



# Disaster Behavioral Health Newsletter

Maine Center for Disease Control and Prevention; Public Health Emergency Preparedness

February 2013

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## Dates to Remember:

### DBH Trainings:

March 21-22  
Fireside Inn, Portland

April 4-5  
Hilton Garden Inn,  
Bangor

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Date TBD: Spring  
DBH Functional  
Exercise— follow-up  
to tabletop of  
October 2012;  
second phase in  
HSEEP Process!

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## SKILLS FOR PSYCHOLOGICAL RECOVERY

Skills for Psychological Recovery (SPR) is the “next step” after Psychological First Aid. Developed by the National Center for PTSD and the National Child Traumatic Stress Network, funded by SAMHSA, the curriculum offers hands-on approaches to working with survivors to build problem-solving skills and promote helpful thinking and positive activities. It is an evidence-informed modular approach to helping individuals and families in the weeks and month following a disaster. A key focus is the reduction of ongoing stress experienced after a trauma or disaster. It is designed for application in field settings, appropriate for developmental levels across the lifespan and culturally informed. SPR is a skills-building approach that helps survivors regain a sense of control and competence. It is being offered in most communities with a disaster declaration as part of the crisis counseling response. Familiarity with SPR will expand the options volunteers have at hand to support survivors. This workshop offers the tools to support adaptive coping and help survivors take an active role in their recovery. SPR will be offered at the Hilton Garden Inn on **April 25 in Bangor** and at the Hilton Garden Inn on **May 9 in Auburn**.

The **Disaster Behavioral Health Response Team** needs to grow! The Maine Commission for Community Service reports, “Overall, nearly 1 in 3 Maine residents volunteer (32.7%) earning a ranking of 12th in the nation.” Yet, the DBHRT has only 90 registered volunteers. Five counties in Maine have only one volunteer! We need to grow our team to be able to muster reliable support statewide. Attached to this newsletter is a flier we are attempting to get posted throughout the state to boost interest and increase enrollment in trainings. Please post the flier in your community and approach friends and colleagues you think would be a DBH asset!

## UPCOMING CONFERENCES & EVENTS

**Maine Partners in Emergency Preparedness Conference** – April 23 & 24, 2013 at the Augusta Civic Center. If you’ve never attended this conference, it may be worth it to check out the registration website and see the topics being offered. <http://www.maine.gov/mema/prepare/conference/index.shtml>

**International Critical Incident Stress Foundation 12TH World Congress on Stress, Trauma & Coping**, “Navigating the Next Era of Crisis & Disaster Response” February 19 - 24, 2013 • The Hilton Baltimore Hotel • Baltimore, MD

**Public Health Preparedness Summit 2013**, “Strengthening Public Health & Health Care Preparedness Through Innovation, Integration & Implementation” March 12-15, Marriott Marquis, Atlanta, GA

DBH Volunteers by County (Jan 2013)

FIND YOUR COUNTY:

Androscoggin	6
Aroostook	1
Cumberland	14
Franklin	10
Hancock	3
Kennebec	20
Knox	3
Lincoln	2
Oxford	1
Penobscot	13
Piscataquis	1
Sagadahoc	0
Somerset	5
Waldo	1
Washington	1
York	4

**Don't forget to print out and post page 3 DBH flier!**

**DBH WEBSITE GOES LIVE!**

Please direct anyone interested in Disaster Behavioral Health to the team website:

**WWW.MAINEDISASTER  
BEHAVIORALHEALTH  
.COM**

Useful links for resources, application & other forms, and we'll keep events updated. Check it out!

**Vigilant Guard Exercise Planning began** in January. This is an opportunity for DBH to participate in a statewide, multi-function full scale drill! Vigilant Guard is an exercise program sponsored by US Northern Command in conjunction with the National Guard Bureau. The program provides an opportunity for State National Guard Headquarters, State Joint Task Forces and field units to improve command and control and operational relationships and interoperability with civilian partners. More details will be made available after the second planning meeting scheduled for May 8-9, 2013. We will develop objectives for DBHRT participation and have an opportunity to fully exercise the DBH support function. As soon as a date is confirmed, you will be notified to "save the date." Working toward exercise participation, we want to continue to test HAN alerts to DBH volunteers. We will conduct a TEST notification requesting acknowledgement later this month.

**Important:** Please make sure you are able to receive and respond to HAN alerts!

**Increased emphasis on crimes of violence**, particularly in schools, has resulted from the Sandy Hook shooting. For Disaster Behavioral Health volunteers, it prompts consideration about how a response in a school might differ from other DBH responses. There are many resources, including those listed below, that deserve review. It is important to consider how best to offer support to a grieving community. Several recent articles also focus on the impact the shooting has had on responders, reminding us that they are often among the unintended victims of violent crimes. Anytime there is a crime against a child it takes additional toll and requires additional support for responders.

**SAMHSA and the National Child Traumatic Stress Network (NCTSN) Resources in Response to the Recent Shooting**

SAMHSA and the NCTSN have developed resources to help families and communities. Resources can be found by visiting <http://www.samhsa.gov/trauma/index.aspx> and <http://www.nctsn.org/trauma-types/terrorism>.

Among the many resources provided are the following:

**Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers and Teachers**

<http://www.samhsa.gov/dtac/docs/KEN01-0093R.pdf>  
[PDF - 1.24 Kb]

**Psychological Impact of the Recent Shooting**

[http://www.nctsn.org/sites/default/files/assets/pdfs/psychological\\_information\\_sheet\\_two\\_pager.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/psychological_information_sheet_two_pager.pdf) [PDF - 60.82 Kb]

SMRRC Hospital Update

—FLU: SMRRC is working as representatives of and with the Maine CDC during this epidemic. We have asked our regional hospitals to use EMResource to update their bed counts and also give overall comments on how things are going. Pharmacy Directors have been sent instructional information on how to obtain Strategic National Stockpile (SNS) supplies once all other supply sources have been exhausted. In general we are seeing increased patient loads and many full ED's in our region. SMRRC has reached out to long-term care (LTR) facilities and is trying to access their needs and how their patient admission has changed with Flu. We have posted an online survey on the front page of our website and done a mass mailing. In addition we will be including Medical Facilities in our region.

—We are working on a Regional Healthcare Hazard Vulnerability Analysis (HVA) including a large scale digital mapping initiative to Geocode all regional Medical Facilities and hazards in our region. We also are working with Hazard Assessments that have been done by each county EMA for this draft. From this HVA we will draft our regions first Healthcare Regional Response Plan.

—We have been working with several hospitals on drills and exercise on a pretty continual basis and offer ourselves to help observe, plan and or run these.



## Help Your Community When Disaster Strikes Maine!

You can join others on the--

### Maine Disaster Behavioral Health Response Team

- **Statewide Team – credentials not required**
- **Two-day training offered without charge**
- **Work alongside other state and voluntary agencies responding to disaster**

The primary goal of the DBHRT is to provide support to those who have difficulty responding during a disaster.

- ✓ Gain understanding about how disaster response is organized
- ✓ Learn Psychological First Aid
- ✓ Become a part of Your State response!



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

For More Information or to Register for a training contact:

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