



Maine Center for Disease
Control and Prevention
*An Office of the
Department of Health and Human Services*



Maine Disaster Behavioral Health

Helping Our Communities in Times of Disaster

Charles R. Figley, Ph.D. has said “There is a cost to caring”. Care providers who are witness to suffering and approach individuals with an open heart and a listening ear can become fatigued and depleted. In the wake of an infectious disease outbreak, DBH Volunteers can monitor their own physical and mental health. Know the signs of stress and fatigue, and how to relieve stress or to where to get additional help. Spend time with your loved ones and friends during this holiday season to replenish your souls and spirits.



NEWS, UPDATES and RESOURCES



Disaster Behavioral Health Volunteers Respond to December Fire

Kathleen Wescott, M.A., Director, Disaster Behavioral Health

Thank you to Lisa Bolduc and Kathy Baker, DBH Volunteers, who helped at a Red Cross event for the Augusta fire survivors. We had 5 respondents to the HAN request to help at a resource fair which connected potential landlords and social services to 17 families affected by an apartment fire. The Red Cross had requested only 2 DBH volunteers, but we are also very thankful for the others who were willing to help. Here is an article from the American Psychological Association on emotional recovery after a residential fire. This may be helpful during this winter season.

[Recovering emotionally after a residential fire.](#)



AdCare Announces Two Public Health Preparedness Job Opportunities

AdCare Maine is currently accepting resumes for two employment opportunities that will support Maine CDC's Office of Public Health Emergency Preparedness. AdCare Educational Institute of Maine, Inc., is an AA/EEO Employer. Women, minorities, veterans, and people with disabilities are strongly encouraged to apply.

Training and Exercise Coordinator AdCare Educational Institute (AEI) of Maine, Inc., working with the Maine Department of Health and Human Services (DHHS), Maine Center for Disease Control and Prevention, announces a full time position for a statewide Training and Exercise Coordinator. The position requires a strong organizer/trainer with demonstrated interest in emergency preparedness and response as well as public health to fill the position of Training and Exercise Coordinator who is responsible for planning, coordinating, and facilitating and reporting on Homeland Security Exercise and Evaluation Program (HSEEP) exercises and associated trainings.

Application Deadline: Wednesday, December 24, 2014. [For more information and application instructions, click here.](#)

Volunteer Management Coordinator AdCare Educational Institute (AEI) of Maine, Inc., working with the Maine Department of Health and Human Services (DHHS), Maine Center for Disease Control and Prevention, announces a full time position for

a statewide Volunteer Management Coordinator. The position requires a strong organizer/trainer with demonstrated interest in emergency preparedness and response, public health and volunteer management to fill the position of Volunteer Management Coordinator. This position is responsible to develop plans, policies, procedures and coordinate initiatives to organize, develop and retain volunteers in support of Maine's ability to provide public health disaster response.

Application Deadline: Wednesday, December 24, 2014 [For more information and application instructions, click here.](#)



Regionalization of Maine's Ebola Care

Kathleen Wescott, M.A. , Director, Disaster Behavioral Health

The Maine Ebola Response Plan takes the position that a confirmed Ebola case (or two) occurring within the State of Maine would be considered a public health emergency.

Maine CDC, in coordination with Federal CDC, will have situational awareness of known travelers from West Africa arriving in our state. Maine CDC Public Health Field Epidemiologists will actively monitor known travelers during a 21-day period. A confirmed Ebola case would require containment to prevent transmission within the community and the healthcare system. Care of an Ebola case requires especially trained experienced staff, high level of Personal Protective Equipment (PPE), isolation facilities and waste management capability. Critical access hospitals in rural regions may not have the capacity to provide care for an Ebola patient for an extended period of time. Maine's response is to regionalize the care of Ebola patients by sending highly suspected or confirmed Ebola cases to designated regional referral hospitals using specially trained Regional EMS providers with the support of Regional Law Enforcement Teams. Across the nation, regional models of care are usually the most effective and efficient method of treating an Ebola patient, by containing the disease and consolidating resources.

Some resources are listed below. Visit the [Maine Disaster Behavioral Health website](#) for additional resources.

How Do Infectious Disease Crisis Events Affect

People?

Kathleen Wescott, M.A., Director, Disaster Behavioral Health

Communities can be severely affected by Ebola disease in many ways. People separated from their loved ones due to illness or death. Health workers dealing with high workloads and high of stress. Those associated with Ebola can be vulnerable to social stigma, worsening their distress and isolation. Ultimately, whole communities may experience fear and suffering caused by the disease outbreaks.

Although these events affect everyone in some ways, people can experience a wide range of reactions. They can feel overwhelmed, confused or very uncertain about what is happening. They can feel fear and anxious, numb or detached. Anxiety can be related to fear of the unknown. It is normal to feel anxious and worried about a spreading disease, especially if there is no known cause or cure. Some people may have mild reactions, whereas others may have more severe reactions. In general, how someone reacts depends on many factors, including

- The nature and severity of the event;
- Their experience with previous distressing events;
- The support they have in their life from others;
- Their physical health;
- Their personal and family history of mental health problems;
- Their cultural background and traditions;
- Their age, for example; children of different ages react differently than adults.

As Disaster Behavioral Health Volunteers, it is important to provide information and support to reduce public panic and stress, and to recommend healthy coping mechanisms. Main's DBH Program may be activated to coordinate behavioral health and spiritual support to individuals in home isolation or quarantine, and providing support and resources to family members. An example may be telephone calls from DBH Volunteers to provide compassionate support, or through distributing supportive written materials.

Access Ebola Information & Resources

According to a recent [Washington Post-ABC News poll](#), 43 percent of the U.S. public is worried that they or someone in their family could get sick with Ebola—although the [Centers for Disease Control and Prevention \(CDC\)](#) says that risk of an outbreak in the United States is very low. In light of public anxiety and the need for preparedness and safe response, SAMHSA's Disaster Technical Assistance Center (DTAC) has collected resources that the public, health care professionals, and

government agencies can use to plan and prepare to help prevent an Ebola outbreak and care for people with the disease in the United States, and respond safely to the outbreak in Africa.



[Immediate Disaster Response—Ebola Outbreak in 2014](#)

Check out the new Ebola-focused installment of SAMHSA DTAC's Disaster Behavioral Health Information Series (DBHIS) resource collection for health information about Ebola, resources for health care workers treating people with Ebola, lessons learned from other outbreaks, resilience-building resources, and planning and preparedness tools.

[Coping With Stress During Infectious Disease Outbreaks](#)

This new SAMHSA DTAC tip sheet offers ideas people can use to cope with stress during an outbreak of an infectious disease, such as Ebola. It explains common signs of stress, how to recognize when to get help, and practical ways to manage and relieve the stress by taking care of oneself.

[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)

This new SAMHSA DTAC tip sheet equips parents, caregivers, and teachers with tips for helping children manage their stress during an infectious disease outbreak, such as Ebola. It explains reactions children—preschool to adolescence—may have and the support adults can provide to help them.

[SAMHSA's Resources for Self-Care for Ebola Responders Before, During, and After Deployment](#)

Beginning with a memo from SAMHSA Administrator Pamela S. Hyde, J.D., this resource includes links to online resource collections, podcasts, and publications that people can use to help address their behavioral health needs as they respond to the Ebola outbreak in West Africa.

[Psychological First Aid During Ebola Virus Disease Outbreaks \(Provisional Version\)](#)

Developed by the World Health Organization (WHO), UNICEF, and other organizations, this guide explains how to use Psychological First Aid (PFA) to address emotional needs of people with Ebola while also protecting your own physical and behavioral health. PFA is a technique that nonbehavioral health professionals can use to provide practical and emotional support to others after crises such as infectious disease outbreaks.

[Talking With Children About Ebola](#)

This web page at KidsHealth.org defines and describes Ebola and suggests ways kids can keep themselves healthy to prevent illnesses more common in the United States than Ebola.

[Ebola Around the World](#)

While [CDC's web page for information about Ebola](#) focuses on the United States, this WHO page provides information about the outbreak in West Africa and cases around the globe. It features a fact sheet on the basics of Ebola, the latest news, [guidance for safe travel](#), and [public communication materials](#).



Clarification on HIPPA Exceptions During a Disaster or Public Health Emergency

Maine has strictly interpreted HIPPA regulations. Please review the report as a reference during a response.

The HIPAA Privacy Rule places restrictions on the use and disclosure of patients' protected health information, but also ensures that appropriate uses and disclosures of the information may occur for critical purposes, including when necessary to treat a patient, to protect the nation's public health, and for other critical purposes.

Prompted in part by the recent Ebola outbreak, the HHS's Office for Civil Rights (OCR), issued a November 10, 2014 bulletin to ensure that HIPAA-covered entities and their business associates are aware of the ways in which patient information may be shared under the HIPAA Privacy Rule in an emergency situation.

"[BULLETIN: HIPAA Privacy in Emergency Situations](#)" also was issued to "serve as a reminder that the protections of the Privacy Rule are not set aside during an emergency."

The bulletin, [which can be accessed on the HHS' Health Information Privacy page](#), addresses obligations imposed by the rule when "Sharing Patient Information" and in "Safeguarding Patient Information." It also describes basic restrictions for sharing protected health information during treatment for the purposes of public health activities, for notification to family and friends, and for notification to media and business associates.



Be Ready for Winter Weather

Each year, winter snow, sleet, and storms lead to injuries and even claim lives. Make sure you're prepared for winter weather with the following resources.

[Winter Storms: The Deceptive Killers: A Preparedness Guide](#)

Written by the National Weather Service of the National Oceanic and Atmospheric Administration, this guide discusses the dangers of winter weather, hazards involved in specific types of weather, and winter weather in different parts of the United States. It also suggests steps to take before and during winter storms, as well as guidance for creating a family disaster plan.

[Winter Storms and Extreme Cold](#)

This [Ready.gov](#) webpage presents things you can do to prepare for winter storms and very cold winter weather, and to make it through these conditions as safely as possible. This resource is also available in [Spanish](#).

[Be Red Cross Ready: Winter Storm Safety Checklist](#)

This document includes several checklists to guide you through what to do during and after a winter storm, what to include in an emergency kit, and ways to avoid carbon monoxide poisoning, a possible consequence of misusing alternate energy and heating sources after a storm-related power outage. This resource is also available in [Spanish](#).



[Tips for Supervisors of Disaster Responders: Helping Staff Manage Stress When Returning to Work](#)

Many people who are involved in disaster response work find that it has a unique blend of stressors and rewards, both of which are powerful parts of the response experience. Upon completing a disaster response assignment, many responders find their return to regular duties to be a complicated, prolonged, and difficult process. In addition,

coworkers who maintained the ongoing operation of the office during the response period may have experienced unwelcome demands, causing them to experience stress, as well.



Regional Resource Center for Public Health Emergency Preparedness

Paul Weiss MS, BS, CHEC

Director - Southern Maine Regional Resource Center for Health Emergency Preparedness

SMRRC Updates:

For the last several months, SMRRC has been working with coalition members to better prepare for Ebola. SMRRC has been coordinating training at Hospitals and medical centers so that staff are prepared to play their role in treating these patients. We have gone through an inventory of equipment, making sure that supplies are adequate and worked with vendors to make certain that ordered personal protective equipment is available to medical centers. In some cases we've used equipment that was purchased in 2005 and never used until this event. This included ISO Chamber (portable isolation chambers), Powered Air Purifying Respirators (PAPR's), negative pressure air handling systems such as the Minte and RX air units.

We visited Hospitals to inspect their negative pressure isolation units and made recommendations on set up and training for staff. This is not our "normal business" at this time of year, but it was needed for this event. It is good training for any type of infectious disease and we are pleased that this will help hospitals and any healthcare facility with sterile technique and thus reduce or eliminate infections.

Next Regional Coalition Meetings (Location TBD):

January 21, 2015 9am-12pm

February 19, 2015 9am-12pm

March 26, 2015 9am-12pm

April 23, 2015 9am-12pm

Central Maine Regional Resource Center

Kara Tudman Walker, M.S.

Director, Central Maine Regional Resource Center, a Maine CDC Partner

The Central Maine Regional Resource Center has a redesigned web-site: www.cmrrc.org. Please visit the site to review resources such as planning information, training and exercise calendar, links, coalition information, and more to come. If you have an event taking place and would like it added to the calendar please contact either Kris Gammon (gammonkr@cmhc.org) or Kara Walker (walkerka@cmhc.org). The Central Maine Healthcare Coalition continues planning regarding the response to Ebola virus disease and will be testing those plans on December 18, 2014, in Lewiston with a tabletop exercise. Please contact Kara or Kris if you are interested in attending or if you would like to join the Central Maine Healthcare Coalition!



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 -- But we will also include some course information below!

SAVE THE DATE

Compassion Fatigue
April 15, 2015 - Augusta

Studies confirm that caregivers can be host to a high level of compassion fatigue. Disaster responders and workers can struggle to function in care giving environments that continuously present emotional challenges. Affecting positive change in society, a mission so vital to those passionate about caring for others, is important to understand and support. This type of care can take a toll on everyone from full time employees to part time volunteers.

Please save the date and join us for a one day training on Compassion Fatigue.

Clinical Supervision and Ethical Decision- Making

February 25, 2015 - Brewer

This workshop will draw upon current knowledge and practice experience in clinical supervision and professional ethics and apply them to ethical dilemmas that clinical supervisors are likely to face in their work with supervisees. Some of the topics that will be addressed in this course include ethical issues in the client/clinician and clinician/clinical supervisor relationship, vicarious liability, identifying competing values in ethical dilemmas, applying a sound ethical decision-making process to ethical dilemmas, and boundary crossings vs boundary

violations. The workshop format will included information sharing, interactive discussions, case material, and small group exercises.

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