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FEATURED TRAINING

Disaster Behavioral Health Preparedness Moving Forward Together

Two Dates - Two Locations



February 14, 2018 - EMHS Center for Emergency Preparedness, Brewer

February 16, 2018 - Franklin Memorial Hospital, Farmington

Portland - (Date and Location TBD)

[Learn more and register](#)

Maine's HealthCare Coalitions

successful collaborative effort supports healthcare facility readiness

Maine's HealthCare Coalitions serve an important role in supporting the development, revisions and evaluation of required organization emergency operations plans. Each healthcare facility that has licensing and rules of participation under CMS will be surveyed for meeting specific standards and

requirements to meet those rules. During the week of December 4, 2017, Maine General Home Care had their first survey that included the new CMS emergency planning guidelines. The federal surveyor, using a three page survey tool/check sheet, verified that people that work in Home Care were involved in the development of the emergency preparedness plan. The surveyor also looked closely to verify their Home Care plan was site-specific, and not generic to the overall Maine General Hospital. The surveyor looked closely to see how site-specific the Hazard Vulnerabilities Analysis (HVA), that each facility conducts to rate facility hazards, would impact business practices and the safety of patients.

In addition, the surveyor inspected Maine General's Home Care emergency preparedness plans, their continuity of operations plans (COOP), patient and staff tracking, including redundancy, training and exercises to test these plans. Finally, the surveyor inspected the program's communication plan to ensure that contacts were listed for both internal notifications to patients, patient's family members and staff; and lists of local, county, regional, state, federal level agencies up-to-date contacts. Maine General's Emergency Preparedness Coordinator, Richard Comstock, **CHEC, CHSP** reported, " that the Central Maine Healthcare Coalition partners had worked in collaboration to develop both a regional and facility communication plan. Another important tool was using the regional HVA that Central Maine HCC had developed and these plans were very useful in developing the Maine General plans that were evaluated by the surveyor."

Disaster Readiness: Building Your Tech Go-Bag

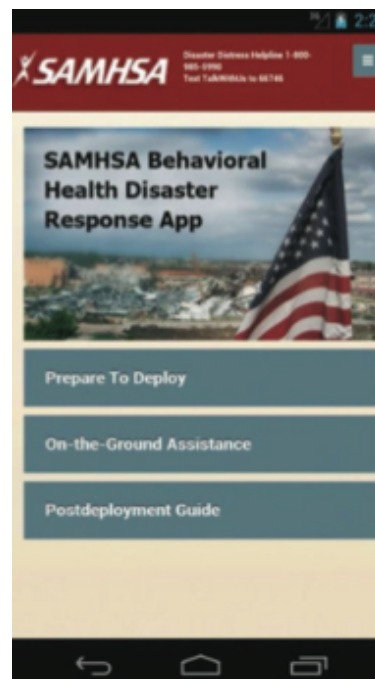
During Harvey's landfall in Texas, social media was abound with pleas for help. With 911 centers overwhelmed, desperate families and individuals began posting their addresses on social media in hopes of attracting rescuers and in many cases, these attempts were successful. As we saw from Harvey and many other recent disasters, the ability to harness technology to aid us in disaster planning, response or recovery can be incredibly useful. This newsletter contains a list of potential aids, mostly in the form of phone and tablet apps, which will serve you well during the next hurricane or other disaster. A note of caution: Don't be too reliant on these technologies, as cell phone batteries die and wireless networks and communication towers often experience outages just when we need them most. Still, it may be valuable to share these tools with colleagues as well as survivors.

SAMHSA Disaster App

Platforms: iOS Android Blackberry
Free

This is a great app for disaster mental health

responders. This technology allows the ability to search for evidence-based tools and materials, send information to colleagues and survivors quickly, and it can help you locate mental health resources, including national hotlines and nearby clinics.



[Download the App](#)

Responder Self Care

University of Minnesota School of Public Health

Platforms: Android and iOS

Free

Released by University of Minnesota School of Public Health, Responder Self Care helps you keep track of your wellness as you respond to a disaster. From the app's description: "This mobile app aids those deployed to emergency response events in maintaining their own physical, emotional, and social well-being. It provides checklists for before, during, and after deployment that help responders pack for deployment, take care of daily needs, maintain important relationships, reflect on experiences, and more."

[Download the App](#)

Tactical Breather

National Center for Telehealth and Technology

Platforms: Android iOS

Free

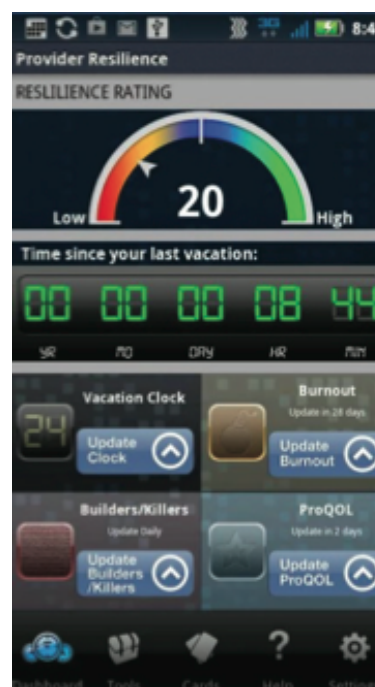
Tactical Breather is an app that allows the user to practice breathing in a way that lowers their arousal levels. Useful in both disaster and other clinical settings to help an individual maintain calm.

[Download the App](#)

Provider Resilience

National Center for Telehealth & Technology
Platforms: Android and iOS
Free

Offered by the National Center for Telehealth and Technology, Provider Resilience allows you to assess your burnout, secondary traumatic stress and compassion fatigue in a quick and easy app. Provider Resilience also allows you to keep track of how long it's been since you've had a day off and can give you tips on coping and maintaining compassion satisfaction.



[Download the App](#)

PFA Mobile

National Child Traumatic Stress Network
Platforms: iOS and Android
Free

Useful for those using Psychological First Aid in the field, PFA Mobile offers interventions, tips, and

other resources to support responders. Developed by the VA's National Center for PTSD, National Child Traumatic Stress Network, and DoD's National Center for Telehealth and Technology, this app has an incredible breadth of information



[Download the App](#)

First Aid

American Red Cross

Platforms: Android iOS

Free

First Aid by American Red Cross provides free lifesaving first aid instruction and disaster preparedness information, including videos, interactive quizzes and simple step-by-step advice.

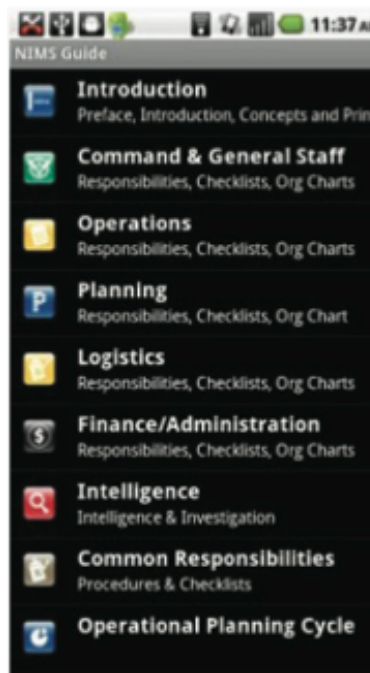
[Download the App](#)

NIMS ICS Guide

Platforms: Android \$6.99 iOS \$14.99

Though it has a much higher price tag than the other apps, the NIMS ICS Guide is recommended for responders working in Emergency Operation and Incident Command Centers.

It's especially useful for DMH personnel who may not have a strong background or familiarity with the Incident Command System.



[Download the App](#)

MonsterGuard

American Red Cross

Platforms: Android iOS

Free

This is an educational game targets children from the ages 7 to 11 but children (or adults) of all ages can enjoy. By training as a “Monster Guard” kids will learn how to build an emergency preparedness kit, a pillowcase kit and learn about to stay safe in different emergencies. With cute characters and a fun concept, it's a good way to introduce kids to these topics.

[Download the App](#)

Help Kids Cope

National Child Traumatic Stress Network

Platforms: Android and iOS

Free

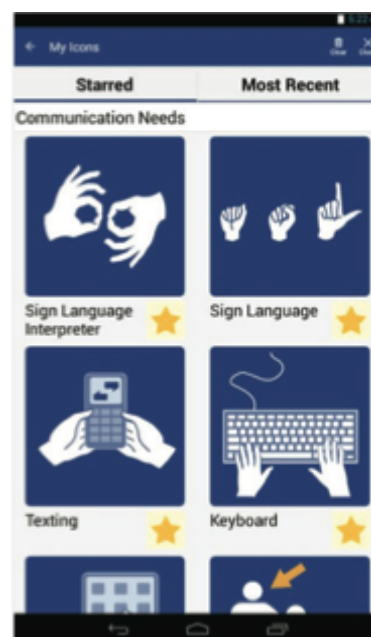
Help Kids Cope is designed to help parents better support their children. It includes ways for parents to communicate and support children in age appropriate ways, as well as support themselves.

[Download the App](#)

Show Me for Emergencies

Massachusetts Department of Public Health
Platforms: Android and iOS 8.0 or later
Free

This app offers a selection of disaster and related icons that can help emergency workers communicate more effectively with people with language barriers, hearing impairments, and other communication barriers. Open the app to and point to icons to relay emergency information and directions (sign- in, wait in line) and pass it back to the client to relay their needs and emotions.



[Download the App](#)

GasBuddy

Platforms: Android and iOS 9.0 or later
Free

Originally just a tool to help drivers find the cheapest gas stations in their area, GasBuddy quickly morphed in the aftermath of Hurricane Harvey to begin tracking gas station outages. After many Florida gas stations ran out of fuel after Hurricane Irma, leaving evacuees stranded, Florida Gov. Scott praised the app for its utility in helping Floridians evacuate.

[Download the App](#)

Google Translate

Platforms: Android and iOS

Free

Google's translator app offers the ability to communicate in more than 70 different languages. For disaster responders, the ability to break through language barriers to give timely, accurate information and support to survivors is invaluable. Android users can download languages ahead of time to access translations without 3G and can even take photos of signs and documents for easy translations.

[Download the App](#)

FEMA

Federal Emergency Management Agency

Platforms: iOS Blackberry Mobile Web

Free

FEMA's disaster app has a tool for building an emergency kit, general tips on how to prepare for disasters, and information for affected individuals on how and where to apply for assistance. This app can be useful to you in the field and for survivors.

[Download the App](#)

UPCOMING EVENTS & TRAINING

Learning opportunities for behavioral health, spiritual care, substance abuse professionals as well as disaster responders and natural community helpers.

**Announcing Trainings Supported by
AdCare**

**Title: Skills for Psychological Recovery (SPR)**

March 15, 2018 - Farmington, Maine

March 22, 2018 - Freeport, Maine

March 29, 2018 - Ellsworth, Maine

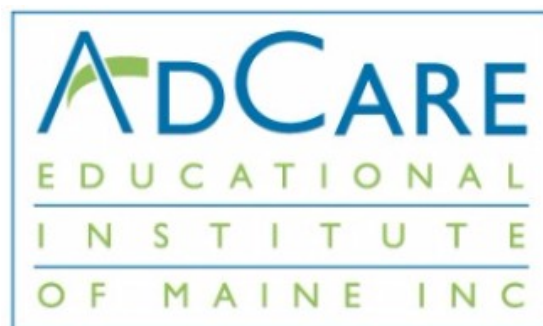
SPR is an evidence-informed modular approach to help children, adults and families in the weeks and months following disaster and exposure to trauma.

[Register Online](#)



Paul R. LePage, Governor

Ricker Hamilton, Commissioner



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