

[Disaster Behavioral Health Newsletter](#)[2018 Spring Edition](#)[View this email in your browser](#)

## Managing the Mental Health Consequences of Mass Violence

The recent New York Disaster Mental Health Responder newsletter focuses on the mental health consequences of mass violence events including mass shootings, vehicular assaults, and terrorist attacks. The timeliness of the topic is underscored as we process the recent school shooting that left seventeen students and educators dead at a high school in Parkland, FL. While we hope readers never need to respond to one of these attacks in your community, it's clear that we all need to be prepared to do so.

[Managing the Mental Health Consequences of Mass Violence](#)



# 2017 Disaster Preparedness Survey of Maine Behavioral Health Providers

A 2017 survey of providers, including mental and behavioral health, crisis services, hospitals, substance abuse providers, and community support programs was distributed by Maine DHHS/ Center for Disease Control and Prevention Disaster Behavioral Health Program to determine the state of readiness of the social services networks. The results of the 2017 survey provide a snapshot of the state of community emergency preparedness. Of the 61 behavioral health providers who responded to the 2017 survey, 91% requested ongoing training, technical support and expressed interest in conducting exercises and drills in their impacted regions.

In February and March of this year, Maine CDC's Disaster Behavioral Health Director held (3) meetings with survey participants, County EMA's and Maine CDC Public Health Emergency Preparedness staff to discuss the next steps needed to increase participation of behavioral health and social service providers within community and health care all-hazard trainings and exercises. All participants agreed that focus will be on identifying at-risk and vulnerable populations, providing supportive services to both employees and employee family members, and sharing emergency operations plans with public safety and emergency managers. These identified efforts will increase overall state preparedness and recovery following natural and human-caused disasters or public health emergencies.

[Maine Behavioral Health Provider 2017 Disaster Preparedness Survey Summary](#)

---

## New Opiate Addiction Resource Available

The pictured cards below were created to educate Mainers about prevention and treatment of opiate addiction. (Images reflect front and back of both available cards.) You can order the cards for free from [www.MainePreventionStore.org](http://www.MainePreventionStore.org)

If you know people who can benefit from this information, please order some cards and share them. With your help we will decrease the impact of opiate addiction in Maine and assist those living with opiate addiction to find support.

The cards were created by the Maine CDC in collaboration with New England HIDTA (High Intensity Drug Trafficking Area). If you have questions, please email [tsup.dhhs@maine.gov](mailto:tsup.dhhs@maine.gov)



**EYES OPEN**

**PRESCRIPTION DRUG, HEROIN, AND OTHER OPIATE ABUSE CAN AFFECT YOUR FAMILY AND FRIENDS. TAKE ACTION TODAY.**

- 1. STORE YOUR MEDICINE SAFELY:**  
Lock all medicine in a safe place out of children's reach. Remember to keep medicine in their original containers.
- 2. DISPOSE OF UNUSED PRESCRIPTIONS:**  
Find a Drug Take Back location near you: [eyesopenforme.org/drug-take-back](http://eyesopenforme.org/drug-take-back)
- 3. DON'T TURN A BLIND EYE:**  
If someone you know needs help call 211 or text your zip code to 888-211.





**EYES OPEN**

**PRESCRIPTION DRUG, HEROIN, AND OTHER OPIATE ABUSE CAN AFFECT YOUR FAMILY AND FRIENDS. TAKE ACTION TODAY.**

- 1. STORE YOUR MEDICINE SAFELY:**  
Lock all medicine in a safe place out of children's reach. Remember to keep medicine in their original containers.
- 2. DISPOSE OF UNUSED PRESCRIPTIONS:**  
Find a Drug Take Back location near you: [eyesopenforme.org/drug-take-back](http://eyesopenforme.org/drug-take-back)
- 3. DON'T TURN A BLIND EYE:**  
If someone you know needs help call 211 or text your zip code to 888-211.





**GETTING HELP IS A SIGN OF STRENGTH.**

211 Maine is a free, confidential helpline available 24 hours a day, 7 days a week.

**When you CALL 211:**  
After you dial 211, select option "6" to access the opiate helpline. A Maine-based specialist will refer you to a provider who can help.

**When you TEXT 211:**  
You will be connected with a Maine-based specialist. The specialists will text you back asking what services you are looking for and give you referrals as close to where you live as possible.

A specialist will answer your questions to the best of their abilities. You will receive encouragement and support to help you or your loved one.

**All communication with 211 is free and confidential.**

DIAL 211 toll free / TEXT your zip code to 888-211 / EMAIL [info@211maine.org](mailto:info@211maine.org)

FOR MORE INFORMATION VISIT:  
[211maine.org](http://211maine.org) [eyesopenforme.org](http://eyesopenforme.org)

In the event of an emergency, please contact 9-1-1





**GETTING HELP IS A SIGN OF STRENGTH.**

211 Maine is a free, confidential helpline available 24 hours a day, 7 days a week.

**When you CALL 211:**  
After you dial 211, select option "6" to access the opiate helpline. A Maine-based specialist will refer you to a provider who can help.

**When you TEXT 211:**  
You will be connected with a Maine-based specialist. The specialists will text you back asking what services you are looking for and give you referrals as close to where you live as possible.

A specialist will answer your questions to the best of their abilities. You will receive encouragement and support to help you or your loved one.

**All communication with 211 is free and confidential.**

DIAL 211 toll free / TEXT your zip code to 888-211 / EMAIL [info@211maine.org](mailto:info@211maine.org)

FOR MORE INFORMATION VISIT:  
[211maine.org](http://211maine.org) [eyesopenforme.org](http://eyesopenforme.org)

In the event of an emergency, please contact 9-1-1



## FLOOD RESOURCES

### Floods

This SAMHSA resource explains who may be at risk for developing behavioral health issues after a flood. Included are links via phone and text to receive post-flood behavioral health support 24/7, information regarding triggering events and coping strategies, and links to additional resources on flooding.

Visit this SAMHSA Flood Resource

### How to Prepare for a Flood

In this 12-page guide, FEMA provides detailed information about flood preparedness and what to do once a flood occurs. The guide includes information on understanding your risk; how to protect yourself and your property; where to obtain flood insurance; how to mitigate your risk of flooding; how to protect important documents; and what to do once flooding begins to occur, including how to stay safe if you are trapped inside a building, a vehicle, or outdoors.



[Download the Guide](#)

---

## Floods: Know Your Risk

For anyone who may encounter flood conditions, [Ready.gov](https://www.ready.gov) offers multiple tips and ideas for flood preparedness. It informs the reader of what flooding is, the difference between flood watches and warnings, basic safety tips, understanding your flood risk, how to make a flood plan, and what to do after a flood.

[Visit this Ready.gov Flood Resource](#)

---

## Trauma Types: Floods

This resource is from the National Child Traumatic Stress Network and focuses on behavioral health needs of children during and after a flood event. Information includes physical and emotional readiness, response, and recovery for children and families. There is a family preparedness plan and wallet card in multiple languages, and links to additional behavioral health resources for both children and parents.

[Visit this NCTSN Flood Resource](#)

---

## Emotional Recovery

Hosted by the American Red Cross, this landing page includes behavioral health tips and information for disaster recovery. It explains different types of emotional responses, the recovery process, and challenges to recovery including how to navigate a holiday when working to recover from a disaster. There is a source for downloading emotional recovery guides in nine different languages as well as in large print.



[Visit this ARC Flood Resource](#)

---

## UPCOMING EVENTS & TRAINING

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

### [10th Annual Maine Partners in Emergency Preparedness Conference](#)

Tuesday and Wednesday, April 24 and 25, 2018  
Augusta Civic Center, Augusta, Maine

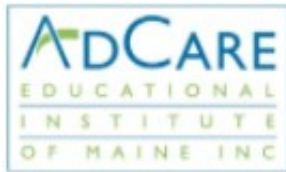
As the nation continues to recover from the devastation caused by hurricanes, wildfires and active shooters, and other natural and man-made disasters, the overall theme for this conference will be **Prepare to Recover**. The schedule includes a wide range of tracks: Recovery, Communications, Community Resilience, Emergency Management, Recovery and Healthcare and Technological Hazards.

More than 30 individual workshops and meetings will be offered over the two days. There is no charge for attending the conference. For topics relevant to Disaster Behavioral Health, there are (3) workshops.

- Tuesday, April 24 (10:00am-11:10 am) ***“Incorporating Mental Health into a Public Health Response in Disasters”*** presented by Anthony, Ng, M.D. , Clinical Director for Acadia Hospital and American Red Cross Disaster Mental Health Responder
- Tuesday, April 24 (1:30pm- 4:10pm) ***“Healthcare Coalitions’ Roles in Response and Recovery”*** Presented by Northeastern Maine Health Care Coalition partners from hospitals, long term care, home health, dialysis centers, and behavioral health providers
- Tuesday, April 24 (3:00pm-4:10pm) ***“Becoming a Resilient First Responder: How to Understand and Manage the Effects of Trauma Exposure”*** Dr. Orwellan Ph.D., Togus Veteran’s Hospital working in Neurosciences and Post Traumatic Stress research

[Register Online](#)





## Trainings Supported by AdCare

### 2018 Maine State Medical Reserve Corps Summit

*Local Volunteers Engaging Maine Communities to Build Public Health Resilience*

April 28, 2018

Kaplan University, Augusta, Maine

#### Program Description:

This summit welcomes Medical Reserve Corps (MRC) volunteers, both veteran and fresh, to come learn more about their roles and responsibilities and to make new connections with members from across the Corps. Sign-ups for new MRC registrants will be available on site, so bring a friend or family member along.

#### Program Overview:

The 2018 ME-MRC Summit is an opportunity for Corps volunteers from all over the State of Maine to gather together, share ideas, attend pertinent trainings and panel sessions, and otherwise expand their knowledge, skills, and available resources to support public health event response. From the newest MRC members to those that have been with us for years, there is something for everyone.

#### Intended Audience:

- Medical & Public Health Professionals - physicians, nurses, physician assistants, pharmacists, behavioral health professionals, dentists, veterinarians, epidemiologists, etc.
- Non-Medical Professionals - business administrators, logistics planners, legal advisors, interpreters, chaplains, web administrators, marketing professionals, sales professionals, and anyone else with strong organizational skills

[Register Online](#)

### Disaster Behavioral Health Core Content Training

*Building Maine's Capacity to Respond*

June 21-22, 2018

Portland Jetport DHHS Facility, Portland, Maine



A training curriculum for behavioral health, spiritual care, and substance abuse professionals as well as disaster responders, medical reserve corps and natural community helpers.

Program Overview The training programs will be two days in length and will be held from 8:30 am – 3:30 pm each day. Participants must attend both days. Note: To be eligible for the Maine Disaster Behavioral Health Response Team participants must attend both days.

Program Purpose The purpose of these trainings is two fold: 1. To develop a better informed disaster response community in Maine around the issue of behavioral health and its critical role in disaster response. 2. To develop a volunteer team of disaster behavioral health responders throughout Maine who are available to provide mental health, substance abuse, and/or crisis counseling support in the event of a disaster or local emergency.

Day One Participants will learn about the crisis counseling program; expected disaster survivor reactions, cultural awareness and providing culturally appropriate support.

Day Two Participants will learn about vulnerable populations, disaster behavioral health interventions and skills, survivor tools, and stress management techniques. Finally, they will have the opportunity to learn about and join the formal state team in Maine tasked with responding to the behavioral health needs of the community after a disaster.

**Register Online**

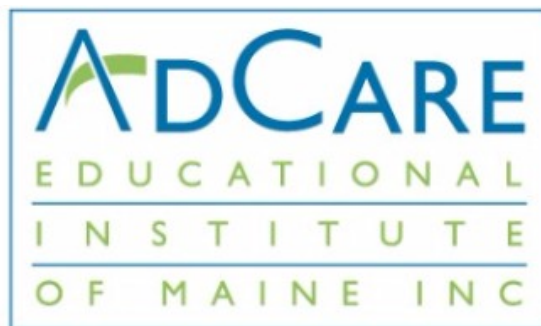


Paul R. LePage, Governor

Department of Health  
and Human Services

Maine People Living  
Safe, Healthy and Productive Lives

Ricker Hamilton, Commissioner



*Copyright © 2018 AdCare Educational Institute of Maine, Inc., All rights reserved.*

[unsubscribe from this list](#) [update subscription preferences](#)



### ***Get Social with AdCare!***

Connect with us on Facebook, Twitter, Pinterest, LinkedIn, Foursquare and YouTube.

