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National Volunteer Week

April 7-13, 2019



Did you know that Sunday, April 7th through Saturday, April 13th is National Volunteer Appreciation Week? We are very fortunate in Maine to have significant volunteer engagement when compared to other states. In particular, our Public Health Volunteer (PHV) programs serve our state in many ways –

The Maine Responds registry includes volunteers willing to respond at a moment's notice to any emergency or disaster need rising to the level of a state response. The Maine Medical Reserve Corps (MRC) continually trains, plans, and builds its capacity for response into Points of Dispensing (POD) and Alternate Care Site (ACS) environments. Finally, of course, our Maine Disaster Behavioral Health Response Team supports Family Reunification Centers (FRC), Family Assistance Centers (FAC), and in other areas with an urgent need for mental health resources.

Please take a moment this week to reach out to these volunteers and to any of our many other voluntary organization partners – whether they be from Red Cross, Southern Maine COAD, Maine VOAD, Maine 211, United Way – and express your appreciation for what they do.

Finally, from the team at Maine CDC, Public Health Emergency Preparedness and AdCare Educational Institute, thank you for being a part of our Disaster Behavioral Health program!



Disaster Behavioral Health Volunteers Maine Medical Reserve Corps Volunteers Maine Responds Volunteers

National Volunteer Week provides an opportunity to recognize the importance of all volunteers registered within Maine CDC's public health preparedness program to support response program readiness and capabilities. This year, we shine a light on the volunteer groups that work most closely with Maine CDC public health emergency preparedness efforts: Disaster Behavioral Health Volunteers, Maine Medical Reserve Corps Volunteers and all other Maine Responds Volunteers. We recognize and thank these important volunteers who lend their time, talent and voice to make a difference in their communities and beyond.

National Volunteer Week was established in 1974 and continues to grow each year. At a time when people interested in volunteerism have so many options and the need ever present, we value and appreciate those who have chosen public health preparedness as an avenue for their volunteer energies. Whether in the field, at the office, in an active disaster area; whether within an exercise, a training or a meeting – doing good and building a community of preparedness volunteers comes in many forms, and we recognize and celebrate them all.

Disaster Behavioral Health: A Critical Response Volunteer Training Now Offered as a One Day Training

The Disaster Behavioral Health (DBH) program will begin offering an updated version of the DBH Response Team's required training, *Disaster Behavioral Health: A Critical Response*. The first offering of this one-day training will be July 10th in Auburn. For those individual who've expressed interest in the DBH Response Team, thank you for your patience as we improve our training curriculum and materials to reflect current public health and natural disaster priorities.

If you are an existing DBHRT member, you would have participated in the two-day training which included an afternoon exercise setting up a Family Reception Center following a mass casualty incident. Participant feedback requested a shorter training, using more video examples and shorter interactions.

The newly revamped version of this training combines participant feedback with necessary training components and will cover:

- key disaster preparedness, response and recovery elements,
- the roles assumed by behavioral health, substance abuse, spiritual care professionals and natural helpers in preparedness and response,
- discussions focusing on the range of expected reactions to disaster including psychological, physical, emotional, behavioral and spiritual,
- considerations for individuals, families and communities following a disaster, mass violence incident and/or public health emergency,
- concepts of Psychological First Aid and other evidence-informed interventions and activities,
- the unique aspects of the State of Maine's Disaster Behavioral Health Response Team coordinated through Maine Responds, Maine's online registration system for public health, healthcare and emergency response volunteers.

More information about this training follows including a link to a training registration page with specifics on continuing education, agenda, etc. Already a DBHRT member? Please feel free to register and join the discussion for a refresher and to share you own experience as a volunteer.



Disaster Behavioral Health: A Critical Response Volunteer Training

July 10, 2019 ~ Auburn

Disaster Behavioral Health: A Critical Response is a training curriculum for behavioral health, spiritual care, and substance abuse professionals as well as disaster responders and natural community helpers that provides knowledge and skills training to respond to the behavioral health and spiritual needs of individuals and their families in the aftermath of disasters and other critical incidents.

Note: To be eligible for the Maine Disaster Behavioral Health Response (DBH) Team participants must complete this training.

More Information and Registration

RESOURCES

Disaster Apps, Tools and Technology

The 2019, Volume 15 issue of the Dialogue focuses on disaster apps, tools and technology. This issue covers a range of timely topics including:

- Social Media Before, During, and After Disasters
- SAMHSA's Disaster App Helps Responders Access Critical Resources
- SAMHSA Mobile App Helps Healthcare Professionals Address Suicide
- Are Your Families Prepared for a Disaster?
- A Look Inside the Disaster Distress Helpline

The Dialogue is a quarterly technical assistance journal on disaster behavioral health which is produced by the Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Technical Assistance Center (DTAC). Through the pages of The Dialogue, disaster behavioral health professionals share information and resources while examining the disaster behavioral health preparedness and response issues that are important to the field.

The Dialogue, Volume 15

Planning for Psychiatric Patient Movement During Emergencies and Disasters

This webpage from the Office of the Assistant Secretary for Preparedness and Response lists questions and situations care providers, planners, and first responders should consider when they prepare to move psychiatric patients in a disaster.

Psychiatric Patient Movement During Emergencies

Addressing the Needs of the Seriously Mentally Ill in Disasters

This fact sheet by the Center for the Study of Traumatic Stress (CSTS) helps local

planners, first responders, and emergency health care practitioners. It outlines challenges faced by people with SMI and addresses how to meet the needs of these people in preparedness and planning. It also offers practical recommendations in planning, response, and recovery.

CSTS Fact Sheet



Volume 8 of the School Safety and Security Bulletin was released earlier this week and focuses on "Crisis Communication". One of the most important aspects of managing a crisis is proactive communication. Having a plan in place ahead of time is critical to reducing anxiety for students, parents, faculty and staff. When a crisis occurs, it's important to accurately communicate as quickly as possible. Steps taken in the first 30 minutes of a crisis will help determine public perceptions of how the situation was handled. See the list of recommendations for consideration on the [Maine Disaster Behavioral Health website](#).

UPCOMING EVENTS & TRAINING

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

Psychological First Aid Training

May 3, 2019 - Farmington

May 17, 2019 - Moose River

May 24, 2019 - Dover-Foxcroft

We are bringing PFA training to some new locations this spring! Please spread the word and join us if one of these locations is right for you. Use the link below for information on the trainer, continuing education, etc.

A full-scale public health response to disasters must attend to both the physical and

mental health needs of affected groups. The latter set of needs is especially important because most authorities agree that far more individuals will report psychologically-related complaints than will report physical symptoms directly stemming from the injury-causing agent or event. Because a large scale emergency will overwhelm existing mental health response resources, psychological first aid - the provision of basic psychological care in the short term aftermath of a traumatic event - is an important skill set that all public health workers, emergency responders and natural community helpers should have.

About This Training ~ This program is a six hour, interactive, face-to-face training that provides public health professionals, emergency responders, and natural community helpers without former mental health education with the concepts and skills associated with psychological first aid. Additionally, this training is applicable to public health settings, the workplace, the military, mass disaster venues, and even the demands of critical incidents, e.g., dealing with the psychological aftermath of accidents, robberies, suicide, or community violence.

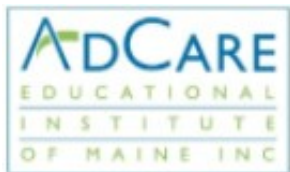
More Information and Registration

11th Annual Maine Partners in Emergency Preparedness Conference April 23, 2019 ~ Augusta Civic Center

Maine Emergency Management Agency will host the **11th Annual Maine Partners in Emergency Preparedness Conference** on Tuesday April 23, 2019 at the Augusta Civic Center, Augusta, Maine.

The Conference is part of the "Maine Prepares" initiative, which focuses on building emergency preparedness across a wide range of audiences. Sessions are generally split into targeted "tracks" so that attendees can easily identify the sessions relevant to their role or interest. In addition to tracks specifically designed for first responders and emergency management personnel, this year's conference will include a track specifically for the citizens of Maine in an effort to increase preparedness and response initiatives for individuals and families.

More Information & Registration



Trainings Supported by AdCare

Psychological Disorders ~ A Primer

Presented by John O'Brien, Ph.D

May 17, 2019 ~ Waterville, ME

This six-hour training will be an introductory level exploration of working with clients who have serious psychiatric disorders. After a review of diagnoses and various diagnostic categories of major mental illness, the presenter will explore various treatments for each disorder and effective coping recommendations. In addition, participants will learn skills to manage their own reactions to clients who present challenging behavior patterns. Case examples and discussion will be used to illustrate key points.

More Information and to Register Online

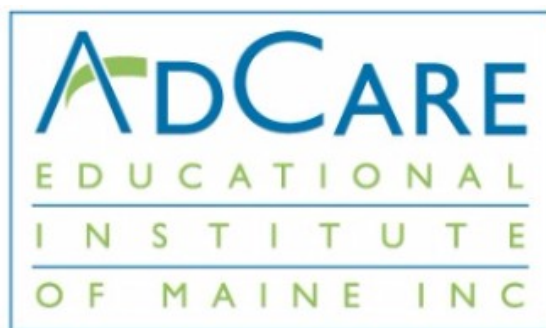
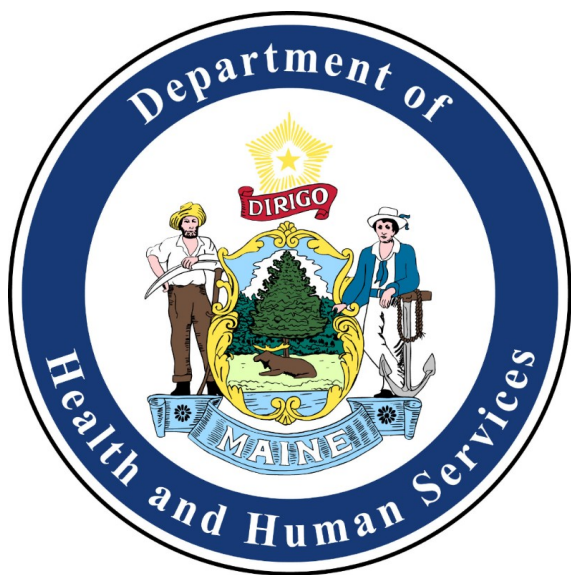
Spirituality and Religion in Counseling ~ Ethical Considerations

Presented by John Yassencheck

May, 24 2109 ~ Waterville, ME

This workshop will address the legal and regulatory health care privacy and confidentiality requirements applicable to Maine mental health agencies, substance use disorder programs and behavioral health professionals, and will cover the HIPAA Privacy Standards, the New Federal Substance Use Disorder Privacy Regulations (42 C.F.R. Part 2), and Maine health care privacy laws and rules pertaining to HIV information and mental health information. This workshop will also address the specific privacy and confidentiality laws and regulatory requirements that apply to minors and to various types of mental and behavioral health professionals, including social workers, counselors and psychologists, in various types of practice settings (e.g., private practices vs. licensed mental health or substance use disorder programs).

More Information and to Register Online



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