

Disaster Behavioral Health Newsletter

2020 Winter Edition

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2019 - nCoV

The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus first identified in Wuhan, Hubei Province, China. Chinese authorities identified the new coronavirus, which has resulted in thousands of confirmed cases in China, including cases outside Wuhan City. Additional cases have been identified in a growing number of other [international locations](#), including [the United States](#). There are ongoing investigations to learn more.

[Federal CDC information on 2019-nCoV](#)

[Maine CDC information on Coronavirus](#)

Links follow for helpful behavioral health tips during an infectious disease outbreak.

- [Talking With Children: Tips for Caregivers, Parents and Teachers during Infectious Disease Outbreaks](#)
- [Coping With Stress During Infectious Disease Outbreaks](#)
- [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)

New Year ~ New Resolution

In 2020, why not add a preparedness plan to your resolution list? FEMA asked the public about preparedness actions in the [2018 National Household Survey](#) (NHS). Of the six actions listed below, nearly all respondents (94%) took at least one, but only

- Attending a preparedness meeting or training
- Talking to others about preparedness
- Developing an emergency plan
- Seeking information
- Taking part in a drill
- Stocking supplies to last 3+ days

Stocking supplies to last at least three days was the most common preparedness action, with about 81% of people doing so. Consider picking up a few extra items at the store to make sure your household is prepared in 2020! See what other questions FEMA asked and results of the 2018 NHS [here](#).



Saturday, April 11, 2020
Jeff's Catering
Brewer, ME

2020 Maine Public Health Volunteer Summit

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

We are currently finalizing plans for the 2020 Maine Public Health Volunteer Summit, formerly the Medical Reserve Corps (MRC) Summit. This event will welcome DBH Response Team and Maine Responds ESAR-VHP membership in addition to MRC volunteers. Topical courses will include ICS-100 and -200 certification overview for the Incident Command System; a review of Family Reunification plans during emergencies; alternate care sites, medical countermeasures, and the strategic national stockpile; an over-lunch review of the 2019 Portland Expo/Asylee Surge

Responds (ESAR-VHP, DBHRT, and/or ME-MRC members) are invited to attend!

More Information and Registration

Volunteer Insights

Provided by Volunteer Holly Clayton, RN, MSN



"In my volunteer experiences in working with diverse populations, I have reflected on things that might enhance individualized care delivery. The idea of having a just-in-time training session at the start of the volunteer sessions could potentially be a way to help volunteers gain an understanding of customs, values and cultural heritage of populations they will be assisting. Factors influencing health perceptions could be included. An example would be medication regime compliance and impacting local socioeconomic factors. As well, communication strategies - these might all have a positive impact on provision of care."



Healthcare Coalitions of Maine to Focus on Pediatric Surge Planning

Written by Hannah James

[Healthcare Coalitions of Maine website](#)

In 2019, children under 18 years represented 18.7% of Maine's population, with nearly 4% younger than five years old^[1]. These numbers represent Maine residents who are particularly vulnerable during a disaster. Their unique characteristics and needs make it important to identify and incorporate special considerations for this population in preparedness, response, recovery and mitigation plans and actions.

The Healthcare Coalitions of Maine have identified pediatric surge planning as a top priority for 2020. This pediatric-focused operational annex is intended to be one of many annexes to the Healthcare Coalitions of Maine All-Hazards Response Plan. It is intended to be a high-level response plan annex, that identifies experts and specialized resources that exist currently within the HCCs, the mechanisms/processes that will be used to determine which patients go to which facilities, and an understanding of how many children each facility will need to plan to receive. Each facility is encouraged to develop more detailed plans that support their individual

[Pediatric Surge Work Group](#) The Healthcare Coalitions of Maine aim to create a special Pediatric Surge Work Group that will be tasked with working together to:

- Create a pediatric preparedness response plan annex for the Coalition's All-Hazards Response Plan
- Conduct a comprehensive assessment of the capabilities of Coalition members to care for kids in time of disaster
- Define roles and responsibilities of all entities involved in a pediatric disaster response
- Determine resource needs related to pediatric surge
- Determine training needs for Coalition members related to pediatric surge

The Pediatric Surge Work Group will begin meeting in February 2020. If you are interested in joining this work group, or know of a colleague who would be an asset to this work group, please email Healthcare Coalition of Maine Coordinator, Hannah James, at hannahj@allclearmg.com. She will add you to the work group distribution list and send out a survey to determine what meeting time works best for the majority of participants.

Pediatric Tabletop Exercise

The Healthcare Coalitions of Maine are honored to have Dr. Mark Cicero, Director of Pediatric Disaster Preparedness at Yale University School of Medicine, joining us March 17th to lead a discussion of best practices and pediatric readiness resources. Our goal is to bring together key pediatric and preparedness stakeholders as we begin to identify and address Maine's pediatric surge issues in disasters. Light breakfast refreshments will be provided to attendees. If you have questions regarding your registration, or about the exercise, please contact Healthcare Coalition Coordinator Hannah James at HannahJ@AllClearEmg.com.

Register for the Pediatric Tabletop Exercise

RESOURCES

PTSD and Aging

With the graying of America, including the veteran population, it is important that we all familiarize ourselves with the impact of aging on PTSD and vice



National Center for

PTSD

POSTTRAUMATIC STRESS DISORDER

is a very useful step in that direction.

PTSD Research Quarterly



Disability and Health Emergency Preparedness

Emergencies and disasters can strike quickly and without warning, forcing people to quickly leave or be confined in their home unexpectedly. For the millions of Americans with disabilities, emergencies, like fires, floods and acts of terrorism present a real challenge.

CDC funded State Disability and Health Programs to develop resources. Public health professionals, emergency personnel and communities can use them to create emergency preparedness and response plans that are inclusive of people with disabilities.

Disability and Health Emergency Preparedness Resources

People with Disabilities and Other Functional and Access Needs

SAMHSA Disaster Behavioral Health Information Series (DBHIS) put out a recent installment that focuses on disaster behavioral health for people with disabilities and other access and functional needs inclusive of these topics:

- Ways that emergency management, government agencies, nonprofits, first responders, and disaster responders can make sure to include people with disabilities in disaster plans, communications, and response
- Information for people with disabilities and other access and functional needs about preparing for and recovering from disaster

DBHIS - Disabilities, Functional and Access Needs

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According to the [U.S. Census Bureau](#), at least 300 languages are spoken in the United States. This diversity of languages and cultures makes our nation richer, but it is also a challenge—part of meeting people where they are during and after disasters involves providing support in the languages they can use, or use exclusively.

In 2013, Census reported that [about 1 in 5 people in the United States speaks a language other than English at home](#). Of this group, about 22 percent—roughly 13.5 million—said they do not speak English very well or at all. Those who identified themselves as not speaking English very well were more likely to be part of other groups recognized to be at particular risk in the event of a disaster, including those who are living in poverty and those with disabilities.

To help meet the needs of communities across the country, SAMHSA provides a Disaster Behavioral Health Information Series (DBHIS) installment, which focuses on disaster preparedness and response materials in languages other than English. The installment features tip sheets, checklists, brochures, and online articles on topics running the gamut from personal and family emergency planning to preparing for specific types of disasters to coping with common disaster reactions. Resources are provided in 11 languages.

DBHIS - Languages other than English

UPCOMING EVENTS & TRAINING

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



Mass Prophylaxis Preparedness and Planning Training (MGT 319)

(DHS/FEMA funded course)

May 11-12, 2020

Purdue Global University ~ Lewiston

May 14-15, 2020

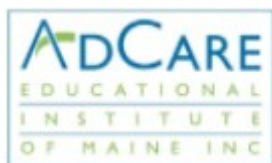
York County Emergency Management Agency ~ Alfred

This course is a guide for local health officials and their partners to coordinate plans

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recommendation to achieve the Centers for Disease Control and Prevention's (CDC's) 48-hour standard for Mass Prophylaxis, and the local community's Mass Prophylaxis and Point of Dispensing (POD) site preparedness. The course material is applicable to pandemic influenza, bio-terrorism, and other public health emergencies.

More Information and Registration



Trainings Supported by AdCare

Current Trends in Street Drugs, Vaping, and Prescription Medications of Abuse

Friday, February 28, 2020 ~ Portland

Presented by Mary-K O'Sullivan, LMFT, LADC, LPC

This training will review the new diagnostic criteria in the DSM-V related to the substance use disorders as well as each of the major categories of the substances of abuse. The substances reviewed will include the narcotics, the stimulants, the sedative-hypnotics including alcohol, the hallucinogens, as well the latest designer drugs. In addition, the current issues related to vaping and commonly misused medication will be reviewed. Participants will also review current medication assisted treatments used to assist clients in stabilization and recovery from the substance use disorders.

Participants who successfully complete this workshop will be able to:

1. Identify prevalent symptoms of the substance use disorders.
2. Define the substance use disorders continuum.
3. List the effects of the major categories of the substances of abuse.
4. Discuss the opioid prescription medication and vaping crises.
5. Discuss current "best practice MAT models" utilized to stabilize and treat clients with substance use disorders.

More Information and Registration

The Maine Coalition to End Domestic Violence: A Training for Mental Health Professionals

Monday and Tuesday, April 13-14, 2020 ~Augusta Civic Center

Day 1 Wednesday, May 6, 2020 ~ Thomas College, Waterville

Day 2 Wednesday, May 13, 2020 ~ Thomas College Waterville

Presented by Regina Rooney, M.A. & Karen Wyman

This 2-day training was developed by the Maine Coalition to End Domestic Violence (MCEVDV) to meet the training requirements for Psychologists, Licensed Clinical Social Workers, and Licensed Professional Counselors as described in [L.D 1238126 Legis.2013](#) and includes four 3-hour modules.

Foundations of Domestic Abuse

- Define domestic abuse and trauma
- Examine the barriers to safety that batterers can create
- Identify tactics batterers employ to gain and maintain power and control

Addressing the Lasting Impact

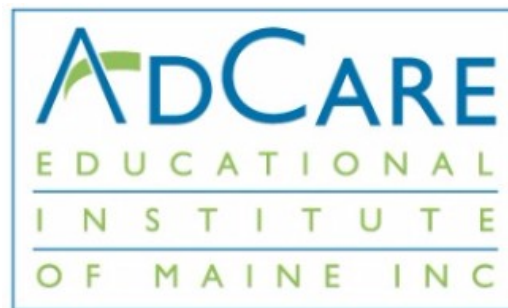
- Discuss the impact of trauma on the brain
- Identify short and long term health impacts of domestic violence
- Describe challenges facing survivors of multi abuse trauma

Intervention Strategies

- Distinguish between roles for mental health professionals and domestic violence advocates
- Learn and identify screening strategies that can be used in practice
- Describe basic safety planning strategies, including how to refer to a domestic violence resource center
- Define the difference between risk analysis and evidence-based risk assessment

Trauma-Informed and Culturally Competent Responses

- Identify ways trauma impacts survivors of domestic assault
- Discuss trauma-informed strategies for working with DV survivors
- Describe various aspects of culturally competent services
- List culturally-specific domestic violence resources

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