



Maine Disaster Behavioral Health Response Team

About the Team

Behavioral Health intervention has become a valued dimension of immediate response and long-term disaster recovery. Psychological recovery is recognized as a focus of relief efforts, along with repairing homes and building bridges. Emergency responders, healthcare workers and community members now receive mental/behavioral health support following most disasters and public health emergencies. Behavioral Health supportive services include psychological first aid, skills for psychological recovery, support to healthcare facilities and school interventions, provide flyers and brochures on expected reactions, and referrals to community behavioral health providers to help individuals, families, healthcare staff and community members deal with loss, disruption and in some cases, tragedy.



Maine's Disaster Behavioral Health Response Team (DBHRT) is a statewide team of trained volunteers who respond locally to help minimize the impact of disasters and public health emergencies. Volunteers can work within healthcare and school facilities, walking through neighborhoods, providing services to impacted family and friends at family assistance and family reunification centers and FEMA Recovery Centers.

How the Team Responds

While each disaster and community is unique, Maine faces similar challenges as we mobilize to respond to weather-related events; public health emergencies and community tragedies. Our volunteers are trained and registered to receive emergency messages about community needs through the Health Alert Network or *Maine Responds* which will request their availability to respond in a local community and regions, or within a healthcare facility following a mass casualty incident or public health emergency.

DBHRT can respond in a number of different settings:

- Family Assistance and Family Reunification Centers set up to assist impacted family members and loved ones
- Healthcare and School campus facilities
- Door-to-door in impacted communities to connect at-risk populations with state and local resources
- During Points of Dispensing for medications during a public health emergency, i.e. H1N1
- County Emergency Management Unified Command Centers
- Participate in Community Trainings and Exercises
- Support to Red Cross shelters
- Supportive services and education to Emergency Responders, i.e. Police, Fire, EMS personnel

The Maine DBHRT needs more members to fully represent the communities where you live!

Learn more about the training and resources available on disaster behavioral health in Maine and join today!

There are a sample of available resources on the psychological impacts of disasters at www.mainedisasterbehavioralhealth.com

*Kathleen Wescott, M.A. LMFT-C
Disaster Behavioral Health Coordinator*



Meetings, Trainings and Exercises

June 6 -7, 2016	8:00 am - 4:00 pm	Disaster Behavioral Health: A Critical Response, Freeport. Seats are limited!
June 14-15, 2016	8:00 am - 4:30 pm	ICS 300 Training, CMMC, Lewiston. Seats are limited!
June 21, 2016	8:00 am - 4:30 pm	ICS 400 Training, CMMC, Lewiston. Seats are full! There is a wait list if there are cancelations.
June 23, 2016	8:30 am - 11:30 am	Central Maine Healthcare Preparedness Coalition, CMMC, Lewiston

For further details, take a look at our training/exercise calendar at www.cmrrc.org
To register contact Kris Gammon at gammonkr@cmhc.org

Spring Cleaning ?

It is that time of year! Packing away your winter clothes and taking out your summer wardrobe. If you come across any articles of clothes that no longer fit, have a stain or rip, don't toss them! We can use them for training with our MCI mannequins.

If you are in the Lewiston area you drop them off to our office or can hand them over if you are going to see us at a meeting.



Send Kris an email at gammonkr@cmhc.org if you have any questions.

Suggestions Welcome!

Is there any topic you would like to see highlighted in this newsletter?

Anything new and exciting happening at your facility that you would like to share?

Your ideas and suggestions are welcome! Contact Kara or Kris with your suggestion.

Central Maine Regional Resource Center

- **Kara Walker**, Director, 795-2960, walkerka@cmhc.org
- **Kris Gammon**, Operations Mngr. 795-2962, gammonkr@cmhc.org

Mailing Address:

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Website: www.cmrrc.org

Additional Behavioral Health Resources

Stress Management for Emergency Responders - What Agencies Can Do: This podcast provides information on stress management for individuals, teams, and agencies working in crisis settings.

<http://www2c.cdc.gov/podcasts/player.asp?f=10615>.

Building your responder personal resilience plan: Maximizing Resilience for healthcare workers:

http://www.mainedisasterbehavioralhealth.com/wp-content/uploads/2014/03/APD_brochure-FinalUpdated.pdf

Readiness for Events with Psychological Emergencies Assessment Tool

(REPEAT): A tool designed to help hospitals and clinics assess their capacity to deal with the surge of psychological casualties:

<http://www.calhospitalprepare.org/sites/main/files/file-attachments/repeat.pdf>

Leadership Communication: Anticipating and Responding to Stressful Events:

How leaders behave and communicate during times of risk and crisis (i.e., responding to fears of an infectious outbreak or in the aftermath of a disaster event) can have a significant impact on how people react and respond.

http://www.mainedisasterbehavioralhealth.com/wp-content/uploads/2012/12/CSTS_Leadership-Communication-Anticipating-and-Responding-to-Stressful-Events.pdf

Substance Abuse and Mental Health Services Administration (SAMHSA) and National Child Traumatic Stress Network (NCTSN) developed resource to help families and communities. Among the many resources provided are the following:

- Tips for Talking With and Helping Children and Youth Cope after a Disaster or Traumatic Event: A Guide for Parents, Caregivers and Teachers

<http://www.mainedisasterbehavioralhealth.com/wp-content/uploads/2013/02/SAMHSAtipsfortalking.pdf>

- Psychological Impact of the Recent Shooting:

http://www.mainedisasterbehavioralhealth.com/wp-content/uploads/2013/02/psychological_information_sheet_two_pager.pdf

- After a Crisis: Helping Young Children Heal:

http://www.mainedisasterbehavioralhealth.com/wp-content/uploads/2013/02/helping_young_children_heal_crisis.pdf

- Tips for College students: After a Disaster or other Trauma:

<http://www.mainedisasterbehavioralhealth.com/wp-content/uploads/2014/03/SMA13-4777.pdf>

- SAMSHA Disaster Technical Assistance: Disaster Planning Handbook for Behavioral Health Treatment Programs:

<http://www.mainedisasterbehavioralhealth.com/wp-content/uploads/2014/03/SMA13-4779.pdf>