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Disaster Behavioral Health Newsletter - 2016 Spring Edition

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INSTITUTE  
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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

MAY IS MENTAL HEALTH MONTH

Mental illnesses are common and treatable, and help is available. But not everyone knows what to look for when they are going through those early stages. Learning about symptoms can help us to understand if what someone is going through may be a symptom of a mental health problem.

OVER 21% OF AMERICAN ADULTS BETWEEN THE AGES OF 18-64 WILL HAVE DIAGNOSABLE ANXIETY DISORDERS IN A GIVEN YEAR (THAT'S OVER 42.5 MILLION)

Fact Sheets:

- [Life with Anxiety](#)

- [Life with Bipolar](#)

- [Life with Depression](#)

- [Life with Psychosis](#)

MAY IS MENTAL HEALTH MONTH 2016

NEWS, UPDATES and RESOURCES

Transition to *Maine Responds* (Emergency Health Volunteer System)



Sign Up Now to be Eligible for Sea Dogs Tickets

All healthcare professionals that volunteer to serve the people of Maine during major disasters, community crisis, or other emergencies

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including Maine's Disaster Behavioral Health Response Team (DBHRT) – enjoy

certain protections (liability and workers comp) under state and federal laws. By pre-registering as public health volunteers through *Maine Responds* the DBHRT members are integrated into the State of Maine's single registry for health volunteers. Although the DBH team has been managed through other communication tools and programs on a state level in the past (including most recently the Health Alert Network also known as the HAN) all of Maine's Public Health Emergency Preparedness volunteers need to be registered with Maine Responds to continue to serve the people of Maine as an official volunteer during an incident. If you have not registered, please visit [www.maineresponds.org](http://www.maineresponds.org) to join the registry today.

In the spirit of National Volunteer Week (April 10-16, 2016) we have been offered 25 FREE TICKETS to an upcoming Portland Sea Dogs baseball game! Join Maine Responds staff and volunteers on May 2 at 6:00 PM for a fun group activity. To be eligible for this offer you must be registered in Maine Responds. If you are unsure of your status as a volunteer or simply want more information please contact CDC Volunteer Management Coordinator Jared McCannell at [jared.mccannell@maine.gov](mailto:jared.mccannell@maine.gov) for more information.


For all Disaster Behavioral Health Volunteers who remain unregistered in Maine Responds by June, a planned migration of all DBH Volunteers into Maine Responds is planned for mid-June 2016.

EXERCISE-EXERCISE

Request for Registered DBH Volunteers

We have two exercise opportunities coming up in May 2016.

Portland Jetport / May 14<sup>th</sup> - The Portland Jetport will be conducting a full scale training exercise on Saturday, May 14<sup>th</sup> from 7 a.m. until noon. The Exercise scenario is an *aviation accident* involving a major airline. The American Red Cross of Maine, as federally mandated by National Transportation Safety Board, will be setting up a Friends and Family Reception Center in



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response to an aviation accident. The American Red Cross has requested that we take this opportunity to exercise our Memorandum of Agreement with both Red Cross and DBH response teams working together to provide information and comfort to impacted survivors, family members and first responders. The American Red Cross would be providing supervision and guidance on the disaster mental/behavioral health services within the Center, and have requested up to 10 DBH volunteers.

**Eastern Maine Medical Center / May 18<sup>th</sup> - On May 18<sup>th</sup>,** Eastern Maine Medical Center will be conducting a full scale training exercise at their facility from 7 am until 1:30 p.m. The exercise scenario will be an *Active Shooter* incident in their Neonatal Intensive Care Unit. The NICU at EMMC has been updated and moved to a new wing of the Medical Center, which provides an excellent time to exercise safety plans before patients are admitted to the new unit. The Disaster Behavioral Health program, in coordination with Acadia Hospital, Eastern Maine Medical Center, and St. Joseph’s Hospital clinicians, to provide psychological first aid and disaster services to support patients, visitors and healthcare professionals. The DBH Director would be providing supervision and guidance to the DBHRT members in a reception center, emergency department or other areas within the hospital.

Want to Participate and Practice your skills - If you are a DBH registered response volunteer, and would like to participate in the Portland Jetport drill on May 14<sup>th</sup>, or the Eastern Maine Medical Center drill on May 18<sup>th</sup>, please send an email to Kathleen Wescott, DBH Director, at [Kathleen.wescott@maine.gov](mailto:Kathleen.wescott@maine.gov) by Friday, May 6<sup>th</sup>.

MAY 2016

“Believe you can and you’re halfway there.”  
-Theodore Roosevelt

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**OR 1.7% OF AMERICAN ADULTS  
BETWEEN THE AGES OF 18-64  
WILL HAVE BIPOLAR DISORDER  
IN A GIVEN YEAR.<sup>1</sup>**



**OF AMERICAN ADULTS  
HAD A MAJOR DEPRESSIVE  
EPISODE IN 2014.<sup>1</sup>  
THAT IS 15.7 MILLION  
PEOPLE.**

## Activities for Children to Promote Recovery After Disaster

Following a disaster, parents have many things on their mind. In the chaos, children can be overlooked and left to entertain themselves. However, it is during this time that children can give insight into how they are coping with the trauma, and parents can play a large role in helping to shape their child's recovery. Unfortunately, parents – who are already emotionally and creatively drained – are unsure of even how to begin. These are a few fun activities to do with children to promote emotional recovery and foster lifelong resiliency. <http://www.iaem.com/documents/Miller-Article-IAEM-Bulletin-Sept2015.pdf>

## New AAP Guidelines Call for Pediatricians to Address Child Poverty

The American Academy of Pediatrics (AAP) recently released a [new initiative](#) and [policy statement](#) that recommends pediatricians help children in poverty - one of the most widespread and persistent health risks facing children - by assessing the financial stability of families, linking families to resources, and coordinating care with community partners.

Evidence illustrates that living in poverty can cause lifelong health problems, such as infant mortality, poor language development, increased rates of asthma and obesity, as well as increased risk of injury. The AAP believes that pediatricians could significantly help families in need by asking a single question during each well-child visit: "Do you have difficulty making ends meet at the end of the month?" The

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question can help identify families who would benefit from community resources.

## Maine DBHRT Volunteers Reinforce Volunteer Capacity to Support Public Health in Maine

Maine is becoming more and more recognized as a leader in volunteer engagement in Public Health Emergency Preparedness. This rising awareness is in no small part due to how the State has embraced Disaster Behavioral Health as an essential part of emergency preparedness, response and recovery. As one of the first states in the nation to designate a seat dedicated to Behavioral Health at the State Emergency Operations Center during a crisis the DBH State Director can leverage the highly trained, DBHRT members to integrate into response and recovery efforts as an event is unfolding. By deploying DBHRT members to offer psychological first aid to survivors, responders and community members in the early stages of a disaster response as well as support the ongoing community needs that continue to affect communities long after sirens are silenced and the flashing lights of first responders have dimmed. Recovery begins before disaster strikes through thoughtful planning and preparation. To learn more about the Disaster Behavioral Health Response Team please contact the State Disaster Behavioral Health Director Kathleen Wescott at [Kathleen.wescott@maine.gov](mailto:Kathleen.wescott@maine.gov) or visit [www.maineresponds.org](http://www.maineresponds.org) to register as a State of Maine *Public Health Emergency Preparedness* volunteer.

## UPCOMING EVENTS & TRAININGS

### [New World Order in Behavioral Health: Addressing New Mainers' Needs](#)

Wed, Jun 1 at 9:00 AM, Portland, Maine

5 Contact Hours Available

### [Behavioral Health in a Digital World: Ethical and Risk-Management Challenges \(Web Course\)](#)

Webinar June 7, 2016

## About Maine's Health Care Coalitions

Central Maine Regional Resource Center (CMRRC)

Southern Maine Regional Resource Center (SMRRC)

The Northeastern Maine Regional Resource Center (NE-MRRC)

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## Central Maine Regional Resource Center

The [Central Maine Healthcare Preparedness Coalition \(CMHPC\)](#) recently completed their regional Emergency Operations Plan (EOP). After several collaborative workshops, coalition members developed a plan describing how the healthcare response organization will be structured and work together to respond to and recover from a disaster. Based on the Hazard Vulnerability Analysis (HVA) from June 2015, CMHPC identified Cyber Attack as the top hazard for the central Maine region. The Central Maine Regional Resource Center (CMRRC) coordinated a training presentation by Michael Leking, Cyber Security Advisor from the U.S. Department of Homeland Security, to help prepare members for a Cyber Tabletop Exercise in April. Upcoming trainings include Hospital Emergency Response Training (HERT), Incident Command System (ICS) 300: Intermediate ICS for Expanding Incidents, and ICS 400: Advanced ICS for Command and General Staff. Due to a high level of interest, CMRRC will also be coordinating a training for Ham radio licensure. Please find additional information regarding upcoming trainings on the CMRRC web-site: [Training & Exercise](#). CMHPC will be updating their regional HVA and complete a Training and Exercise Planning Workshop on April 14th to determine the next steps in testing the new Emergency Operations Plan!



Kara Walker, M.S.

Director

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## Southern Maine Regional Resource Center

[Southern Maine Regional Resource Center for Healthcare](#) + Public Health  
Emergency Preparedness, Healthcare Coalition

SMRRC has been working on Regional Planning. At our last regional coalition

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meeting we had a tabletop exercise that reviewed and exercised our new regional evacuation plan. There were about 40 participants and they included not only hospitals but medical centers, long term care centers, EMS, labs, and Emergency Management. We devised methods of transportation for evacuation, patient tracking and communications. We will be revising this plan based on some feedback at the table-top exercise.

We are also planning on testing our regional Alternate Care Site Plan this summer with a functional exercise that will set up a small Alternate Care Site in Biddeford, and use the Regional Medical Reserve Corp of Cumberland County to help staff and coordinate.

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### Northern Maine Regional Resource Center

Active Shooter Full-Scale Exercise: Recent history has demonstrated the importance of preparing all healthcare organizations to respond rapidly and effectively to an active shooter event. Lives depend on it. The NE-MRRC is working with community response partners in the Greater Bangor Area to develop, conduct and evaluate an Active Shooter Tabletop and Full-Scale Exercise in a hospital setting. Due to the emotional impact of these type of events, behavioral health planning is a crucial component of the exercise preparation as well as regional response planning. Behavioral health partner agencies such as State of Maine Disaster Behavioral Health (DBH) representatives, American Red Cross (ARC), Region 3 Critical Incident and Stress Management (CISM) Team, Employee Assistance Program, Acadia Hospital, St. Joseph Hospital and others are engaged in regional Disaster Behavioral Health response planning to strengthen the region’s capacity to respond to events requiring short and long term BH response. This exercise provides an excellent opportunity to initiate the “next steps” in making our communities safer.

NE-Maine Regional Tabletop Exercise: The Northeastern Maine Regional Healthcare Coalition membership requested a regional tabletop exercise to test the plans and procedures developed and implemented to contain and respond to a

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A corkboard with the words "social" and "network" pinned to it using colorful pushpins. The word "social" is on the top row and "network" is on the bottom row. The letters are cut out from various colored papers (white, black, green, yellow, red, blue) and are pinned with pushpins of different colors (green, white, blue, yellow, red, blue, yellow, red, blue, yellow, red, blue).