

Nebraska

Disaster Behavioral Health Newsletter

Managing Holiday Stress Following the Floods

Holiday stress is common with our busy schedules. This year may present even more challenges as flood survivors recreate family traditions. Survivors may experience increased feelings of isolation and insecurity about the future and sadness over losses related to the flooding. Children and adolescents often take their cues from adults and may experience these feelings along with anger and fear, sleep disturbances, and school performance problems.

Strategies to manage your holiday stress:

- Take time to reminisce and talk about past holidays, while creating new traditions.
- Focus on what is really important to move ahead.
- Monitor alcohol and medication use carefully.
- Take care of yourself (eat well, exercise & get enough sleep).
- Helping other people sometimes makes all the difference.
 - Be a good listener for your children.
 - Volunteer or provide support to someone in need.

Disaster Response Cultural Competency Resources

The Substance Abuse and Mental Health Services Agency Disaster Technical Assistance Center (SAMHSA DTAC) has several resources for cultural competency in disaster response. Especially at this time of year, it is important to acknowledge religious diversity among the people we are serving. Resources can be accessed on the [DTAC Bulletin](#).

#NENEEDSYOU Campaign

The Nebraska Rural Youth Suicide Prevention

Social Media Campaign Toolkit project is a collaboration between the Nebraska Department of Health & Human Services, Nebraska Extension, Region V Systems, Bryan Health, and Nebraska Children and Families Foundation. The campaign was launched in September 2019 as a resource available for rural communities and has a full suite of social media communication tools containing key messages to promote hope, resilience, and connectedness among rural adolescent youth to prevent suicide.

TOGETHER WE ARE
STRONG

#NENEEDSYOU

The Nebraska Rural Youth Suicide Prevention Social Media Campaign Toolkit contains animated GIFs, messages for Facebook, Instagram, and Twitter. The tool box also contains resources for youth to use in supporting resiliency.

[See the Toolkit](#)

2020 Great Plains Disaster Behavioral Health Conference

July 21 - July 22, 2020

Omaha, NE

If you would like us to publicize your disaster behavioral health related event, please email shoffman3@unl.edu by **March 3, 2020**.

Have Questions?

[Visit the Disaster Behavioral Health Website](#)

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