

NE Disaster Behavioral Health Newsletter

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**NEBRASKA
DISASTER
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Welcome to another issue of the Nebraska Disaster Behavioral Health Newsletter. In this issue you will find updates on activities around the state and country. Please visit our website at: <http://disastermh.nebraska.edu/>



Holidays After a Disaster

Many Nebraska communities were struck during this tornado season. Communities, families, and individuals often have traditions and observances they repeat from year-to-year during the winter holiday season. It may not be possible this year for all persons in the impacted communities to celebrate in the way they are used to. The 2011 Nebraska Strong Flood Recovery Project developed materials that may be helpful to recent disaster survivors at this time of year. Materials from this project can be found [here](#).

The following resources may be particularly useful this holiday season:

- [Recipes for Comfort](#) - Recipes for breakfast, lunch, and dinner, as well as for crafts and stress relief
- [Managing Stress Holiday postcard](#) - Tips and suggestions on how to manage stress during the holidays
- [Guidelines for Alcohol & Medication Use After a Disaster postcard](#) - Suggestions for managing use of alcohol and drugs following a disaster

Ebola Outbreak Information and Behavioral Health Resources

According to a recent [Washington Post-ABC News](#) poll, 43 percent of the U.S. public is worried that they or someone in their family could get sick with Ebola - although the Centers for Disease Control and Prevention (CDC) says that risk of an outbreak in the United States is very low. In light of public anxiety and concerns during the upcoming holiday travel season, SAMHSA's Disaster Technical Assistance Center (DTAC) has collected resources that behavioral health professionals can use to address these concerns.

Immediate Disaster Response - Ebola Outbreak in 2014

SAMHSA DTAC has a new Ebola-focused resources list in their Disaster Behavioral Health Information Series (DBHIS) resource collection.

Links to handouts for the general public, tips for talking with kids, resources for responders, and advice on adapting Psychological First Aid during infectious disease outbreaks.

Coping With Stress During Infectious Disease Outbreaks

This new SAMHSA DTAC tip sheet offers ideas people can use to cope with stress during an outbreak of an infectious disease, such as Ebola. It explains common signs of stress, how to recognize when to get help, and practical ways to manage and relieve the stress by taking care of oneself.

Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks

This new SAMHSA DTAC tip sheet equips parents, caregivers, and teachers with tips for helping children manage their stress during an infectious disease outbreak, such as Ebola. It explains reactions children -

preschool to adolescence - may have and the support adults can provide to help them.

SAMHSA's Resources for Self-Care for Ebola Responders Before, During, and After Deployment

Beginning with a memo from SAMHSA Administrator Pamela S. Hyde, J.D., this resource includes links to online resource collections, podcasts, and publications that people can use to help address their behavioral health needs as they respond to the Ebola outbreak.

Psychological First Aid During Ebola Virus Disease Outbreaks (Provisional Version)

Developed by the World Health Organization (WHO), UNICEF, and other organizations, this guide explains how to use Psychological First Aid (PFA) to address emotional needs of people with Ebola while also protecting your own physical and behavioral health.

More information at <http://www.disastermh.nebraska.edu/>

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