WHAT WE DO

• Plan, prepare and drill DMH on handling disruptive events:
  • Hazardous weather and natural disasters
  • Technology failures and utility disruptions
  • Damage to facilities
  • Loss of key suppliers
  • Impact to workforce
  • Workplace violence and other human caused events

• Work with partner public/private agencies to prepare the state:
  • State: SEMA, DHSS ASPR/PHEP, DOC, Coalition, Gov’s Partnership
  • Federal: HHS/SAMHSA, DHS/FEMA, ARC
• **Trainings, Exercises and Technical Assistance**
  • Educate and prepare the Community to handle disruptive events:
  • First on Scene; CPR and first aid
  • Psychological First Aid
  • Skills for Psychological Recovery

_We’ll discuss these trainings more when we explore resources at the final session of Ambassadors Academy._
TEAM EXPERIENCE:

- Floods of ’93, 15, 17
- Columbine High School Shooting
- 9/11
- Hurricanes: Bob, Floyd, Katrina
- Tornados: Joplin, Good Friday, Pierce City
- Bird Point Levee
- Death of Michael Brown in Ferguson

- The Great Recession of 2008
- Super Storm Sandy
- Arab Spring
- Stockley Verdict
- Branson Duck Boat Tragedy
Psychological Reactions to Disaster

Collective Reactions
Typical phases of disaster:

Adapted from CMHS, 2000.
INDIVIDUAL DISASTER RESPONSES

- **Disasters and Trauma**
  - Natural Disaster vs. Human Caused
  - Degree of personal impact
  - Size and scope
  - Visible impact
  - Probability of recurrence
  - Media Coverage

- **Common reactions:**
  - Feeling overwhelmed
  - Sleep disturbances
  - Recurring images of the event
  - Anger
  - Withdrawal
  - Depression
  - Crying
  - Fatigue
  - Headaches
  - Appetite: increase or decrease
  - Children may regress
  - Irritability
COPING TIPS

• Seek support
• Help others by sharing thoughts and checking on them.
• Make use of available community services.
• Everything in moderation.
• Healthy routines are important for recovery.
• Self-Care
• EAP

• Exercise and relaxation
• Keep a journal.
• Structure your time
• Daily schedule/Routine
• Time/Patience
When to Seek Professional Assistance

Ask for help if you need it, especially when:

- Things are falling apart: marital problems, family conflict, loss of friendships, problems at work or school.
- There is no medical explanation for chronic physical problems.
- Preoccupation with the tragic event interferes with life activities.
- Isolation and fear cause feelings of desperation.
- Experiencing feelings of hopelessness, depression, or extreme anger.
- You are reliant on alcohol or other drugs.
DMH PROCESS

- Current: CMHC
- Future: Cadre
- Challenges:
  - Funding
  - Maintaining & Sustaining Expertise
CASE STUDY:

Branson Duck Boat Tragedy

- July 19, 2018
- Duck Boat #7 capsizes on Table Rock Lake at 7:08 p.m. during a sudden weather event.
- 17 of 31 people onboard die
- Most victims tourists, one an employee
- One family loses 9 of 11 members on vacation
- Event covered heavily in media
- First NTSB event handled by experience team
WHAT WE WANT YOU TO KNOW

• Put together a disaster plan
• Vicarious rehearsal
• Emotional responses vary

• Learn the emotional basics
• Take a class in person or on line
• Identify the needs for your district
• Contact us for our expertise and know we are a resource when a critical event occurs
QUESTIONS

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