

NE Disaster Behavioral Health Newsletter

Issue: 10

June 2015

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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/>

2015 Great Plains Disaster Behavioral Health Conference

Friday, July 10, 2015, Omaha

Upcoming Events

July 10, 2015

Omaha, NE
 2015 Great Plains Disaster Behavioral Health Conference.
 Registration and additional information [here](#).

The 2015 Great Plains Disaster Behavioral Health Conference will focus on the psychological consequences of emergencies and disasters for first responders, particularly fire and rescue personnel.

Participants will come away with an understanding of the impact of exposure to traumatic situations for responders, and what assistance can help responders cope with this exposure. Ethical issues to consider when providing disaster behavioral healthcare after a disaster will also be presented. Featured speakers include:

Jeff Dill, MA, Firefighter Behavioral Health Alliance (FBHA)
 "Suicide, the Unknown Emergency"

Sara Gilman, MS, LMFT, Coherence Associates, Inc.
 "Emergency first responders: Treating mental health issues in a culture of mental toughness"

Gina Larson, MA, ABD, Doane College
 "Ethics in Disaster Behavioral Health"

The conference is approved for 5.75 APA Continuing Education hours
 For more information and to register, click [here](#).



SAMHSA Disaster Behavioral Health Interventions Inventory

Nebraska's Psychological First Aid (PFA) Curriculum is included in the SAMHSA Disaster Behavioral Health Interventions Inventory (May 2015) as an appropriate evidence-based/evidence-informed practice for providing behavioral health services after a disaster. The Inventory describes nearly 50 interventions, including:

- Early, intermediate, and long-term response interventions
- In-person and internet-based options
- Variations of Psychological First Aid (PFA) and cognitive behavioral therapy appropriate for various skill levels
- Mobile options such as SAMHSA's Behavioral Health Disaster Response [App](#)

Nebraska PFA is highlighted on page 15 of the Inventory, which you can download [here](#).

June: National Safety Month and International Fire/EMS Safety

and Health Week

National Safety Month

In 2015, National Safety Month focuses in part on preparedness. Research indicates people cope better with a disaster when they have the resources they need, and preparedness helps ensure they have those needed resources. As SAMHSA's Disaster Distress Helpline puts it, "preparedness **is** a coping strategy".

International Fire/EMS Safety and Health Week

This year, June 14-20 was International Fire/EMS safety and Health Week. This observance is an opportunity for those in fire and emergency medical services (EMS) to learn about protecting their own health and safety as they help others. Self-care is an important part of protecting one's own safety.

Additional information and resources about both of these topics can be found [here](#).

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

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