



## DISASTER BEHAVIOR HEALTH NEWSLETTER

Volume 2 No. 4: April 2011

**Skills For Psychological Recovery (SPR)** –There is a new training that will be introduced by SAMHSA, The National Center for PTSD and The National Child Traumatic Stress Network designed to help survivors learn specific skills to enhance their recovery after the initial disaster has subsided. Psychological First Aid (PFA) is designed for immediate response in the initial recovery period. SPR begins as a follow-up to the initial PFA response, in the weeks, months or even years after a major event. SPR has been designed as a secondary prevention model to reduce stress, identify existing coping skills, improve functioning and potentially lower the need for formal mental health treatment. It teaches or reinforces skills for problem-solving, promoting positive activities, managing reactions promoting helpful thinking and rebuilding healthy social connections. This two-day training was offered by authors Milissa Brymer, Patricia Watson and Robert Macy in Boston earlier this month. The needs of many survivors that has been missing from the initial disaster response—those reactions that occur after the event response has subsided are addressed with specific skill-building interventions and exercises suitable for working with individuals or families. The Field Operations Guide contains detailed explanations and exercise instructions. PFA is a prerequisite for the Skills for Psychological Recovery course.


 THINK  
SPRING!!

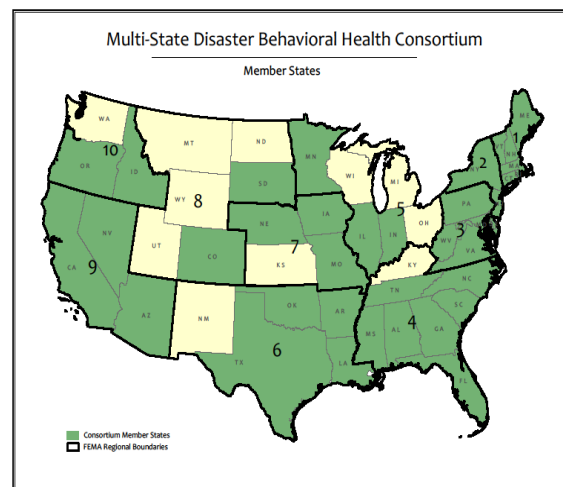
### Upcoming DBH Trainings!

- ◆ 6/23-24—DBH Training, Mt. Desert Island
- ◆ 9/22-23—DBH Training, Auburn
- ◆ Oct TBA—DBH Training, Wiscasset
- ◆ 11/3-4—DBH Training, Belfast

### Exercise Planning—2011 -- You Asked For It:

Planning for the Team's annual training is well underway. We will have several experts help us focus on specific populations to learn support approaches that are most helpful. We'll hear about supporting elders, children & teens, substance-dependent and migrant populations and have an opportunity for practice exercises and interaction with a panel of presenters. Save the date—you won't want to miss this year's DBH training event on October 21st.

**Maine Health Alert Network Drill**—State offices and hospitals are making sure they get the alerts! HAN has been conducting exercise drills to confirm that intended recipients are getting health alerts. The Disaster Behavioral Health Team will also conduct a drill alert in early May. Please make sure your information to receive alerts is up-to-date in HAN. If you need help accessing the system, contact Nate Reithmann, HAN Coordinator, at 287-6551. Remember that HAN is the primary means of sending an alert of mobilization of the team! Your contact information in that system must be current to receive alerts. The HAN also contains useful resource information and public health references.



### MORE NEWS AND RESOURCES FOR DISASTER BEHAVIORAL HEALTH

- **Diversity Toolkit**— <http://dl.dropbox.com/u/27345423/OMH%20DIVERSITY%20PREPAREDNESS%20TOOLKIT%20FINAL%2002%2028%202011%20508.pdf>
- **National Commission on Children and Disasters Report to Congress** —<http://dl.dropbox.com/u/27345423/National%20Commission%20on%20Children%20and%20Disasters>
- **Map of Multi-State DBH Consortium**—resources and up-to-date tools for disaster response—green states are members by DTAC region. Website: <http://www.sdbhc.us.com/>

**2011 Disaster  
Behavioral Health  
Exercise & Retreat  
October 21st at the  
Maine Principal's Assn  
in Augusta—DON'T  
MISS IT!!!**

Miss an issue of the DBH Newsletter? No. We wanted to confirm some dates so did not put out a newsletter in December — look for the next issue back on schedule in August!

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at [Pamela.Holland@maine.gov](mailto:Pamela.Holland@maine.gov)