

NEBRASKA DISASTER BEHAVIORAL HEALTH



Issue 22, April 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/>

Tornado, Storm, and Flood Preparedness

It is spring storm season in Nebraska, and with that comes a risk of tornadoes and floods. Tornadoes can strike quickly and with little warning, while floods are one of the most common disasters in the United States. According to the Federal Emergency Management Agency (FEMA), 98 percent of all counties in the U.S. have experienced flooding at some time. Both tornadoes and floods can result in fatalities, as well as injuries, property damage, physical health issues, behavioral health problems, and economic hardship, and can involve long recovery periods.

The Substance Abuse and Mental Health Services Administration (SAMHSA) produces guides with resources on coping and behavioral health issues after various disasters, including [tornadoes](#) and [floods](#).

The National Child Traumatic Stress Network produces resources on the behavioral health needs of children after [tornadoes](#) and [floods](#).

The American Red Cross provides information on [recovery tips for all types of natural disasters](#).

Several organizations provide flood preparedness guidance. It is particularly important that responders be prepared so they are available to respond when needed.

- Ready.gov provides multiple tips on preparedness and safety, as well as actions to take after a [tornado](#) or [flood](#).
- Similar guides from the American Red Cross also include information on how to keep pets and livestock safe during [tornadoes](#) and [floods](#).

School Violence Resources

Recent high-profile school shootings call attention to the need for awareness about school violence prevention. School violence can also include more common problems such as bullying and physical fighting between students.

The Substance Abuse and Mental Health Services Administration (SAMHSA) supplies resources on reducing school violence, increasing school safety, and promoting access to mental health services for students. You can access these resources [here](#).

Resources for threat assessment, specifically related to school safety, are available at the [Nebraska Campus Threat Assessment](#) web page. Please also see the Upcoming Events section below for information on School Threat Assessment Team trainings taking place in Nebraska during Summer 2018.

The website for the National Suicide Prevention Lifeline provides tips on how to [cope and take care of yourself](#) after the recent Parkland, Florida, school shooting.

New NCTSN Resource: Supporting Children with Intellectual and Developmental Disabilities Who Have Experienced Trauma

The National Child Traumatic Stress Network (NCTSN) has developed a training to provide tools and skills for working with children living with intellectual and developmental disabilities (IDD) who have experienced trauma, and their families. Training materials available include a Facilitator Guide and a Participant Manual. Service providers can use knowledge gained through the training to support children's safety, well-being, happiness, and recovery through trauma-informed practice.

This curriculum is available online at the NCTSN Learning Center for Child and Adolescent Trauma, and can be accessed [here](#). To sign in to the training, you must [create a free account](#) on the NCTSN Learning Center.

Upcoming Events

Save the Date!

Great Plains Disaster Behavioral Health Conference

July 20, 2018 - Omaha, Nebraska

More information posted as it becomes available at:

www.disastermh.nebraska.edu

Psychological First Aid Online Refresher Training

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

School Threat Assessment Team Training

Two locations in Nebraska during Summer 2018:

June 27-28, 2018 - North Platte

July 16-17, 2018 - Columbus

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

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

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

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