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## Maine Disaster Behavioral Health Helping Our Communities in Times of Disaster

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

**POSTPONED**  
*2020 Maine Public Health  
Volunteer Summit*  
*Local Volunteers Engaging Maine Communities  
to Build Public Health Resilience*

In order to balance the timing of this summit against the risks and needs of the evolving COVID-19 situation, we are postponing the Public Health Volunteer Summit. At this time we are aiming to reschedule for Fall 2020, and will advise you when the new date is chosen. We do plan to maintain the Bangor location.

In acknowledgment of the importance of our proposed educational content for the summit, and in order to get this information in front of you all sooner rather than later, Ed will be working closely with the new Training & Education Strike Team to host webinar-format delivery of the most critical content in the coming months.

Thank you for your patience during this novel disease outbreak response.

Ed Molleo, Medical Volunteer Coordinator  
Kathleen Wescott, LMFT, Disaster Behavioral Health

**COVID-19 Public Health Emergency  
Response and 42 CFR Part 2  
Guidance**  
Released March 19, 2019



In response to the Novel Coronavirus Disease (COVID-19) pandemic, SAMHSA is providing COVID-19 Public Health Emergency Response and 42 CFR Part 2 guidance to ensure that substance use disorder treatment services are uninterrupted during this public health emergency.

[Learn More](#)

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The Maine CDC is responding to the spread in Maine of the respiratory illness called COVID-19, caused by a novel (new) coronavirus. We urge Maine people to practice good hand hygiene, cover coughs and sneezes, and stay home if you are sick. If you are concerned that you have been exposed to COVID-19, call your health care provider, who will determine whether you should be tested and, as appropriate, submit a sample for testing. There are ongoing investigations to learn more.

[Federal CDC information on COVID-19](#)

[Maine CDC information on COVID-19](#)



## Mental Health and Coping During COVID-19

The outbreak of coronavirus disease 2019 (COVID-19) can be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Please reference and share these behavioral health and coping resources.

[Supporting yourself](#)

[Information for parents](#)

[Information for responders](#)

[Information for people released from quarantine](#)

**TODAY**  
WILL NEVER COME AGAIN.  
*Be a blessing.*  
**Be a friend.**  
*Encourage someone.*  
**Take Time To Care.**





## Healthcare Coalitions of Maine Update

Written by Hannah James

[Healthcare Coalitions of Maine website](#)

In light of concerns relating to COVID-19, we have made the decision to change the Healthcare Coalitions of Maine monthly meetings to virtual attendance only. Our meetings will be hosted via the Zoom platform until further notice. Coalition Coordinators will not be traveling during the outbreak and will try to join all meetings, conferences, trainings and other opportunities by phone or by using Zoom or other conferencing platforms.

Several upcoming trainings have been either changed to virtual delivery or postponed to a later date. If you have any questions regarding if a training is still occurring, please refer to [the Maine Healthcare Coalitions website](#) or contact the training host.

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	<p>The Healthcare Coalitions of Maine are working with the Maine CDC Public Health Emergency Preparedness (PHER) team to coordinate response measures to COVID-19 with healthcare entities. We are available to answer healthcare facility questions and field your concerns as they arise: Allyssa Caron, Southern Maine 207-747-9546 Mike Hatch, Central Maine 207-747-8100 Megan Melville, Northern Maine 207-747-9139 Please stay informed, push facts instead of fear and stay healthy!</p> <hr/> <h2 data-bbox="362 449 665 485">Volunteer Insights</h2> <p data-bbox="362 491 665 514">Provided by Volunteer Bob Collin</p>  <p data-bbox="362 562 922 728"><i>"I was on my way home after three weeks when he called me, to tell me that her remains were identified. We had established a bond, both veterans, both parents, both about the same age. I remember a feeling of relief and the feeling of his sadness."</i></p> <h3 data-bbox="362 764 1066 789">Oso Washington Mud Slide - Volunteer Bob Collin's Reflection</h3> <p data-bbox="362 835 1261 1035">It was 10:15 AM on March 22, 2014, a beautiful Saturday morning. The town of Oso is a small Washington State community located along State Route 530. It is bordered on the north and south by a ridge of mountains. Washington Rte. 530 connects Arlington and Darrington, and roughly follows the North Fork of the Stillaguamish River. The estimated population of Oso in 2010 was 180. The estimated population of the general area was 800.</p> <p data-bbox="362 1081 1261 1350">A large section of the face of the surrounding ridge broke free and slid down covering a subdivision of homes. 44 people were buried in up to 75 feet of mud. One small boy was rescued by a helicopter, and 43 people died. Mud and debris blocked the flow of the river, causing flooding and a mud pit in the search area. Eventually heavy earth moving equipment was brought in to reroute the river and assist in the search digging. Local volunteer rescue workers armed with everything from chain saws to tractors fought with downed trees and mud. Cadaver dogs were used to find the remains.</p> <p data-bbox="362 1396 1261 1562">A local disaster search headquarters was established at the Oso Fire Station and volunteers rushed in. The wife of one of the volunteer firefighters was part of the missing. That inspired the entire Oso volunteer fire fighter company to become search and recovery volunteers. Local fire companies volunteered their days off to backfill the Oso Fire Station.</p> <p data-bbox="362 1608 1261 1808">The American Red Cross set service operations in Darrington and Arlington. Disaster Mental Health sent to support the Arlington emergency shelter and Client Service Center. When the Red Cross was requested, I was sent with two other DMH to the Oso Fire Station. Eventually we were supported by two Client Caseworkers and a Disaster Health Services worker. Each day press and television correspondents gathered on the road looking for a story.</p> <p data-bbox="362 1854 1261 2020">At first, we interacted with the search teams and cadaver search dogs. After remains started to be recovered we started meeting with family members of the missing. One family suffered the loss of six family members. Several families were there every day. One group planted a memory garden. Another man, stayed with me part of every day. Another young woman lost her husband. The Fire Station became a community</p>		

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several workers at her home and they were missing.

The father of a missing woman and her husband was waiting to hear if his daughter was found. The husband was the first remains identified. She turned out to be the last. I was on my way home after three weeks when he called me, to tell me that her remains were identified. We had established a bond, both veterans, both parents, both about the same age. I remember a feeling of relief and the feeling of his sadness.

Each time a body was recovered the entire search team stopped and had a silent ritual. Workers would stand in line as the remains were moved past them and off the site. When it was my time to leave, I had been in Washington State 28 days. I spent 21 of those days at the Oso fire station.

I returned to Oso 17 months later. The Fire Station was quiet. There was a plaque on the wall recognizing all the volunteers that responded. There was a memorial at the slide site, with a tree for each of the deceased. It was a volunteer response I will never forget.


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## RESOURCES

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### SAMHSA Tip Sheet

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about social distancing, quarantine, and isolation.



### Taking Care of Your Behavioral Health: TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

[SAMHSA Tip Sheet](#)

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### Caring for Someone with COVID-19 At Home

Most people who get sick with COVID-19 will have only mild illness and should recover at home.\* Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

[Caring for Someone at Home](#)

[Subscribe](#)[Past Issues](#)[Prepare to Care for COVID-19 - Get Your Practice Ready](#)[Translate ▼](#)[RSS](#)

CDC's *Prepare to Care for COVID-19* is a resource with practical tools clinicians can use to care for patients with COVID-19, and will be regularly updated to help clinicians adapt as the outbreak unfolds.



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

[Get Your Practice Ready](#)

### Flood Preparedness

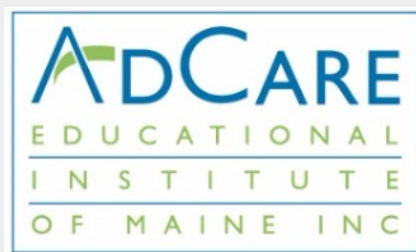
In Maine, floods can happen during any season, but are most common in the spring due to the combination of steady rainfall and snowmelt. Failing to evacuate flooded areas, entering flood water, or remaining after a flood has passed can result in injury or death. Floods are the most common natural disaster in the United States.

[Flood Preparedness](#)

## UPCOMING EVENTS & TRAINING

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

**IMPORTANT:** Effective March 11, 2020, AdCare revised its training schedule and suspended in-person trainings for the months of March and April. In-person trainings that were scheduled for March and April have either been re-scheduled to a later date or transitioned to an online webinar format. Please visit our [website](#) for more information.



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