Disaster Behavioral Health and People With Access and Functional Needs: Resources from the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)

Thursday – August 11th 2016
Webinar Agenda

- Disaster Behavioral Health (DBH) Overview
- SAMHSA’s DBH Information Series
- SAMHSA’s Disaster Distress Helpline
- DBH & FEMA’s ESF/NDRF
- Local & State DBH Resources
- Incorporating DBH into Planning & Preparedness
- Discussion / Q&A
Disaster Behavioral Health (DBH)

- Pre-existing behavioral health concerns aggravated, triggered by disaster event
- New behavioral health concerns emerge after event
- Access to care affected by event
Distress Risk Factors

Who is most at risk for distress?
• Survivors living or working in impacted areas
• Loved ones of victims
• First responders, rescue & recovery workers

Other considerations:
• Pre-disaster level of functioning
• History of challenging or difficult recovery from past disasters
• Degree of exposure during event
• Media exposure
• Access & functional needs
**Possible Distress Reactions Include:**
Mild to Moderate → Severe to Very Severe

- Trouble sleeping
- Difficulty concentrating and performing daily tasks
- Irritability; increased feelings of worry and anger
- Withdrawal and isolation
- Feelings of hopelessness
- Setbacks during anniversaries, other event reminders
- Increased substance use; risk for abuse or addiction
- Persistent anxiety
- Depression; suicidal thoughts, ideation, attempt

**Also: Post-Traumatic Growth**
Individuals & Families with Access and Functional Needs

Unique Risk Factors for Distress May Include:

- Multiple access & functional needs
- Disruptions in transportation and/or communications systems; impaired or limited mobility
- Heightened medical health concerns related to medication supply, power outages, etc.
- Marginalization from health & social services before, during, after disaster events
- Services slow to catch up with advancements in assistive technologies
- Lack of inclusion in preparedness plans, exercises, outreach & educational resources
Possible Heightened Distress Impacts May Include:

• Withdrawal & isolation
• Overwhelming anxiety, fear, confusion
• Setbacks in treatments/therapies
• Distress impacts on physical health
• Delayed recovery

Also:

Resilience + Increasing Awareness & Accountability
SAMHSA's Disaster Behavioral Health Information Series (DBHIS)

- Contains resource collections and toolkits pertinent to disaster behavioral health
- Targets specific populations, specific types of disasters, and other topics related to all-hazards disaster behavioral health preparedness and response
- All resources are in the public domain or have been authorized for noncommercial use
DBHIS Installments:

Acute Interventions
Animals and Disasters
Chemical & Biological Events
Children and Youth
Disaster Responders
Languages Other than English
Older Adults
Pandemic Influenza
People with Disabilities
Resilience & Stress Mgmt
Rural Populations
Substance Use Disorders
Suicide & Disasters
Women & Disasters
Zika Virus Resources
Today we will be focusing on the DBHIS installments of:

People With Disabilities and Other Functional and Access Needs

&

Disaster Response Template Toolkit
People With Disabilities & Other Access and Functional Needs

DBHIS installment covers:

• 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
Examples of DBHIS Disability Resources (1)

An ADA guide for local governments: Making community emergency preparedness and response programs accessible to people with disabilities

U.S. Department of Justice (DOJ)

Provides recommendations for local governments and agencies to help them create disaster preparedness and response programs that account for the needs of people with disabilities, which will bring these programs into compliance with the Americans with Disabilities Act (ADA).

http://www.ada.gov/emergencyprepguide.htm
Disability and health: Emergency preparedness
U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (HHS, CDC)

This web page provides information to help people with disabilities and their families to prepare for disasters and other emergencies, as well as information for emergency management professionals and disaster responders.

http://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html
Template Toolkit Features:

1. Program Administration section
2. Public Education Materials
Disaster Response Template Toolkit: Program Administration

- Outlines responsibilities for program administrators in a management plan
- Can be adjusted according to the program’s ongoing needs assessment

Goal of the management plan:
- Ensure that all of the interrelated components of the disaster response plan work together
- Assign accountability so that each department and staff member is clear on their roles and responsibilities
Program Administrative Components Within The Management Plan

• Needs Assessment
• Communications
• Outreach Strategy
• Staffing
• Training
• Fiscal Management
• Quality Assurance
• Evaluation and Data Collection
• Organizational & Individual Stress Management
• Disaster Responder Stress Management
Templates for Printed Materials in the Toolkit include:

- Brochures, Wallet Cards
- Door Hangers, Flyers, Postcards
- Tip Sheets
- Newsletters
Disaster Response Template Toolkit

Additional Resources: "Messaging through Other Media"

Included in this section are tips & resources for:

- Blogs
- Public Service Announcements
- Program Websites
- Social Networking Web Pages

**Blogs**

A blog is a free online tool that disaster response programs can use to communicate messages and status updates to the community. These web pages are easy to create and can help chronicle the recovery of a community as well as provide a place for survivors to share personal stories of resilience.

**Do It Yourself** Blog Templates

There are several free blog websites that programs can use to support legacy projects to chronicle survivor stories and assist with continuity rebuilding. One such website is [http://www.Blogger.com](http://www.Blogger.com). Free blog websites offer a variety of templates and the ability to post logos and other images so that a disaster behavioral health program can maintain its "branding" and be easily recognized by disaster survivors.

**Examples from the Field:**

- [Creation After:](http://www.creationafter.com)
  -運用誘導、創設のコミュニティのブログ、及び関連するリンクを提供するリソース。

- [The Impact Park News Journal](http://www.impactparknewsjournal.com)
  -運用誘導、創設のコミュニティのブログ、及び関連するリンクを提供するリソース。
  -[http://impactparknewsjournal.com](http://impactparknewsjournal.com)

**Program Websites**

Disaster behavioral health response program websites can highlight important resources, news, events, survivor stories, and disaster recovery organization contact information.

**Do It Yourself** Website Templates

There are several free and simple website builder templates offered on the internet such as [http://www.wix.com](http://www.wix.com) and [http://www.squarespace.com](http://www.squarespace.com). Using these templates, a disaster behavioral health program can produce a professional-looking website without incurring the cost of a professional website developer. There are also low-priced options as low as $6.95 per month. Donor websites such as [http://www.indiana.org](http://www.indiana.org) or [http://www.impactparknewsjournal.com](http://impactparknewsjournal.com)

**Examples from the Field:**

- [Indiana Project Affiliates](http://www.indiana.org)
  -運用誘導、創設のコミュニティのブログ、及び関連するリンクを提供するリソース。
  -[http://www.indiana.org](http://www.indiana.org)

- [Louisiana Rent](http://www.louisianarent.com)
  -運用誘導、創設のコミュニティのブログ、及び関連するリンクを提供するリソース。
  -[http://www.louisianarent.com](http://www.louisianarent.com)
SAMHSA DBHIS WEBLINKS

• SAMHSA DBHIS COLLECTION:
  http://www.samhsa.gov/dtac/dbhis-collections

• DBHIS DISABILITIES & OTHER FUNCTIONAL AND ACCESS NEEDS COLLECTION:

• DBHIS DISASTER RESPONSE TOOLKIT:
  http://archive.samhsa.gov/dtac/dbhis/toolkit/
SAMHSA: Additional Resources

SAMHSA Disaster Technical Assistance Center (DTAC)

- http://www.samhsa.gov/dtac
SAMHSA Emergency Behavioral Health Disaster Response App

Identifying the Need for Digital Support

“Going digital” allows greater access to content, reduces printing and shipping costs, and literally lightens responders’ load.

The App helps Behavioral Health & Other Responders:

- Be ready
- Be prepared
- Be confident
- Share resources easily

Free for iPhone®, Android™, and BlackBerry® devices

Visit bit.ly/disasterapp to learn more.
SAMHSA’s Disaster Distress Helpline (DDH)

- The psychological impact disasters have on a significant proportion of people who experience them demonstrates the need for a hotline network with the capacity to provide crisis counseling and emotional support in any part of the country with immediacy.

- Five intervention principles following disasters to promote among those affected:
  1) Sense of safety
  2) Calming
  3) Sense of self– and collective efficacy
  4) Connectedness
  5) Hope
DDH: Overview of Services

- National hotline (1-800-985-5990) and SMS (text ‘TalkWithUs’ to 66746) service available to anyone in U.S. experiencing distress or other behavioral health concerns related to disaster, in order to help them move forward on the path of recovery

Also:

- Complements local, state and national I&R / crisis hotlines
- Multi-lingual
- Hotline & texting available to all U.S. territories
- People who are deaf or hard of hearing can use 711 or preferred relay provider to connect with hotline and/or utilize the texting option
DDH: When Someone Calls or Texts…

- Disaster Crisis Counseling for Crisis Contact Centers

Using…

Engage  Explore  Connect  Conclude

Active Listening  Normalization  Validation  Psycho-Education
DDH: Additional Resources

Program Literature

- DDH outreach resources (brochures, wallet cards) geared towards disaster distress risk groups and available for free to stakeholders for distribution; in English & Spanish:
DDH: Additional Resources

Disaster Distress Helpline Website
- http://disasterdistress.samhsa.gov

Resources for providers, risk groups, general public
Education & Information
Disaster-specific resource pages

Social Media
- /distresshelpline
- @distressline

2/22/2012
@Rebuild Tuscaloosa: Thanks for sharing & thank you for what you do to help others :) It takes a team to get through things like this.
Disaster Distress Helpline & FEMA ESF / RSF:
U.S. Department of Health and Human Services
- Support Agency for ESF 6
- Coordinator / Primary Agency for ESF 8
- Coordinating Agency for RSF Health and Social Services
- HHS Disaster Behavioral Health Concept of Operations

http://www.phe.gov/preparedness/planning/abc
Additional Local, State, and National DBH Resources

- State Disaster Mental Health Coordinators
- SAMHSA Regional Administrators
- FEMA Office of Disability Integration Coordination
- Medical Reserve Corps
- Voluntary Organizations Active in Disaster (VOAD)/COAD Emotional & Spiritual Care; Private/Non-profit Medical / Mental Health / Public Health Care Providers
- Crisis Contact Centers
Additional Local, State, and National DBH Resources

- National Library of Medicine, Disaster Information Management Research Center

Sample Resource shared from DIMRC email list-serv:
NACCHO Behavioral Health Videos in ASL
Incorporating Disaster Behavioral Health (DBH) into Planning & Preparedness

- **Identify** key local, state, regional, national DBH stakeholders & establish points-of-contact
- **Include** DBH stakeholders in preparedness, response & recovery planning and preparedness
- **Promote** DBH resources to individuals, families & communities served + as resource for self-care
- **Connect** with DBH providers on social media & through other communications before, during and after disasters

*Communication – Coordination – Collaboration – Cooperation (National VOAD)*
Discussion / Q&A
For More Information

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