

NEBRASKA DISASTER BEHAVIORAL HEALTH



Issue 12, December 2015

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/>

Nebraska Ebola Planning Workshop

On November 19 and 20, 2015, representatives from public health departments across Nebraska participated in an Ebola Planning Workshop, hosted by the Nebraska Department of Health and Human Services. The purpose of this workshop was to exchange information to coordinate the State Ebola plan with a template for the local health departments to use while developing their plans in 2016. Public information messages were also drafted, which will be refined by the Nebraska Risk Communication Cadre, and disseminated to the State and local public health departments.

Behavioral health partners of local public health departments should expect to be part of this planning process in the upcoming year. See the next article block for a link to information and resources for physiological support of responders during a virus outbreak.

Responding to Ebola: Lessons Learned on Managing Fear and Fostering Resilience

This quarter's *The Dialogue* (a journal published by the Substance Abuse and Mental Health Services Administration, SAMHSA) is a resource for behavioral health providers to understand reactions to an Ebola outbreak. It provides a look inside responses to Ebola in both Liberia and in the United States. The focus is the experience of responders, helpful coping strategies, and information to help increase responder resilience. It includes a firsthand experience of a Disaster Behavioral Response in Dallas, Texas.

Click [here](#) to download the issue.

Additional Resources for a Behavioral Health Response to Ebola:

[Behavioral Health Response to Ebola Webcast](#)

[Immediate Disaster Response - Ebola Outbreak 2014](#)

[Taking Care of Your Behavioral Health During an Infectious Disease Outbreak Tip Sheet](#)

[Talking With Children During Infectious Disease Outbreaks Tip Sheet](#)

[Coping With Stress During Infectious Disease Outbreaks Tip Sheet](#)



Upcoming Events

Nebraska Psychological First Aid Training

January 4 and 11, 2016

6:30 - 9:30 PM both evenings

Edgar City

601 5th Street

Edgar, NE 68935

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or Contact: Kate Speck (402-472-0501 or kspeck2@unl.edu)

[NE DBH Website](#) | [ATAP Website](#) | [Threat Assessment Website](#)

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