

NEBRASKA DISASTER BEHAVIORAL HEALTH



Issue 21, January 2018

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/>

Psychological First Aid Refresher / Just-in-Time Training

Now Available!

This month marks the launch of the online **Nebraska Psychological First Aid (PFA) Refresher Course!**

Has it been a while since you have taken in-person Psychological First Aid?

This course is for you!

The training is designed to **review skills** already learned from the full Nebraska PFA course.

Are you getting ready to go out on a disaster mental health deployment?

This course is for you!

Not only will this course help you review your skills, there is also **new information about deployment and working with a team.**

Are you preparing a team for a disaster mental health deployment, and want to make sure everyone on the team knows the basics?

This course is for you!

This course can serve as a **just-in-time training for** disaster behavioral health responders who require training prior to deployment.

This **online** training is **free** for all Nebraska-based disaster behavioral health responders. [Click here](#) to access the course.

All participants will receive a **certificate** documenting completion of the training.

First Responder Self-Care

The SAMHSA DTAC Bulletin this month highlights the importance of self-care when responding to disasters and emergencies. Although this work can be very rewarding, it can also be stressful. For this reason, it is important that responders take time to care for themselves.

SAMHSA DTAC produces several resources to assist responders in managing stress, including:

[Self-care for Disaster Behavioral Health Responders](#)

A webinar which reviews factors contributing to stress, and skills to help manage stress in personal and professional lives. The [slides](#) used in the presentation are also available separately.

[Tips for Disaster Responders: Preventing and Managing Stress](#)

A fact sheet with information to help identify stressors, and ways to prevent and manage stress.

[Tips for Disaster Responders: Returning to Work](#)

This fact sheet contains suggestions to address challenges commonly faced when transitioning back to work after participating in a disaster response.

[Tips for Disaster Responders: Understanding Compassion Fatigue](#)

Contains information about compassion fatigue, burnout, and secondary traumatic stress, as well as tips for building resilience and preventing compassion fatigue.

[Tips for Disaster Responders: Identifying Substance Misuse in the Responder Community](#)

First responders are at higher than average risk for misusing substances due to exposure to stressful events. This fact sheet describes warning signs of a substance use disorder, and provides tips for those seeking help for themselves or another first responder.

SAMHSA DTAC offers free online courses for first responders such as law enforcement, fire and rescue, and emergency medical services:

[Taking Care of Our Own](#)

This free online course is aimed at law enforcement, providing skills to better understand and address stressors unique to their profession.

[Creating Safe Scenes Training Course](#)

This course instructs police, fire, and emergency medical services personnel who may respond to calls involving a person experiencing a mental health and/or substance use crisis. The course presents information about these disorders and offers guidance for de-escalation, and connecting people with resources in their community. This course is also free and online.

Upcoming Events

Just Launched!

Psychological First Aid Online Refresher Training

Access the training at: <http://go.unl.edu/ne-pfa-refresher>

February Trainings

School Threat Assessment Team Training

Various locations in Nebraska throughout February 2018

[Click here to see a video](#) about the training.

[Click here to learn more](#) about the training and for registration information.

Save the Date!

Nebraska Disaster Behavioral Health Conference

July 20, 2018 - Omaha, Nebraska

More information available soon at:

www.disastermh.nebraska.edu

NE DBH Website | ATAP Website | Threat Assessment Website

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