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## Spring brings new DBH resources

The Disaster Behavioral Health website has been enhanced with lots of new resources. Be sure to check it out often as we will continue to add relevant and timely information.

<http://www.mainedisasterbehavioralhealth.com/>



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## NEWS, UPDATES and RESOURCES

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## Spring Training Skills For Psychological Recovery (SPR)

**April 3, 2014 - Waterville**

**April 4, 2014 - Houlton**

[Registration and More Information](#)

### PROGRAM OVERVIEW

SPR is an evidence informed modular approach to help children, adolescents, adults and families in the weeks and months following disaster and exposure to trauma. This training offers SPR with a skills development approach, useful after the time when Psychological First Aid is utilized. SPR is designed to foster effective coping with post-disaster stresses by utilizing several core skill sets to promote the recovery of survivors, prevent maladaptive behaviors and prioritize a survivor's resilience while focusing on individual needs and capabilities.

### GOALS

Protect the mental health of disaster survivors

Enhance survivors' abilities to address their needs and concerns

Teach skills to promote the recovery of survivors

Prevent maladaptive behaviors while identifying and prioritizing a survivor's needs

### LEARNING OBJECTIVES:

1. Identify and prioritize survivor's needs
2. Assist survivors in learning core skills by teaching:
  - Problem-solving skills
  - Promoting positive activities
  - Managing reactions
  - Promoting helpful thinking
  - Rebuilding healthy social connections

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Maine DBHRT is actively recruiting individuals to assist during a disaster.

## Disaster Behavioral Health: A Critical Response *Building Maine's Capacity to Respond*

**May 5-6, 2014 at the Saco Ramada - Saco, ME**

Two-day Disaster Behavioral Health Volunteer Training. A training curriculum for behavioral health, spiritual care, and substance abuse professionals as well as disaster responders and natural community helpers. [For more information and to register.](#)



## DBH Volunteer Exercise

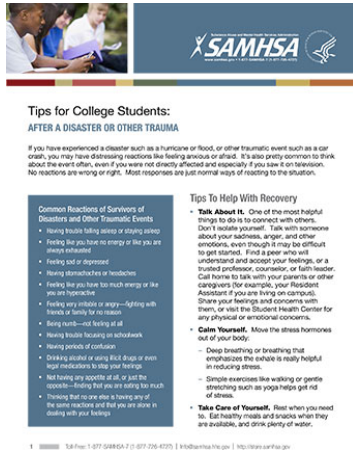
**August 8, 2014 (Friday)**

Please save **Friday, August 8, 2014** for the next scheduled Disaster Behavioral Health exercise drill. The University of Maine at Farmington will conduct a disaster exercise involving an "Active Shooter" scenario on campus with injuries to student actors and volunteers. This drill will test the University's emergency plans, Franklin Hospital will exercise the impact of a medical surge in their emergency room, and the event will involve local police and fire departments from surrounding communities. Disaster Behavioral Health volunteers will provide psychological first aid at an off-site Evacuation/Family Assistance Center and at Franklin Hospital which will test our operational readiness to support a large-scale event.

More details will be shared in the next months. We will conduct monthly phone conference calls for DBH Volunteers to learn about Farmington's behavioral health resources, such as the University Counseling Services, Evergreen Counseling, and Tri-County Mental Health services, that would be available following this type of event. *The Tips for College Students: After a Traumatic Event* is an excellent

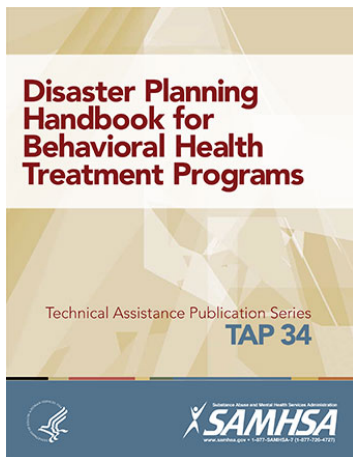
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resource for volunteers to prepare for this exciting opportunity in support of Maine College Students and their family members. (see link below)



## Tips for College Students: After a Disaster or Other Trauma

This tips sheet helps college students cope with the mental health effects in the aftermath of trauma. It explains normal reactions, emphasizes the importance of talking about feelings, and offers tips for coping. Includes resources for more information.



## TAP 34: Disaster Planning Handbook for Behavioral Health Treatment Programs

### **SAMSHA Disaster Technical Assistance**

This technical assistance publication, *Disaster Planning Handbook for Behavioral Health Treatment Programs* provides guidance, for developing or improving the behavioral health treatment programs' disaster plan. A disaster plan is an essential reference for program staff in a disaster situation---the planning process is the path through which preparedness becomes possible.

This document provides guidance for programs that offer prevention services, outpatient or residential treatment, medically managed

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detoxification, and medication-assisted treatment.

The TAP covers planning issues specific to at-risk populations (e.g. children, elderly or frail senior citizens, pregnant women, those with chronic medical disorders and disabilities, those with pharmacological dependency). It helps staff members to identify and manage their program's exposure to threats and hazards, and retaining and restoring their capacity to function when a disaster happens. It allows management and staff to create a comprehensive, scalable and flexible disaster plan.

This handbook provides a step-by-step guide that aligns with Federal guidelines and current best practices in disaster planning, including recommendations for protecting people's health, which includes behavioral health, in the case of an emergency; for integrating behavioral health into an overall disaster preparedness, response and recovery efforts; and for the participation of businesses and nonprofit organizations in the Nation's preparedness. This guidance is to be considered supplemental to, and is not in conflict with requirements by healthcare licensing or accreditation bodies, i.e. State licensing departments, CARF International, The Joint Commission, specific to disaster planning for programs affiliated with them.



Regional Resource Center for Public Health Emergency Preparedness

*Paul Weiss MS, BS, CHEC*

*Director - Southern Maine Regional Resource Center for Health Emergency Preparedness*

### [SMRRC](#) Upcoming Regional Coalition meetings:



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**3/06/2014** 8:00 AM-12:00 PM PWD, Nixon Center, Portland, ME  
Evacuation and Transportation Workshop for our Healthcare Coalition.

**4/10/2014** 8:00 AM-12:00 PM Elks Club, Bath, ME Medical Center  
Table Top Exercise - Surge, Vulnerable Population Contact, Communication Exercise

**5/8/2014** 8:00 AM-12:00 PM Clarion Inn Portland, ME Long Term Care  
Table Top Exercise - Evacuation, Surge and Communication Exercise

**6/12/2014** 8:00 AM-12:00 PM Southern Maine Healthcare (SMHC) Biddeford Campus Alternate Care Site  
Table Top Exercise including SMHC, MRC and DBH

Some of the projects we are working on:

- SMRRC has been working on several project areas over the winter, though the weather has not always cooperated. We have done some important work in understanding the regulatory environment for healthcare in Emergencies including the state licensing requirements and also CMS (Center so Medicare and Medicaid) requirements including 1135 waivers in emergencies. The process was shared with coalition members so that they better understand how regulation may change in emergencies. In addition the concept of federal and state emergency declarations was also clarified.
- SMRRC efforts include getting the regional coalitions connected with electronic emergency software and communication systems including EMResource, WebEOC, the Maine Health Alert Network and also Radio and Satellite phone communications. This includes monthly drills with each county EMA. SMRRC continues to work with medical centers on Annual Hazard Vulnerability Analysis (HVA). We are part of and meet with each of our 4 counties Local Emergency Planning Commissions (LEPC). Anne Hill, SMRRC staff, now chairs Cumberland County LEPC.
- We are working closely with Long Term Care Centers on bringing their regional Emergency Preparedness level up and also more integrated with the region. This will include using the Regional Communications Plan. In addition we are doing similar work with Federal Qualified Health Centers and other medical centers.



### **Northeastern Maine Regional Resource Center**

The Northeastern Maine Regional Resource Center (NE-MRRC) focuses on healthcare medical, behavioral and public health emergency preparedness and response. The NE-MRRC also operates the Northeastern Maine Medical Reserve Corps. The Medical Reserve Corps provides opportunities for volunteer healthcare professionals to make a difference during a disaster response situation.

#### Team Members:

- Kathy Knight, RN, BSN, CHEC; Director. E-Mail: [kknight@emhs.org](mailto:kknight@emhs.org) Telephone: 207.973.8008
- Allison Gagan; Administrative Asst. E-Mail: [aageagan@emhs.org](mailto:aageagan@emhs.org) Telephone: 207.973.5756
- Kathleen Rusley; EP Coordinator. E-Mail: [krusley@emhs.org](mailto:krusley@emhs.org) Telephone: 207.973.5654
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**Northeastern Maine Regional Healthcare Coalition (NE-MRHCC) Meetings:** The Northeastern Maine Regional Healthcare Coalition is comprised of a variety of healthcare organizations ranging from acute care hospitals and long term care to home health care, community clinics/FQHC's, behavioral health facilities and dialysis providers, etc. Monthly Healthcare Coalition (HCC) meetings are dedicated to emergency management topics, planning work sessions and training which affect the healthcare organizations in our region.

At the most recent meeting held on March 5, 2014, attendees heard updates on events and initiatives being conducted in the region, upcoming exercises, Government Emergency Telephone Services (GETS) Cards and their importance to disaster response. Richard Comstock from the Alford Center for Health (formerly Maine General Hospital) provided information regarding the planning and relocation of their hospital (equipment, patients, equipment, supplies, etc.). Finally, discussions were conducted regarding the proposed CMS regulatory changes for emergency preparedness and the impact on the healthcare organizations. [A copy of the Federal Registry Notification](#). Although the recommended changes will better prepare healthcare communities to respond to a disaster event, the operational and financial impact of the regulatory changes may be substantial for some healthcare organizations. It is important that all healthcare organizations, including behavioral health providers review this important document. The comment period for the CMS regulatory changes ends March 25, 2014.

Upcoming Meetings include:

- NE-MRHCC Monthly Meeting: (2014.04.02) 1000-1500
- NE-MRHCC Monthly Meeting (2014.05.07) 1000-1500

Upcoming Exercises involving DBH:

- (BIA) Aircraft Accident Full-Scale Exercise (FSE) 2014: Community Based FSE involving 4 healthcare facilities and the American Red Cross. (May 2014)
- TAMC FSE-Community-based Active Shooter Event (May 2014)

***Get Social with AdCare!***

We launched our digital marketing campaign this fall! You can now connect with us on Facebook, Twitter, Pinterest, LinkedIn, Foursquare and YouTube. The links are all below - don't forget to like us on Facebook!



Facebook



Twitter



Pinterest



LinkedIn

## UPCOMING EVENTS & TRAININGS

You can always find information on our courses & training offerings on our website:

<http://www.mainedisasterbehavioralhealth.com/> or [www.adcareme.org](http://www.adcareme.org) -- But we will

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also include some course information below:



## Skills for Psychological Recovery (SPR)

April 3, 2013 - Waterville

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[Register Now](#)

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## Disaster Behavioral Health: A Critical Response

*Building Maine's Capacity to Respond*  
May 5-6, 2014 - Saco, ME

A training curriculum for behavioral health, spiritual care, and substance abuse professionals as well as disaster responders and natural community helpers. [Register Now](#)

Program Purpose - The purpose of these trainings is two fold: 1) Develop a better informed disaster response community in Maine around the issue of behavioral health and its critical role in disaster response; and 2) Develop a volunteer team of disaster behavioral health responders throughout Maine who are available to provide mental health and substance abuse support in the event of a disaster or local emergency.

Behavioral Health Response Teams - Teams will be managed at the state level by the Program Director of Disaster Behavioral Health Services and managed locally by clinical team leaders. These teams will be deployed through the state emergency management system. Teams will be trained to respond to the emotional needs of disaster victims, responders, or community members in local, state, or nationally declared disasters or traumatic incidents requiring a behavioral health response.

Intended Audience - Mental health and substance abuse providers, psychiatrists, nurses, psychologists, social workers, spiritual care



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providers, first responders, and other individuals who wish to learn more about the behavioral health response to disasters or are interested in joining the Maine Disaster Behavioral Health Response Team. Individuals interested in joining the Maine Disaster Behavioral Health Response Team are eligible to attend at no charge.

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