



Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover



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)

Behavioral
Health
Concerns

Disaster

- 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



Distress Reactions

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



Individuals & Families with Access and Functional Needs

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](#)

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SAMHSA Disaster Behavioral Health Information Series (DBHIS) Resource Collections

All resources for which links are provided are in the public domain or have been authorized for noncommercial use. Hyperlinks of some materials may be ordered by using the publication numbers cited in bibliographies. If utilized in program materials, stakeholders should acknowledge the source of the materials.

- [Animals and Disasters \(New!\)](#)
- [Children and Youth](#)
- [Disaster Responders \(New!\)](#)
Note: This item replaces the "Public Safety Workers DBHIS"
- [Disaster Response Toolkit \(New!\)](#)
- [Disaster-Specific Resources](#)
- [Immediate Disaster Response](#)
 - [Disasters \(New!\)](#)
 - [Hurricane Sandy \(New!\)](#)
 - [Tornadoes](#)
- [Languages Other than English](#)
- [Military Personnel and Their Families \(Updated\)](#)
- [Older Adults](#)
- [Pandemic Influenza](#)
- [Persons with Disabilities and Other Access and Functional Needs](#)
- [Resilience and Stress Management](#)
- [Rural Populations](#)
- [Tribal Organizations](#)

For information about DBHIS please contact the SAMHSA Disaster Technical Assistance Center (DTAC):
 Toll-Free: 1-888-368-3015
 Email: DTAC@samhsa.hhs.gov
 Online: Contact.SAMHSA.DTAC.Firm

Links to all resources cited in the SAMHSA DBHIS are connected to third party websites. SAMHSA is not liable for Section 508

Find Help
[Disaster Distress Helpline](#)
 1-800-985-5850
[SUICIDE PREVENTION](#)
 1-800-477-7000 (SAFE)

DTAC Quick Links

- [DTAC Home](#)
- [DTAC Consulting, Assistance and Training Programs](#)
- [DTAC Resources](#)
- [SAMHSA Disaster Behavioral Health Information Series \(DBHIS\)](#)
- [Education and Training](#)
- [SAMHSA DTAC Webpage](#)
- [Self-paced webinars](#)
- [Available](#)
- [Contact Us](#)

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DBHIS

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>



Examples of DBHIS Disability Resources (2)

[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/emergency-preparedness.html>



SAMHSA Disaster Response Template Toolkit

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

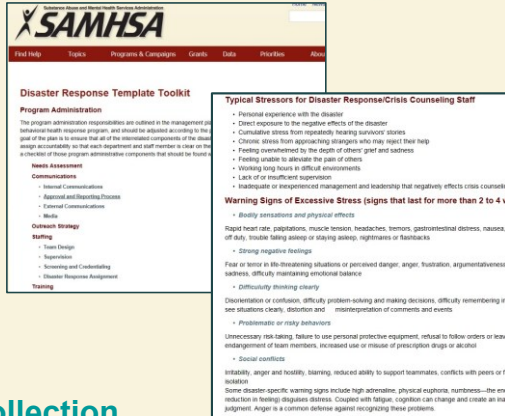
Goal of the management plan:

- 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

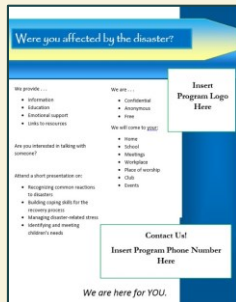
- [Needs Assessment](#)
- [Communications](#)
- [Outreach Strategy](#)
- [Staffing](#)
- [Training](#)
- [Fiscal Management](#)
- [Quality Assurance](#)
- [Evaluation and Data Collection](#)
- [Organizational & Individual Stress Management](#)
- [Disaster Responder Stress Management](#)



Disaster Response Template Toolkit Public Education Materials: Printed Materials

Templates for Printed Materials in the Toolkit include:

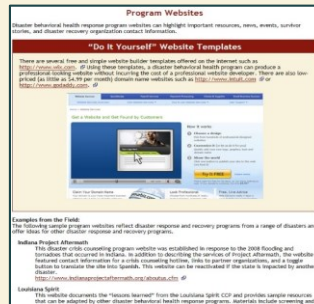
- Brochures, Wallet Cards
- Door Hangers, Flyers, Postcards
- Tip Sheets
- Newsletters



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



SAMHSA DBHIS WEBLINKS

- **SAMHSA DBHIS COLLECTION:**
<http://www.samhsa.gov/dtac/dbhis-collections>
- **DBHIS DISABILITIES & OTHER FUNCTIONAL AND ACCESS NEEDS COLLECTION:**
<http://www.samhsa.gov/dbhis-collections/persons-with-disabilities?term=People-with-Disabilities-DBHIS>
- **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

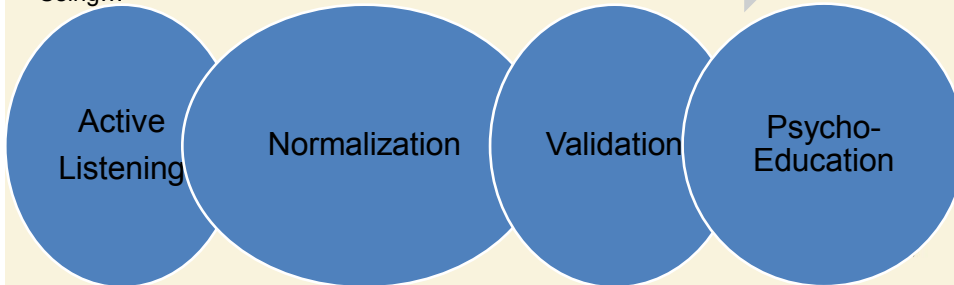


DDH: When Someone Calls or Texts...

- Disaster Crisis Counseling for Crisis Contact Centers



Using...



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:

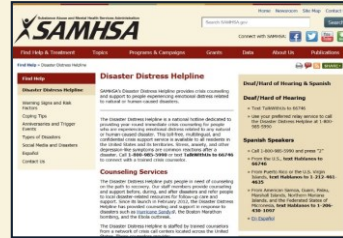


DDH: Additional Resources



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 Behavioral Health (DBH) & FEMA's ESF/NRDF

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
<https://sis.nlm.nih.gov/dimrc.html>



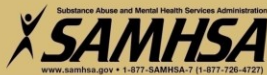
Sample Resource
shared from DIMRC
email list-serv:
NACCHO Behavioral
Health Videos in ASL
<http://bit.ly/2aGI7CP>



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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