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Disaster Behavioral Health Newsletter - 2015 Fall Edition

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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

Disaster Behavioral Health Retreat Training

Friday, October 30th
Maine Principals Association - Augusta, ME

Guest Speakers

Dr. Michelle Dossett of the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital will be presenting her research on Compassion Fatigue, Responder Resiliency and Mind-Body Interventions.

Also Dr. Christine Ramsay, Clinical Neuropsychologist and Steve Erickson, MA both from the Togus VA Maine HCS will present on Brain Basics: Neurobiology of stress and traumatic events on emotional regulation and information processing.

Brochure Download



Visit the [Retreat website](#) for the full agenda, information on continuing education and to register.

NEWS, UPDATES and RESOURCES

September is Suicide Awareness Month - Disasters can be stressful, and signs and symptoms of behavioral health disorders are common in the weeks and months that follow. But what effects, if any, do disasters have on suicidality?

Download the article here:

[Download Traumatic Stress and Suicide After Disasters](#)

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[At-Risk Individuals, Behavioral Health & Community Resilience \(ABC\)](#)

(ABC) provides subject matter expertise, education, and coordination to internal and external partners to ensure that the functional needs of at-risk individuals and behavioral health issues are integrated in the public health and medical emergency preparedness, response, and recovery activities of the nation to facilitate and promote community resilience and national health security.



Go to the [ABC Resource Library](#) to find fact sheets, tools, videos, reports and other resources that support to help partners better meet the needs of at-risk individuals and support behavioral health and community resilience before, during and after a disaster.

CASPER and PsySTART Behavioral Health Assessments following a Disaster

On August 24, 2014, at 3:20 a.m., a magnitude 6.0 earthquake struck California, with its epicenter in Napa County (1). The earthquake was the largest to affect the San Francisco Bay area in 25 years and caused significant damage in Napa and Solano counties, including widespread power outages, five residential fires, and damage to roadways, waterlines, and 1,600 buildings. One fifth of respondents overall (27% in Napa and 9% in western Vallejo) reported one or more traumatic psychological exposures in their households. These findings were used by Napa County Mental Health to guide immediate-term mental health resource allocations and to conduct public education campaigns to support persons with mental health risks following the earthquake. Here is the link to the research:

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6435a4.htm?s_cid=mm6435a4_w

Gambling Addiction Treatment Reimbursement Network

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The Maine Office of Substance Abuse and Mental Health Services in collaboration with AdCare Educational Institute of Maine is pleased to announce an opportunity for treatment providers to become members of a Gambling Addiction Treatment Reimbursement Network.

Individuals who have gambling addiction and their family members often do not have the financial resources available to get help and this network provides a funding of last resort to pay for those individuals who have no other means to pay for gambling addiction treatment.

Network Membership

Being a member of the network means that you (as a private practice clinician) or the agency you work for, can receive a limited amount of reimbursement for clients for whom you are providing treatment for gambling addiction or for affected others (who have no other means to pay for services.) Your name and contact information will also be available through 2-1-1 as a resource for those seeking gambling addiction treatment.

Here is the link for more information: <http://www.maine.gov/dhhs/samhs/osa/help/gambling/providers.htm>

Disaster Spiritual Care

During disasters, a diverse cross-section of people seek spiritual care. Religious leaders will be challenged to support and offer an open environment with respect to religious diversity, social diversity, and unfamiliar cultural and mass care settings. These tips can guide you as you help your congregants and the broader community during relief efforts and as they recover from the impact of a disaster. Pay attention to self-care as you care for others.



[Download TIP Sheet 10.](#)

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!

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RESOURCE ANNOUNCEMENT: YOUTH RESEARCH WEBINAR

Children have unique vulnerabilities and capabilities when it comes to disasters and public health emergencies. FEMA recently posted the “From Tots to Teens: Emerging Research and Practices to address the unique needs of young disaster survivors WEBINAR. This 90-minute webinar covers research on the coping behaviors of children affected by disasters and their practical applications when working with children. Three expert speakers:

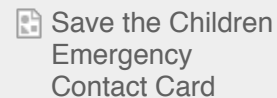
- **Ann Masten**, PhD, Regents Professor, Institute of Child Development, University of Minnesota
- **Lori Peek**, PhD, Associate Professor and Co-Director, Center for Disaster and Risk Analysis (CDRA), Colorado State University
- **Jessy Burton**, MSW, Associate Director, Psychosocial Programs, Save the Children US



Be sure to visit the [From Tots to Teens webinar page](#), where you can access the [webinar recording](#), [transcript](#), and [slides](#).

SAVE THE CHILDREN'S STAY CONNECTED CAMPAIGN

Hurricane Katrina led to 5,000 reports of missing children. A decade later, do your children and their care providers know who to contact in case of an emergency, when cellphones may be unreliable? Make sure you have a plan to *Stay Connected* with your family.



To make planning easier, [Save The Children](#) has a great new resource that allows parents to create an [Emergency Contact Card](#) online. This card will let your child and his or her caregivers know whom to contact in the chaotic aftermath of a calamity. It even allows you to identify a non-local point of contact, so someone outside the affected area can step in if you are unreachable, and captures information about the child's allergies and medication needs.

Head to <http://www.savethechildren.org/Connect> to fill out the Emergency Contact Card form, then be sure to print it out and put it somewhere the child and caregiver can easily

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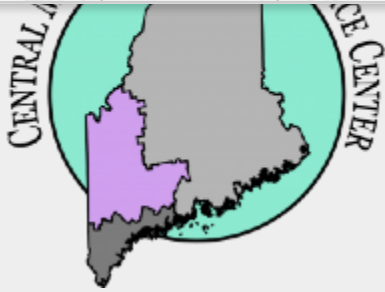
About Maine's Health Care Coalitions

The [Northeastern Maine Regional Resource Center \(NE-MRRC\)](#), [Southern Maine Regional Resource Center \(SMRRC\)](#), and the [Central Maine Regional Resource Center \(CMRRC\)](#) were started in February 2004, and charged with developing comprehensive plans for a coordinated healthcare response to public health emergencies within their respective regions. The RRCs continue to serve as hubs for information and resource sharing and are responsible for the evaluation of the region's current capabilities, and the development and maintenance of regional emergency responses plan for healthcare that will complement existing plans.

The RRCs are healthcare coalitions involving key partners within each regions catchment areas including hospitals, rural health clinics, federally qualified health centers, emergency medical service providers, home health agencies, nursing homes and long-term care facilities, mental health agencies, substance abuse agencies, municipal health officers, municipal health departments, tribal health departments and health centers, county emergency management agencies, local emergency planning committees, local public health districts, American Red Cross Chapters, and schools.



Central Maine Regional Resource

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Kara Tudman Walker, M.S.

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

The **Central Maine Healthcare Preparedness Coalition (CMHPC)** recently updated their

regional Hazard Vulnerability Analysis (HVA) and completed a Training and Exercise Planning Workshop. Members collaborated to determine the following top five hazards they felt healthcare faced in the central Maine region: Cyber Attack, Major Hazmat Incident, Ice Storm, Major Infrastructure Damage, and Heavy Snow/Blizzard. The CMHPC then used that information to help determine what training and exercises should be offered regionally and developed a tentative three-year plan. The HVA and Multi-year Training and Exercise Plan can be found at the Central Maine Regional Resource Center (CMRRC) web-site: [June Meeting](#). Upcoming trainings include Public Information Officer Training, Medical Preparedness and Response to Bombing Incidents, and Hospital Emergency Response Training (HERT). Please find additional information regarding upcoming trainings on the CMRRC web-site: [Training & Exercise](#). If you're interested in regular notifications of CMHPC activities and want to become a member, please review our coalition bylaws and fill out a membership form ([Coalition Documents](#))!



Regional Resource Center for Public Health Emergency Preparedness

Southern Maine Regional Resource Center

[Paul Weiss MS, BS, CHEC](#)

Director - Southern Maine Regional Resource Center for Health
Emergency Preparedness

[SMRRC](#) has had some summer hiatus in Regional meetings but behind the

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scenes business goes on. This summer we have been preparing for our September Coalition meeting, which is a combined meeting with York County Public Health District. It will include a Table Top Exercise that will focus on post Hurricane recovery, including the health issues associated with mold abatement, water contamination, debris removal and vulnerable populations. This summer we have been working on checking the inventory of hospital emergency equipment. This equipment helped hospitals in the areas of personal protective equipment, patient isolation, emergency respiratory therapy, and patient decontamination and monitoring. We are assessing items that have become obsolete due to wear and tear and age. Most equipment was purchased over 10 years ago and is at the end of it's life cycle. We have been slowly buying equipment to replace aged items. This included the purchase of new decontamination tent floors and washing basins. This will keep the capabilities of each hospitals decontamination teams up to speed. SMRRC has also been working on our statewide ebola preparedness at the 4 assessment hospitals. This included a state and federal team helping to get hospitals ready for any future ebola patients.

Northeastern Maine Regional Resource Center (NE-MRRC)

Kathy Knight, RN, BSN, CHEC II
Director, Northeastern Maine Regional Resource Center (NE-MRRC), a Maine CDC Partner

The [Maine Emergency Management Agency](#), the Federal Emergency Management Agency, and the National Transportation Safety Board are conducting a one-day large scale aviation accident response exercise scheduled on September 24, 2015 in Bangor. This exercise will feature an NTSB outreach and training session followed by a facilitated, scenario-driven tabletop exercise. The entire event will examine the ability to coordinate and deliver required capabilities across multiple jurisdictions to affected communities in the aftermath of an airplane accident.

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