



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

Kathleen Wescott, MA  
Director, Disaster Behavioral Health

I hope this reaches you all well and enjoying the beauty of Maine summer.

The purpose of this Special Edition newsletter is to inform DBH Volunteers about Maine CDC's initiative to have volunteers self-register in *Maine Responds*. We are moving to use the Maine Responds Volunteer registry as our primary means of communication and information sharing with volunteers. This also provides a unique opportunity for every DBH Volunteer to provide current contact information, license information if applicable, and experience. Instructions are provided in this newsletter.

The last newsletter featured information about the online registry *Maine Responds* as an important tool available in times of disaster response. This simple registry allows us to identify, verify credentials, communicate, drill, exercise and otherwise place our most valuable assets, like you—Disaster Behavioral Health Volunteers and potential volunteers—and with the support and direction needed to do your best work in otherwise chaotic times.



DBH Volunteers  
need to  
Self-Register in  
*Maine Responds*  
by September 1

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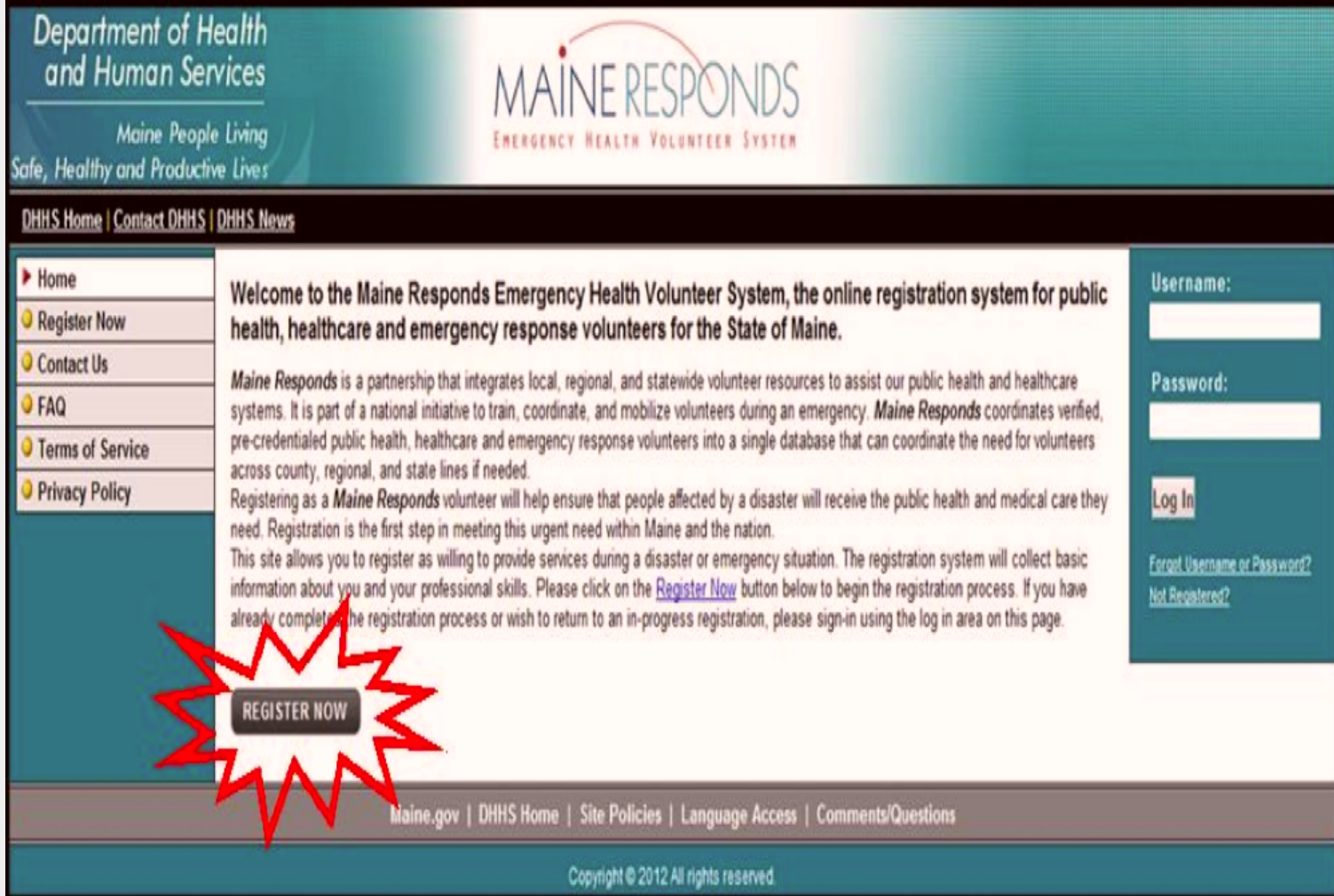
## NEWS, UPDATES and RESOURCES

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### Maine Disaster Behavior Health Volunteers need to self-register with *Maine Responds* by September 1st

*Maine Responds* is the State of Maine's online registry for Public Health Emergency Preparedness Volunteers both clinical and non-clinical volunteer health care professionals, including DBH volunteers. This registry will become the method for maintaining DBH membership and to deploy DBH volunteers. These instructions can also be found on the [DBH Website](#).

1. Visit <https://maineresponds.org/> to Register
2. Click "Register Now" to proceed to the registration page.



3. You will be asked to include personal and professional information for security and credentialing purposes.

4. After your registration, DBH volunteers will be prompted to select which organization they are affiliated with:

- a. Please **click "Add Organization"**
- b. **Select "Maine Disaster Behavioral Health"** to be added to the database of Maine Disaster Behavioral Health in *Maine Responds*.

Department of Health And Human Services  
Maine People Living Safe, Healthy and Productive Lives

MAINE RESPONDS  
EMERGENCY HEALTH VOLUNTEER SYSTEM

## Registration

- For the best experience, do not use the refresh, stop, back or forward buttons on the browser and only single-click buttons within a page.
- An asterisk (\*) indicates a required field. You will be alerted if the required information has not been entered.
- For your security, all communications are encrypted and you will be logged out automatically if you are inactive for more than 30 minutes.

We recommend [Microsoft Internet Explorer for Windows](#) (8.0 or newer), [Mozilla Firefox for Mac or PC](#) (3.5 or newer), [Apple Safari for Mac or PC](#) (5.0 or newer) or [Google Chrome for Mac or PC](#) (16.0 or newer) with JavaScript enabled and pop-up blocker turned off to use this site. Please see your browser's help file for more information.

### Organizations

Organizations represent official groups that you have affiliation with as a Maine Responds user. Click the Add Organizations link below to see a complete list of organizations and select those you want to join.

**Add Organizations**

Organization(s)

### Account Information

\* Username:

The username must be at least six (6) characters long and cannot contain spaces. Acceptable characters include alphanumeric (A-Z, 0-9) and the symbols @, ., -, and \_ . Usernames are not case sensitive.

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5. To finish the registration process:

- You will need to **create a unique *User Name* and *Password***.
- If you don't remember the account when you log in again, you can ask that the password be sent to your email.

Thank you, and if you have any questions about registration, please contact:

Jared McCannell, CDC Volunteer Management Coordinator, at  
[jared.mccannell@maine.gov](mailto:jared.mccannell@maine.gov) (207) 287-4072

Kathleen Wescott, DBH Director at [kathleen.wescott@maine.gov](mailto:kathleen.wescott@maine.gov)



## Maine Prepares . . . . For Summer

Summer in Maine is too short, but glorious. It also brings risk with it, of too much heat, of severe storms, of lightning strikes and tornadoes. We can stay safe with some simple steps. Visit Maine Prepares for a variety of summer related preparedness resources on: drought, heat, hurricane, lightning, camping, tornado, lyme disease, tree cutting, rip current, and more.

[Maine Prepares Website](#)

## Community Resilience

The vision for health security described in the [National Health Security Strategy \(NHSS\)](#) is built on a foundation of community resilience: the sustained ability of communities to withstand and recover from adversity. Resilient communities include healthy individuals, families, and communities with access to health care, both physical and psychological, and



with the knowledge and resources to know what to do to care for themselves and others in both routine and emergency situations. Enhanced resilience is considered critical to mitigating vulnerabilities, reducing negative health consequences, and rapidly restoring community functioning. Maine DBH initiatives promote strategies for building individual and community resilience that are inclusive of both behavioral health and the functional needs of at-risk individuals. Available resources and strategies will improve our ability to prepare resilient communities to meet public health emergencies and disasters at the individual and community levels.

**Community Health Resilience** is the ability of a community to use its assets to strengthen public health and healthcare systems and to improve the community's physical, behavioral, and social health to withstand, adapt to, and recover from adversity.

**Individual Resilience** involves behaviors, thoughts, and actions that promote personal wellbeing and mental health. People can develop the ability to withstand, adapt to, and recover from stress and adversity—and maintain or return to a state of mental health wellbeing—by using effective coping strategies.

### **Individual Resilience: Factsheet for Responders**



## **Maine Disaster Behavioral Health (DBH) Response Plan**

The Maine DBH Response Plan (an annex to the larger Maine CDC Emergency Operations Plan) has been studied, exercised and enhanced in many ways. It is now available for Disaster Behavioral Health Volunteers to download from our website. Please download an updated version for your Go Bags. If you need a copy to be printed and mailed to you, please contact [Tammy McLaughlin](#).

[Link to Disaster Behavioral Health Response Plan](#)

### **Maine Disaster Behavioral Health**

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### ***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

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 also include some course information below!

### **The Psychology of Disaster: Managing Behavioral Issues in Disasters and Providing Crisis Support**

**Wednesday, July 29, 2015** (12noon - 4pm)

**Location** EMHS, The Cianchette Building, 43 Whiting Hill Road, Brewer

**Cost:** FREE

**Registration:** We are **limited to 20 spaces** for this training. Contact Kathleen Wescott, Director of Disaster Behavioral Health to register.

**Email** [Kathleen.wescott@maine.gov](mailto:Kathleen.wescott@maine.gov)

**Call:** (207) 287-3796

DBHRT and Maine CDC Office of Public Health Emergency Preparedness Program will be hosting a Critical Incident Stress Management (CISM) Virtual Table Top Exercise (VTTX). This VTTX is going to be set as a seminar focused only on CISM and titled "The Psychology of Disaster: Managing Behavioral Issues in Disasters and Providing Crisis Support".

**Exercise Description:** Communities in general, even when well versed in the principles of emergency management, are poorly prepared to manage the behavioral aspects of disasters. Most emergency managers have never been trained in the Psychology of Disasters. They do not adequately understand the psychological stages of disaster and the acute cognitive, physical, emotional, behavioral and spiritual responses to the enormous stressors associated with a disaster. Without knowledge of the principles and practices of crisis intervention, emergency managers can become quickly overwhelmed, distracted, and they may suffer the loss of clear thinking and rapid decision-making.

This Virtual Tabletop Exercise focuses on crisis intervention with the community members to maximize the operational support being provided by the emergency management system to the community. It also focuses on the needs of the emergency response personnel who have been exposed to the more gruesome aspects of the disaster scene. Finally it describes an effective comprehensive, integrated, systematic and multi-component approach to delivering crisis support services to both the citizens and the emergency response personnel.

Dr. Jeffrey T. Mitchell of the University of Maryland Baltimore County will conduct and

facilitate these courses. He teaches courses in disaster management and crisis intervention both at the University of Maryland and at Florida Institute of Technology, and FEMA.

**Exercise Goals:** *This seminar will use lectures, slides, pen and paper exercises, and discussions to aid the participants in developing a strong foundation for the provision of appropriate behavioral support before, during and after a disaster.*

**Overall goals include:**

- 1.) Providing information to assist the participants in understanding the psychology of disasters before, during and after they occur.
- 2.) Assisting emergency managers in understanding the psychological stages of disasters. Support to first responders, EOC staff, schools, military, local governments, State governments, Federal agencies, Tribal, private sector organizations, and non-governmental agencies.
- 3.) Aiding emergency personnel to establish an appropriate strategic crisis action plan for supporting both the citizens and the operations personnel.
- 4.) Improve emergency management's understanding of an effective crisis intervention program called Critical Incident Stress Management.
- 5.) Support to first responders, EOC staff, schools, military, local governments, State governments, Federal agencies, tribal, private sector organizations, and non-governmental agencies.
- 6.) Provide a virtual, experiential education environment to enhance critical response and recovery tasks.

**Target Audience:** The VTTX program is designed for a “community-based” group (not individual participation) of personnel from federal, local, tribal or state emergency management organizations with representation from all Emergency Management disciplines - public safety, public works, public health, health care, government, administrative, communications, military, private sector, non-governmental, and other whole community partners.

**Exercise Design** This VTTX is designed to engage the participants in a *no fault open* discussion. The facilitation will occur via Video Teleconference (VTC) from the EMI campus, and will be facilitated by Mary McElman, DHHS/Maine CDC Office of Public Health Emergency Preparedness Training and Exercise Coordinator at the Maine location.

## **Ethics: Life Is Messy** **(Web Course)**

June 30, 2015 Online

This three hour (optional  
additional 1 hour CE credit)



online training explores ethics in the middle of a real life practice. If asked nearly all clinicians would say that they behave in an ethical way. But what does this mean in the face of difficult work situations, difficult clients, and all that goes on in a person's life? Think of those 'thick file' cases – the cases that feel as though there will never be an adequate resolution. What is ethical behavior in the face of these cases? How do you behave in a defensible ethical way in the face of difficulty? How does supervision play into ethical behavior? Is self care part of ethical behavior? What can you do when the workplace is untenable? All this and more is covered in this training.

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