

NEBRASKA DISASTER BEHAVIORAL HEALTH



Issue 23, October 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/>

Nebraska Annual Be Prepared Awards

On September 17th, the Lt. Governor presented the 11th Annual Be Prepared Awards at the State Capitol in Lincoln. These awards are sponsored by the Nebraska Emergency Management Agency and the Nebraska Citizen Corps program and recognize volunteers and community organizations for excellence in emergency preparedness and disaster response. This year's Be Prepared Recipients are:

- Terry Mailloux (Pender) - Local Hero Award
- Dennis Mitchell (Omaha) - Excellence in Risk Communication
- Butch Hug & the University of Nebraska Athletics Event Staff - Excellence in Community Preparedness
- Cody Meredith (Seward) - Excellence in Preparedness Education & Outreach
- Tri-County Fire Corps - Citizen Corps Partner Program of the Year
- Annabelle Keene (Bellevue) - Citizen Corps Volunteer of the Year

For more information about winners, [click here](#). Additional information about Nebraska's Citizen Corps program can be found [here](#).

New SAMHSA Resources Available for First Responders

SAMHSA has developed new resources and materials to raise awareness of behavioral health, both of first responders themselves and when responding and working with the public.

[Service to Self: Behavioral Health for Fire and EMS Personnel](#) addresses occupational stressors along with mental health and substance use issues, including depression, PTSD, suicidality, and alcohol use, as well as resilience, healthy coping strategies, and stress management techniques. It is presented through videos, written scenarios, and interactive quizzes. This course is accredited by the Commission on Accreditation for Pre-Hospital Continuing Education (CAPCE) for continuing education credit.

[Shield of Resilience](#) is a one hour course providing law enforcement officers with skills to understand and address the behavioral health stressors unique to law enforcement.

[Creating Safe Scenes](#) is a one and a half hour course designed to assist first responders to better assess risks and apply safe strategies for taking care of themselves and the individuals they survey by understanding more about mental health, mental illness, and substance use disorders.

You are required to register prior to taking these free courses.

For additional information on disaster behavioral health and first responders, see the [May 2018 SAMHSA DTAC Supplemental Research Bulletin](#) on first responders and behavioral health.

Cultural and Population Sensitivity in Disaster Behavioral Health Programs

The recent issue of The Dialogue, published by the SAMHSA Disaster Technical Assistance Center (DTAC) focuses on disaster behavioral health programs that are working with populations with functional needs before, during, and after a disaster, as well as building culturally sensitive programs.

Feature articles focus on how person's reactions may be influenced by their culture, the importance of multiple modes of communication during a disaster, and how best to support persons with functional needs. Programs in the U.S. Virgin Islands, Hawaii, and including sites traditionally significant to local Native American tribes in California are used to illustrate methods how to incorporate these concepts into a disaster behavioral health response program.

You can read or download this issue [here](#).

Upcoming Events

Psychological First Aid - Nebraska

October 27, 2018 - Seward, Nebraska

9:00:am - 5:00 pm

[Click Here](#) to be taken to the Online Registration Site

For more information contact:

Cody Meredith, spottercody@hotmail.com OR 402-310-9339

Great Plains Chapter - Association of Threat Assessment Professionals Fall Training

October 18-19, 2018 - Omaha, Nebraska

[Click here](#) to download the event flyer.

[Click here](#) for more information or to register.

School Threat Assessment Team Training

There are several trainings on threat assessment in schools taking place this fall.

[Click here](#) to view the flyer with topics, dates, and locations.

Psychological First Aid Online Refresher Training

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

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

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