

NE Disaster Behavioral Health Newsletter

Issue: 5

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**NEBRASKA
DISASTER
BEHAVIORAL
HEALTH**



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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/>

Responder Resources

Podcast: Self-Care for Disaster Behavioral Health Responders

The goal of this 60-minute podcast is to provide information, best practices and tools that enable disaster behavioral health responders and supervisors to identify and effectively manage stress and secondary traumatic stress through workplace structures and self-care practices.

The pre-recorded podcast is available at:

<http://www.samhsa.gov/dtac/podcasts/selfcareDBHResponders/lib/playback.asp>

Upcoming Events

January 30 | 9:30-5

Psychological First Aid class in Lexington, NE.
[Register here.](#)

March 6 | 8:30-4:30

Psychological First Aid class in Bellevue, NE.
[Register here.](#)

March 31 - April 2 |

2014 ATAP Spring Regional Conference. Registration link coming soon!

July 25 |

Great Plains Disaster Behavioral Health Conference. Updates can be found [here.](#)

New Disaster Behavioral Health Coordinators

Primary contacts have changed

Primary contacts for Disaster Behavioral Health, both at the NDHHS Division of Behavioral Health and at Region I Behavioral Health Authorities, have changed.

Nancy Heller is the new Disaster Behavioral Health Coordinator for the Division of Behavioral Health, Nebraska Department of Health and Human Services. Jim Harvey, our long-time coordinator at the Division, has retired. Nancy has served for several years as his second-in-command for disaster response, and will be taking up responsibility as the primary contact for these duties.

Patrick Hammack is the new Disaster Behavioral Health Coordinator at Region I Behavioral Health Authorities, serving the Nebraska panhandle. Patrick has a background in disaster response, both as a firefighter and with FEMA. He will be the full-time Health and Safety Coordinator for Region I, as well as taking over disaster behavioral health responsibilities from Sue Teal.

Welcome to both of our new Disaster Behavioral Health Coordinators.

Great Plains Disaster Behavioral Health Conference

Save the date - Friday, July 25, 2014

The event that drew in attendees nationwide last year is coming once again to Omaha, Nebraska at Embassy Suites downtown. Join us Friday, July 25 for the 2014 Great Plains Disaster Behavioral Health Conference.

Conference speakers include:

Perry Woo, Acting Ops Chief, Asia and Pacific, Homeland Security Investigations

Mr. Woo will discuss his personal journey and experience with PTSD following an incident in which he fatally shot a colleague who opened fire on a supervisor in his office. Mr. Woo openly discusses his personal struggles and experience recovering from this event to encourage other law enforcement officers to seek assistance when needed.

Dr. John Lenhoff, Alegent Creighton Behavioral Health

This presentation addresses the risks to crisis workers of secondary trauma, compassion fatigue and burnout and offers resiliency tools and techniques to minimize risk and enhance the rewards of the high intensity human service careers we have chosen.

Dr. Karla Vermeulen, Institute for Disaster Mental Health at State University of New York, New Paltz

This presentation will provide an overview of the role of communication and evidence informed practices for behavioral health following disaster.

Updates will appear with additional conference details at the [Nebraska Disaster Behavioral Health website](#).

2014 ATAP Spring Regional Conference

Save the date - March 31 to April 2

This national event will be held for the last time in Omaha this spring.

Consider joining us for this beneficial training and hear from these confirmed speakers:

Dr. David Adams

Dr. Kris Mohandie

Mr. Dave Okada

Dr. Russell Palarea

Dr. Kate Speck

Dr. Chris Stevens

Mr. Ronald Tunkel

Director of the National Campus Public Safety Center

The Embassy Suites is offering conference attendees a discounted rate of \$149 per night (including free parking).

[Click here to reserve your room now!](#)

More conference information to come. Stay updated on the [ATAP website](#) and the University of Nebraska [threat assessment website](#).

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