forward in meeting the needs of partners and stakeholders in preparing for, responding to and recovering from the threat of bioterrorism, emergent diseases, and other hazards. www.emergency.cdc.gov/cerc/

THERE'S AN APP FOR THAT AND THAT AND THAT!

SAMSHA Disaster Response Phone App Now Available
The SAMSHA Disaster App makes it easy to provide quality support to survivors. Users can navigate pre-deployment preparation, on-the-ground assistance, post-deployment resources, and more-at the touch of a button from the home screen. Users also can share resources, like tips for helping survivors cope, and find local behavioral health services. www.store.samhsa.gov/apps/disaster/



The following app information was taken from the New York DMH Responder, Volume 4 Issue 1

TECHNOLOGY ROUND-UP

Anyone in possession of a smartphone or tablet knows there's been a virtual explosion of apps released to address every possible need – including many needs we never actually knew we had!

There are a growing number of free or inexpensive tools that may be useful for DMH responders. Some are mental health specific, including a number of apps that will remind you of key Psychological First Aid and self-care actions you can take during a response. Others are intended to encourage emergency preparedness among members of the public, so they may be useful to recommend to clients and patients.

PFA Mobile

Platforms: Android, iOS

Useful for those using Psychological First Aid in the field PFA Mobile offers interventions, tips and other resources to support responders. Developed by the VA's National Center for PTSD, National Child Traumatic Stress Network, and DoD's National Center for Telehealth and Technology, this app has an incredible breadth of information. www.nctsn.org/content/pfa-mobile

Price: Free



Psychological First Aid (PFA) Price: Free

Platforms: Android, iOS

This app from University of Minnesota Public Health allows the user to review the core components of PFA, promoting safety, calm, connectedness and self-empowerment. This app comes complete with information about the common reactions to traumatic events, when to refer someone to a mental health provider and practice scenarios to test the user's knowledge.

www.itunes.apple.com/us/app/pfa-mobile/id551079424?mt=8



CHECK THIS OUT

CDC Online Training

Fundamentals of CDC's Crisis & Emergency Risk Communication (CERC) Training
<http://emergency.cdc.gov/cerc/>



Emergency Preparedness and Response – (CDC)

Find resources for All Hazards and Specific Hazards preparedness.
<http://emergency.cdc.gov/hazards-all.asp>



Health Professionals and Seasonal Flu (HHS)

For healthcare providers and services organizations to plan and respond to seasonal flu
<http://www.flu.gov/planning-preparedness/hospital/index.html>

PE Coach

Price: Free

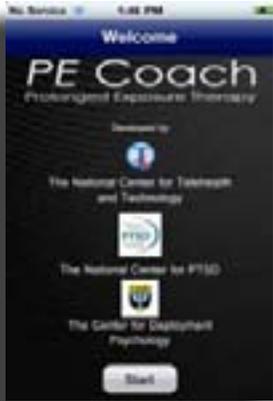
Platforms: Android, iOS

For clinicians working with clients in a long term setting Prolonged Exposure(PE) is a highly recommended, evidence-based psychotherapy treatment for PTSD. PE Coach was designed as a tool for clinicians and their clients to maintain treatment goals.

*Please note: This is not a training tool in Prolonged Exposure therapy;

clinicians should seek training in this model before attempting use this therapy and app with a client.

<https://itunes.apple.com/us/app/pe-coach/id507357193>



CHECK THIS OUT

COPING FACTS

<http://dmh.mo.gov/disaster/factsheets.htm>

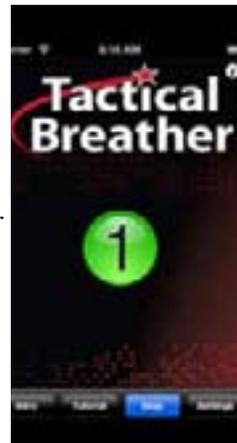
Tactical Breather

Price: Free

Platforms: Android, iOS

Another app created by the The National Center for Telehealth and Technology--Tactical Breather is an app that allows the user to practice breathing in a way that lowers their arousal levels. Useful in both disaster and other clinical settings to help an individual maintain calm.

<https://itunes.apple.com/app/tactical-breather/id445893881?amp%3Bmt=8&mt=8>



FAITH-BASED COMPENDIUM OF DISASTER RESOURCES

The faith-based community may perhaps be the single greatest representative cross-section of a community and comprises roughly 350,000 congregations in the United States. Congregations currently play a critical role once disasters strike, providing food, counseling, shelter, transportation and communications to their congregants and their surrounding communities. However, this role and their activities are neither systematized, nor included in the disaster mitigation planning process.

The International Association of Emergency Managers (IAEM) faith-based caucus is working to develop a knowledge base for the roles, assets and potential engagement of congregations in coordinated disaster preparedness and response and serve as a bridge that maximizes the efforts on these issues between policy-makers and faith-communities across the United States. This project is an opportunity to increase the effectiveness with which congregations prepare for and respond to disasters.

<https://iavoad.communityos.org/cms/system/files/Faith-Based-Resource-Compendium.pdf>

EBOLA OUTBREAK

When we watch news on TV about an infectious disease outbreak, read about it in the news, or overhear others discussing it, we can feel scared, confused, or anxious. This is true even if we live far from where the outbreak is taking place and are at little to no actual risk of getting sick.

These resources will discuss some common reactions, help you with coping techniques, and know when to seek professional support. You can find additional resources at: www.cstsonline.org

Ebola: Facts for Maintaining Your Health

www.cstsonline.org/wp-content/resources/CSTS_Ebola_Facts.pdf

Coping With Stress During Infectious Disease Outbreaks

www.dmh.mo.gov/docs/diroffice/disaster/ebola_copingwithstress.pdf

How to Talk to Your Children About Ebola

www.dmh.mo.gov/docs/diroffice/disaster/ebola_howtotalktoyourchildren.pdf

Child-Friendly Guidance on Ebola

www.dmh.mo.gov/docs/diroffice/disaster/ebola_childfriendlyguidance.pdf

Talking with Children: Tips for Caregivers

www.dmh.mo.gov/docs/diroffice/disaster/ebola_tipsforcaregivers.pdf

RESOURCES FROM THE TERRORISM AND DISASTER CENTER

◆ UNIVERSITY OF MISSOURI

Disasters and Domestic Violence Fact Sheet

Provides an overview of disasters and domestic violence and describes strategies for how disaster responders and providers can assist families that experience disaster and domestic violence.

http://tdc.missouri.edu/doc/TDC_Domestic_Violence_and_Disasters.pdf

Resilience and Coping Intervention (RCI)

RCI is a group discussion exercise that allows children and families to share their thoughts and feelings about a disaster as well as create a plan in order to effectively cope with the disaster.

http://tdc.missouri.edu/doc/RCI_Manual_2014_FINAL.pdf

Mental Health Response to Community Disasters Fact Sheet

Contains information about the effect of disasters on mental health and what steps can be taken in the aftermath of a disaster.

http://tdc.missouri.edu/doc/TDC_Community_MH_Response_FactSheet.pdf

Cultural Guidelines for Working With Families Who Have Experienced Sudden and Unexpected Death

Developed in partnership with the Missouri Department of Mental Health, this tip guide provides practical cultural guidelines for working with families who have experienced sudden and unexpected death.

http://tdc.missouri.edu/doc/culture_guide_unexpected_death.pdf

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



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