

# Nebraska

## Disaster Behavioral Health Newsletter

### Nebraska Disaster Behavioral Health News & Updates

#### Nebraska Researchers Tailor FEMA Process for Drought

For the first time, emergency managers and community planners have guidance on how to use the federal **Threat and Hazard Identification and Risk Assessment** process to prepare for drought. Developers of the new online, multi-media Drought THIRA Toolkit introduced it via a live webinar Nov. 29. **Video of the webinar is now online.**



A team led by Denise Bulling, disaster and behavioral health expert with the **University of Nebraska Public Policy Center**, worked with emergency managers and planners in the Platte River Basin as a pilot region to customize the THIRA process for the drought hazard. The **National Drought Mitigation Center** and the **High Plains Regional Climate Center**, based at Nebraska, provided detailed data on the extent and effects of drought in the basin.

The toolkit was developed with the support of the Sectoral Applications Research Program of the National Oceanic and Atmospheric Administration.

You can now watch the toolkit demonstration at [go.unl.edu/thirawebinar](http://go.unl.edu/thirawebinar) or visit the drought THIRA website at [droughtthira.unl.edu](http://droughtthira.unl.edu).

Watch the Webinar

Visit the Project Website

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#### Tips for Managing Holiday Stress After a Loss

Many of our community members experienced a significant loss this year. Holiday periods can be extra stressful for these individuals.



**Here are a few tips to lessen this stress:**

- Take time to talk about past holidays while creating new traditions
- Focus on what is really important to you and your family
- Monitor alcohol and medication use carefully
- Take care of yourself (eat well, exercise, and get enough sleep)
- Help other people in your community



**Featured National Resource:**

Flu season is here, so it is a good time to remember to take care of your behavioral health during an infectious disease outbreak.

This [fact sheet](#) from the federal government provides tips for coping with social distancing, quarantine, and isolation.

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## **Upcoming Events**

### **Statewide Clinical Disaster Risk Assessment Workshop - Nebraska Innovation Campus December 17 & 18 (2018) - Lincoln, Nebraska 9:00 am - 4:00 pm**

Join health care, EMS, public health, emergency management professionals, and others from across Nebraska for a FREE two-day workshop to assess statewide risks and vulnerabilities, as well as identify gaps, related to clinical management during a mass disaster. Presented by Nebraska Medicine. [Register today.](#)

### **Association of Threat Assessment Professionals (ATAP) Winter Conference - Florida**

**February 5-7, 2019 - Orlando, Florida  
7:00 am - 7:30 pm / 7:00 am - 7:00 pm / 7:00 am - 5:15 pm**

Day one is a specialized training day of K-12 threat assessment. Days two and three feature a variety of presentations related to targeted violence. [Click here](#) or visit [www.atapworldwide.org](http://www.atapworldwide.org) for more information.

### **School Threat Assessment Training - Nebraska**

**February 20-21, 2019 - Hastings, Nebraska  
9:00 am - 3:30 pm**

[Click Here](#) to go to the workshop calendar at [www.esupdo.org](http://www.esupdo.org) to register or for more information.

**Assessment and Managing Suicide Risk (AMSR) - Nebraska**  
**February 22, 2019 - Kearney, Nebraska**  
**8:30 am - 5:00 pm**

This is a one-day workshop for behavioral health professionals on assessing suicide risk, planning treatment, and managing the ongoing care of the at-risk client. [Click here to register.](#)

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If you would like us to publicize your disaster behavioral health related event, please email [shoffman3@unl.edu](mailto:shoffman3@unl.edu) by **March 5, 2019**.

**Have Questions?**

Visit the Disaster Behavioral Health Website



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