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FEATURED TRAINING

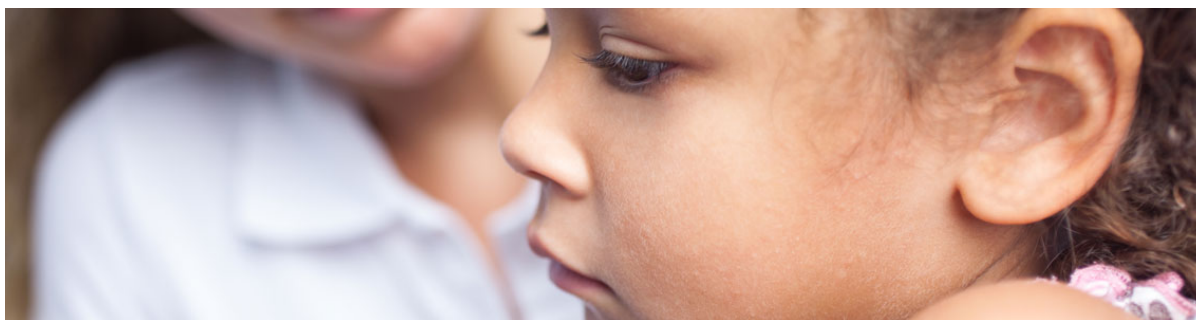
Two Dates - Two Locations

June 7, 2017 in Bangor, Maine

June 8, 2017 in Freeport, Maine

Disaster Mental Health Training - Assisting Children and Families

The existing body of research, planning and practice regarding providing mental health services to individuals and the community in the immediate aftermath of a disaster is growing. While most of the field's focus to date has been on working with adult populations, the social, emotional and developmental needs of children make them a special population for whom helpers need specialized training. This course will focus on mental health professionals working with child survivors of disaster-related trauma and their families. Experiential exercises will give participants the opportunity to practice the skills needed to work effectively with children and families in the immediate aftermath of disasters.



Visit the MDBH website to learn more and register for the training.



An article titled that focuses on the use of virtual reality to enable veterans suffering from PTSD to enter a virtual war zone to relive the trauma of serving in Iraq and Afghanistan. "Treatment for PTSD has varied over the years, from medication to psychotherapy to simple exercise. Most now agree that exposure therapy, a treatment pioneered in the 1950s that seeks to relive a sufferer's trauma in a controlled, often imaginary environment, is usually the most effective prescription (though many doctors disagree). The idea is to take a patient back to the memory of their trauma over and over again until their triggers no longer produce anxiety. Psychiatrists call this process habituation. Through repetition, the memory is slowly robbed of its power."

[Read More](#)

About TIPs for first responders

In the aftermath of Hurricane Katrina, medical personnel, law enforcement officers, National Guardsmen and other first responders in the Gulf States used information in the Tip Sheets to help evacuate people with disabilities who had been stranded in their homes. In southern New Mexico, a municipal law enforcement agency used information in the Tip Sheets to safely move an inebriated person in a power wheelchair from a busy downtown intersection. In North Dakota, school health nurses used the Tip Sheets to work with students with intellectual disabilities who were being evacuated during unprecedented floods that swept the state.



The Tip Sheets For First Responders were developed in response to requests from first responders who wanted quick, easy-to-understand guidance on how to effectively work with people with a wide range of physical and cognitive disabilities in emergency situations.

[Download the Tip Sheet](#)

Tips for Providing Services for Individuals Living with Functional and Access Needs is a simple, easy-to-use tip sheet with information for assisting people with a wide range of disabilities. Provided through the Alabama Disability and Health Program.

[Download the Tip Sheet](#)

EXERCISE OPPORTUNITY

Disaster Behavioral Health Volunteers and others interested in behavioral health disaster activities are invited to participate in May 16, 2017 Full Scale Exercise to be held at the Bangor International Airport. If you are interested in participating as a DBH volunteer or as an actor playing the role of a victim, contact Maine's Disaster Behavioral Health Director, Kathleen Wescott, LMFT-C at Kathleen.wescott@maine.gov

Bangor International Airport Full Scale Exercise

Date: Tuesday, May 16, 2017

Time: 7 am – noon; Lunch will be provided.

Location: Bangor Airport International Terminal, and (3) Bangor-area hospitals

[Download the Save the Date for the Full Scale Activity.](#)

Planning and Functional Access Needs

Kathleen Wescott, LMFT-C

Maine Disaster Behavioral Health Director

Before, during, and after a disaster or public health emergency, members of at-risk

populations may have difficulty in managing their functional needs for accessible communications, healthcare needs and supports, may have difficulty maintaining functional independence, and may need increased psychosocial support, supervision and transportation. Individuals with functional and access needs include (but are not limited to) people that have physical, sensory, mental health, and cognitive and/or intellectual disabilities affecting their ability to function independently without assistance. Others who may have functional needs include older adults, women in late stages of pregnancy and individuals needing bariatric equipment.

The National Organization on Disability (NOD) identified three types of disabilities of concern for emergencies and disasters: sensory, mobility and cognitive. The following definitions are from NOD's Emergency Preparedness Initiative:

Sensory: Persons with hearing or visual limitations, including total blindness or deafness.

Mobility: Persons who have little or no use of their legs or arms. They generally use wheelchairs, scooters, walkers, canes, and other devices as aids to movement.

Cognitive: The terms "developmental" and "cognitive" most commonly include conditions that may affect a person's ability to listen, think, speak, and read, write, do math, or follow instructions.

The general assumption is that most persons with functional and access needs have the right to self-determination, whenever possible. Self-determination is a practice that asserts that the individual has the right and ability to assess their own needs, receive education about their options and be involved in the decision making process. With the proper support, individuals with functional and access needs benefit equally from the services provided in general population shelters, alternate care sites or with family members.

[Read More](#)

UPCOMING EVENTS & TRAINING

Learning opportunities for behavioral health, spiritual care, substance abuse professionals as well as disaster responders and natural community helpers.



Announcing Spring/Summer Trainings Supported by AdCare

Psychological First Aid Training

May 23, 2017 - Auburn, Maine

This program is a six hour, interactive, face-to-face training that provides public health professionals, emergency responders, and natural community helpers without former mental health education with the concepts and skills associated with psychological first aid.

[Register Online](#)

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[Register Online](#)

MGT-439: Pediatric Disaster Response and Emergency Management (DHS/FEMA Funded Course)

August 8-9, 2017 - Lewiston, Maine

This course addresses pediatric emergency planning and medical response considerations through a combination of lectures, small group exercises, and a table-top exercise.

[Register Online](#)

Additional Training Opportunities

9th Annual *Maine Partners in Emergency Preparedness Conference*

April 25 and 26, 2017 - Augusta, Maine

The Conference will feature more than 40 individual workshops and meetings offered over the two days. The theme for this conference is **Threats to People and Infrastructure**. Additional workshops of interest to emergency management and responders are also on the agenda.

- Additional workshops of interest to emergency management and responders are also on the [agenda](#).
- Our first day's plenary discussion focuses on response to and recovery from the effects of Hurricane Matthew in North Carolina. Our second day plenary will look at the response to and impact of the Boston Marathon Bombing in Massachusetts.
- There is no charge for attending the conference. There is a small fee for exhibitors, but no charge for not-for-profit and government exhibitors.

[Register Online](#)

Ready, Willing, & Able - Disaster Preparedness and Response Course on Meeting the Needs of Persons with Disabilities (web-based)

This FREE two hour course for personnel in health, emergency managers, response, relief, and disability fields covers disability etiquette, terminology, and communication and assistance techniques during disasters to assist persons with the following disabilities: sensory (difficulty seeing, hearing, smelling, touching, or tasting); physical (difficulty walking or climbing stairs, grasping or lifting objects, or not being able to use one or more arms or legs); and cognitive (difficulty concentrating, remembering or making decisions). This training is offered through the Train Learning Network, a national learning network that provides thousands of quality training opportunities to more than one million professionals who protect and improve the public's health.

[Learn More](#)

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