

NEBRASKA DISASTER BEHAVIORAL HEALTH



Issue 13, April 2016

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/>

Personal Preparedness for Disaster Responders

Spring is a time for tornadoes and severe thunderstorms in Nebraska. Disaster responders who are well-prepared will have the peace of mind to focus on the task at hand, rather than being concerned about whether their family is okay. Prepared responders can also serve as role models for their community, leading by example to encourage preparedness. To be prepared, responders should:

1. Build an emergency supply kit.
2. Make a family emergency and communications plan.
3. Prepare for any special considerations for family members with access or functional needs, older adults, children, and pets.
4. Be informed about the types of emergencies that you may be called upon to respond to, and teach your family about what they should do when a disaster strikes.

Information about building an emergency kit and making a family plan can be found at [Centers for Disease Control and Prevention](#), and [American Red Cross](#).

Assessing & Managing Suicide Risk Course

May 24, 2016 - Region V Systems, 1645 N Street, Lincoln, NE 68508

June 17, 2016 - North Platte (location TBD)

September 7, 2016 - ESU #3, 6949 South 110th Street, La Vista, NE 68128

Assessing and Managing Suicide Risk (AMSR) is a one day course (6.5 CEU's) for licensed clinicians that focuses on 24 Core Competencies to assess and manage suicide risk. Sponsored by the Suicide Prevention Resource Center, the course is equally useful for psychiatrists, behavioral health counselors, social workers, and employee assistance professionals. The course covers knowledge, skills, abilities, and attitudes required for the clinical evaluation, formulation of risk, treatment planning, and management of individuals at risk for suicide to protect their lives and promote their well-being. The complex ethical issues that must be considered when providing care to suicidal clients are discussed. Clients' suicidal behaviors are a reality for professionals as well as a source of significant distress, yet, adequate training to provide proper assessment, treatment, and management of suicidal patients is not common.

In Nebraska, Suicide is the third leading cause of death in those ages 15-24. People who have lost a loved one to suicide are at higher risk for suicide themselves.

Objectives:

1. Increase knowledge in 24 core competencies to address suicide risk and prevention.
2. Increase willingness, confidence, and/or clarity in working with individuals at risk for suicide.
3. Develop fundamental skills in assessing suicide risk.

4. Identify changes in practice specific to the assessment and management of individuals at risk for suicide.

For information on training in your area, contact the Suicide Prevention Training Coordinator your nearby Behavioral Health Region offices.

Save the Date!

Great Plains Disaster Behavioral Health Conference Theme: Mitigating Violence

Friday, July 29th, 2016
Hilton Downtown Omaha | 1001 Cass Street

Information on the Conference (registration, speakers, maps, etc.) will be posted as it becomes available at www.disastermh.nebraska.edu

Upcoming Events

Nebraska Psychological First Aid Training

June 14, 2016 | 9:00 AM - 5:00 PM | Kearney, NE

Contact Beth Reynolds (breyndlds@Region3.net, 308-237-5113 ext. 234) or Kate Speck (kspeck2@unl.edu, 402-472-0501) for more information.

Click [here](#) to register.

Nebraska Psychological First Aid Training - Training of Trainers

June 15, 2016 | 9:00 AM - 5:00 PM | Kearney, NE

Contact Beth Reynolds (breyndlds@Region3.net, 308-237-5113 ext. 234) or Kate Speck (kspeck2@unl.edu, 402-472-0501) for more information.

Click [here](#) to register.

Great Plains Disaster Behavioral Health Conference

July 29, 2016 | Omaha, NE

More information coming soon at www.disastermh.unl.edu

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

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