

Webinar: State Disaster Behavioral Health Concepts

March 9, 2011

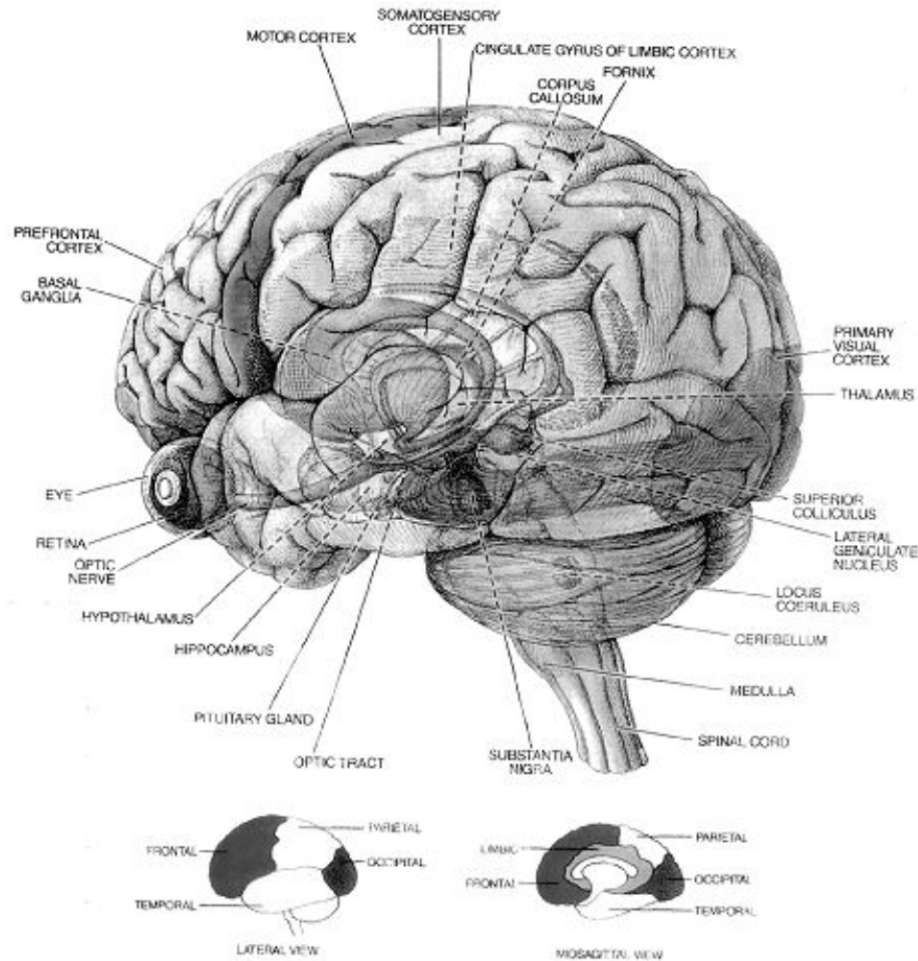
Jim Harvey, LCSW
NE DHHS Division of Behavioral Health



DOROTHY: How can you talk if you haven't got a brain?

SCARECROW: I don't know. But some people without brains do an awful lot of talking, don't they?





The Brain: Organ of the Mind

Mental Health: A Report of the Surgeon General

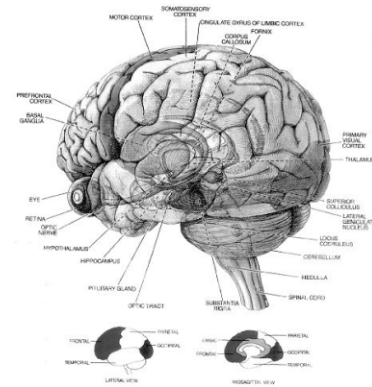
Chapter 2 – “The Fundamentals of Mental Health and Mental Illness”

<http://www.surgeongeneral.gov/library/mentalhealth/home.html>

BRAIN/BODY CONNECTION

Mind and Body are Inseparable ...

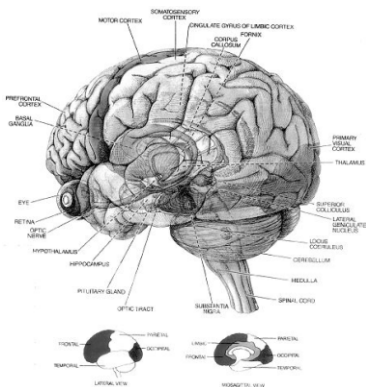
- Brain and Body Are Connected Using
 - 1) BLOODSTREAM (chemical molecules)
 - 2) NEURON PATHWAYS (electrochemical signals)
- The brain is 2% of the body's mass ...
it receives 20% of blood flow ...



All brains are based on a common
blueprint

The Genetic Code is the Common Blueprint ...

... the human genome sequence is almost
exactly the same (99.9%) in ALL people.

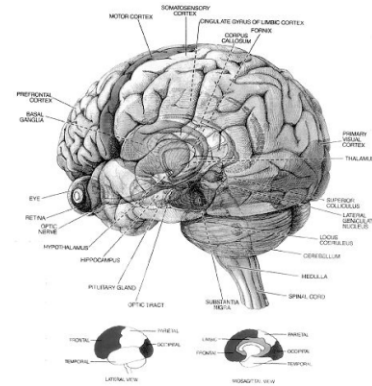


- **Genetic Code – The Common Blueprint ...**

the human genome sequence is almost exactly the same (99.9%) in **ALL** people.

Unique Individual Brain

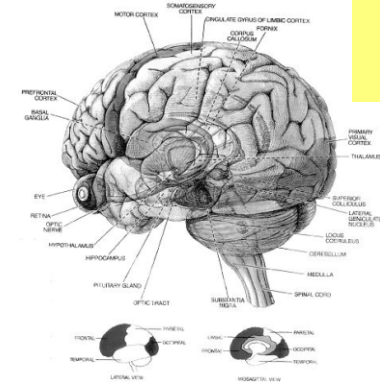
- 0.1% of genetics not common to all humans.
- **Brain Plasticity**: Genetics responding to the environment.





Universal Emotions:

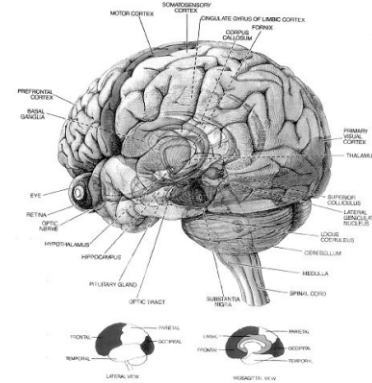
*Anger ... Disgust ... Fear
Joy ... Sadness ... Surprise*



The Fear Response

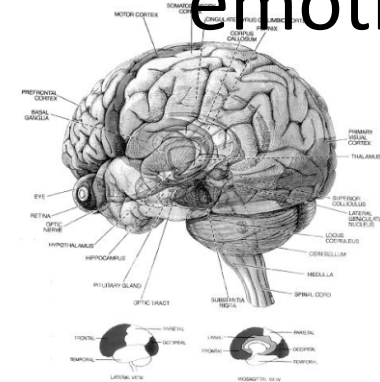
FREEZE, FIGHT OR FLIGHT RESPONSE

- a universal reaction a to life threatening event
- We will remember this response ...
A memory has been formed



Emotionally Traumatic Event(s)

- By exposure for ... survivors, on-scene response workers, witnesses, residents of area, & others.
 - One single event's impact ...
 - Event may serve as a “trigger” for the Pre-existing problems due to history of traumatic exposures ...
 - Cumulative effect (series of traumatic exposures)
- A person may not be aware of the impact this emotionally traumatic exposure may have.






Disaster

- NATURAL (tornado, flood, earthquake)
- HUMAN-CAUSED (explosion, hazardous materials spill, transportation accident, war)
 - Technology Failure
 - Mass Shooting (many people fatally shot or injured)
 - Terrorism

A Disaster Is Always a Bureaucratic and Political Event ...

- Think political event first ... the politics involves decision making on the use of resources ...
- Bureaucratic means how things are organized and the chain of command ...
- Both are always in play ...



Disaster is always a Local Responsibility First

Under NE's Emergency Management System:

- all local jurisdictions are responsible for initial response to a disaster.
- each local government shall participate in a full-time emergency management program.
- These local or regional emergency management jurisdictions are responsible to the city, county or both.



Emergency Management

- Local Responsibility First
- When Local Overwhelmed
... State Declaration
- When State Overwhelmed
... Presidential Declaration



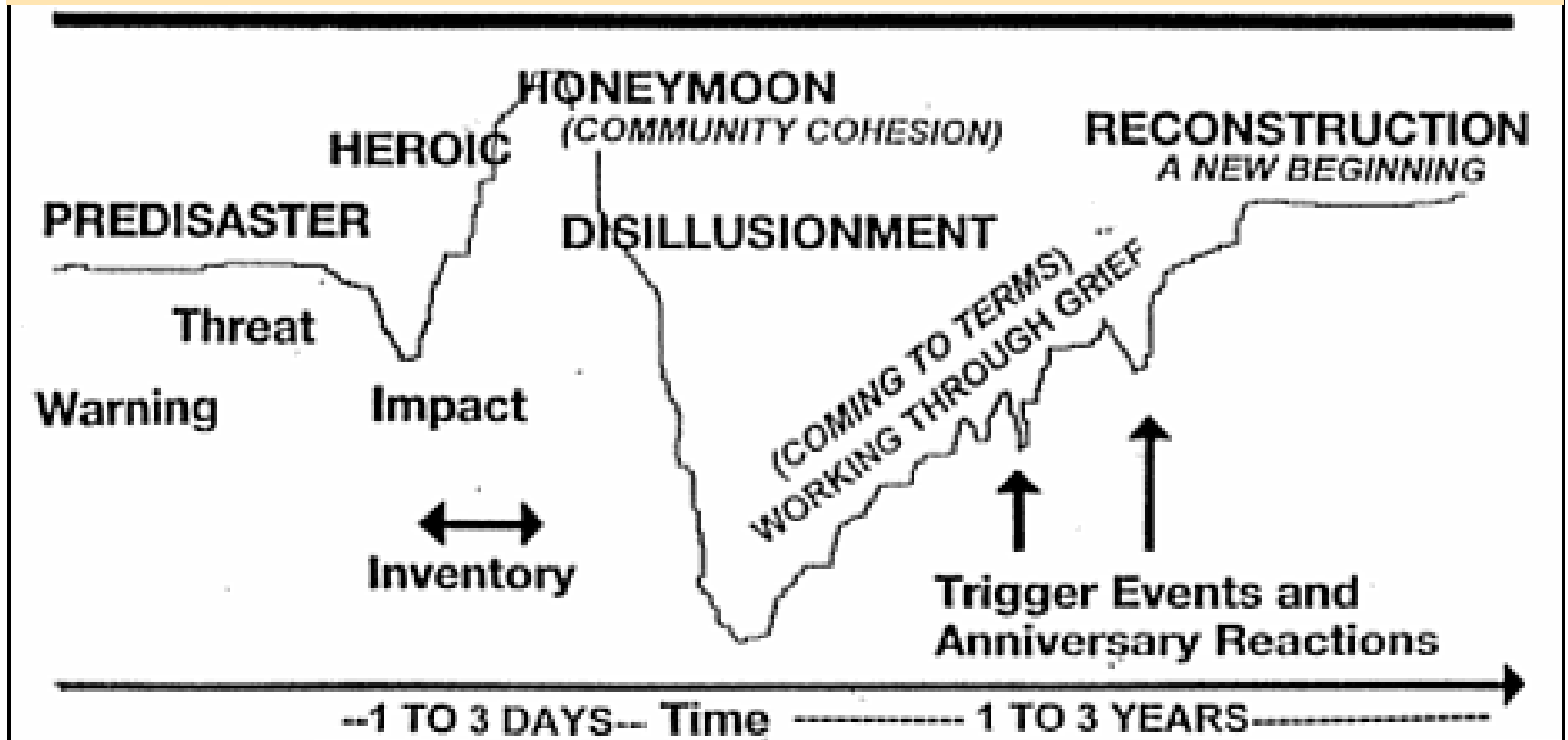
Four Phases

Emergency Management

Emergency management in the United States has been divided into four phases –

1. Mitigation
2. Preparedness
3. Response
4. Recovery

Phases of Disaster

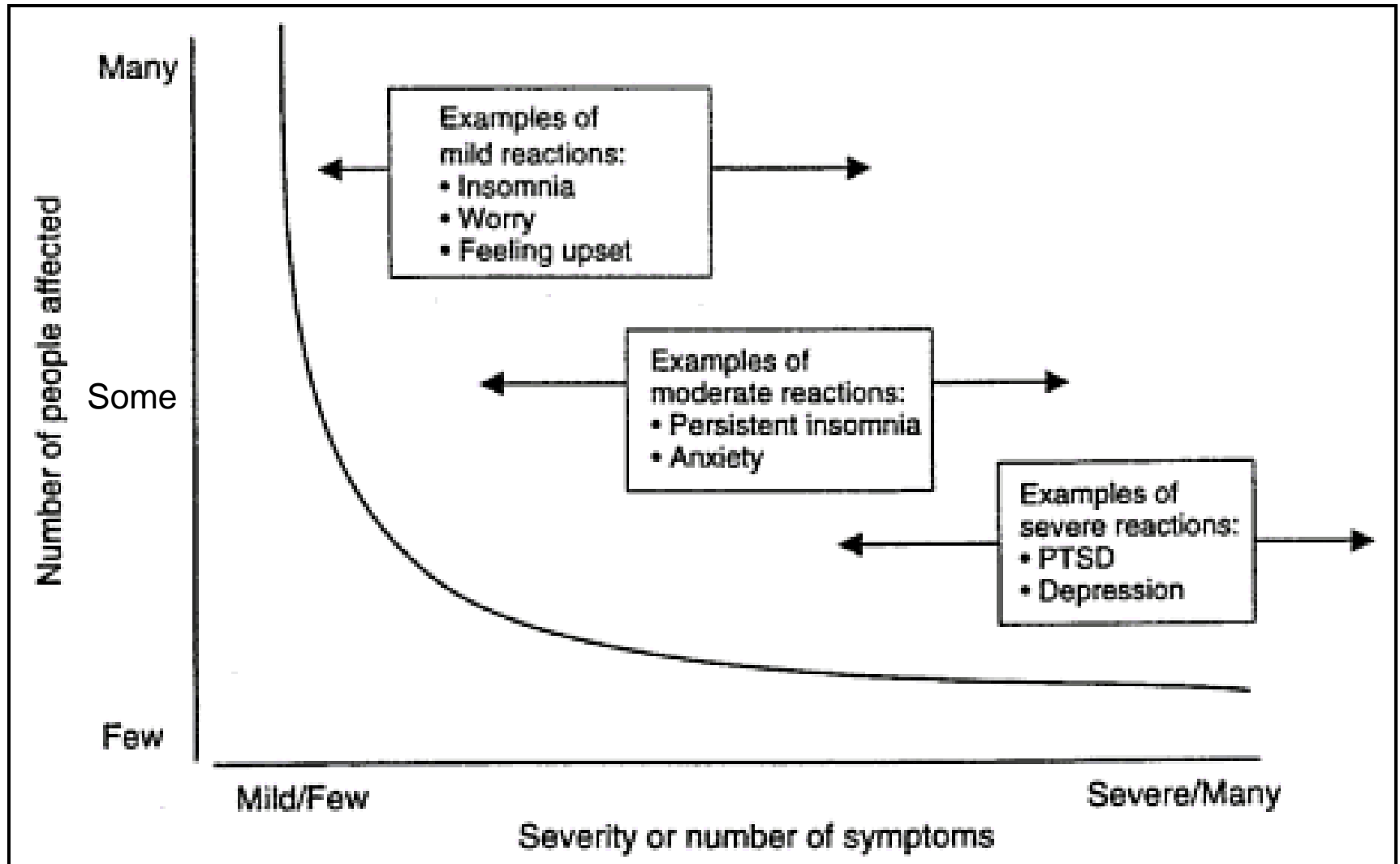


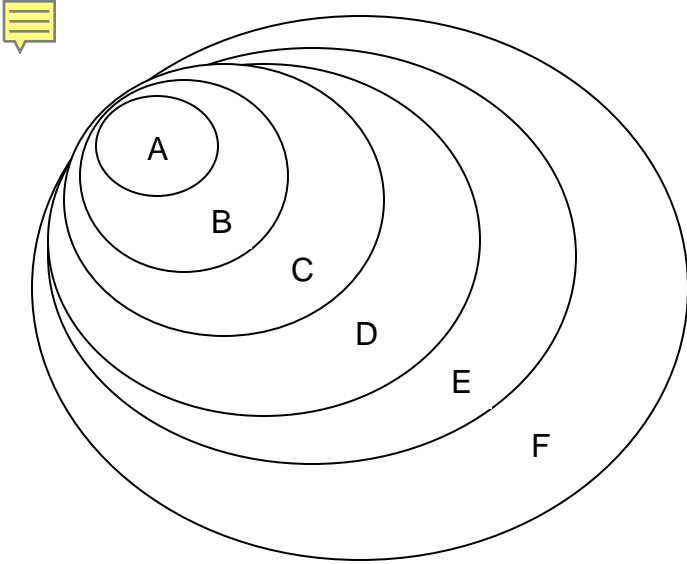
Mitigation
Preparedness

Response

Recovery

SEVERITY OF PSYCHOLOGICAL REACTION AFTER A TRAUMATIC EVENT






POPULATION EXPOSURE MODEL

- A. Injured survivors & bereaved family members
- B. Survivors with high exposure
- C. Bereaved extended family or friends, coworkers
- D. People in community with pre-existing trauma; and other responders (Red Cross; dispatchers; clergy; media); as well as people who lost homes, jobs, pets, valued possessions
- E. Affected people from community at large
- F. Community-at-large



DISASTER MENTAL HEALTH PRIMER: GUIDING PRINCIPLES

- **No one who experiences a disaster is untouched by it.**
- Most people pull together and function during and after a disaster, but their effectiveness is diminished.
- Mental health concerns exist in most aspects of preparedness, response and recovery.
- Disaster stress and grief reactions are **“normal responses to an abnormal situation.”**
- Survivors respond to active, genuine interest and concern.
- **Disaster mental health assistance is often more PRACTICAL than psychological in nature (offering a phone, distributing coffee, listening, encouraging, reassuring, comforting).**
- Disaster relief assistance may be confusing to disaster survivors. They may experience frustration, anger, and feelings of helplessness related to federal, state, and non-profit agencies’ disaster assistance programs. They may reject disaster assistance of all types.



No One Who Experiences A Disaster Is Untouched By It.
... and ... These Reactions are Normal Responses ...

these **Guiding Principles** apply to
Low Trust ... High Concern situations ... leading to

Risk Communication Principles of:

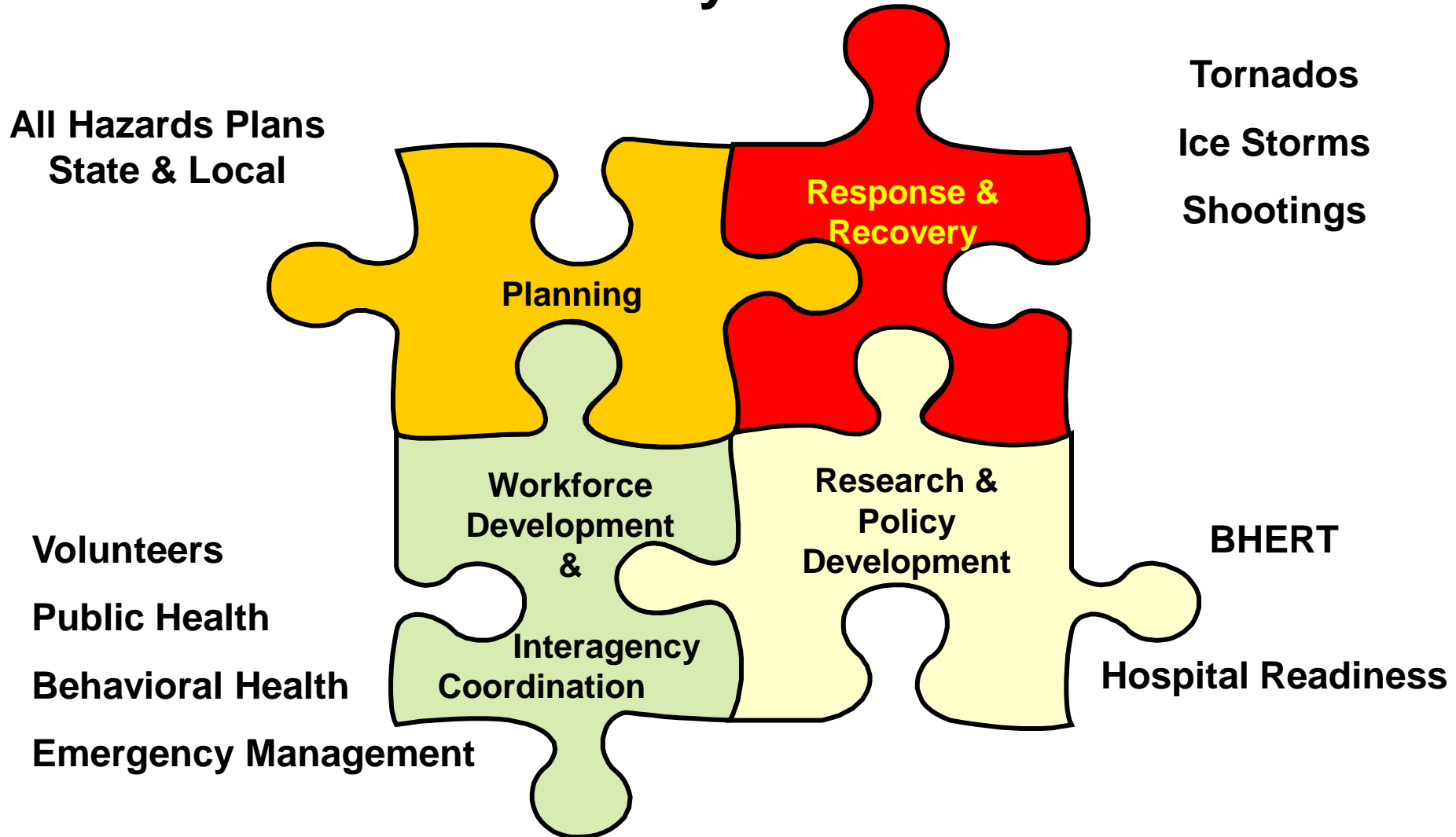
- Perception = Reality
- Mental Noise Theory
- Negative Dominance Theory
- Trust Determination Theory

SURVIVOR'S NEEDS & REACTIONS

- a concern for basic survival
- grief over loss of loved ones and loss of valued/meaningful possessions
- fear and anxiety about personal safety and physical safety of loved ones
- sleep disturbances, often including nightmares and imagery from the disaster
- concerns about relocation and the related isolation or crowded living conditions
- **a need to talk, often repeatedly, about events and feelings associated with the disaster**
- a need to feel one is a part of the community and its recovery efforts



State Level Planning and Policy Development Supports Local Response and Recovery Efforts





Emergency Support Function (ESF) #8

Situation and Assumptions

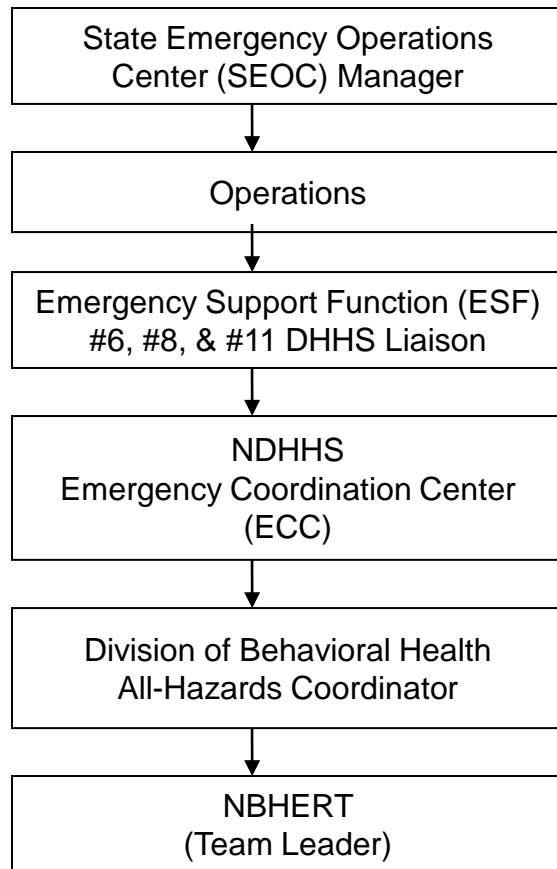
1. A significant natural or manmade incident may incur temporary or long term psychological consequences.
2. Behavioral health resources within the affected area may be inadequate to address the needs of the first responders and the public who are involved.
3. Disaster behavioral health services can help mitigate the severity of adverse psychological effects, promote resilience, and help to restore social and psychological functioning of individuals, families, and communities.

NE Behavioral Health Emergency Response Team

What does BHERT do?

- Provide support and consultation to local response personnel relevant to behavioral health needs that arise following a disaster
 - Conduct behavioral health needs assessments following a disaster
 - Assist Regional Behavioral Health Authorities to coordinate an all-hazards behavioral health response in their geographic areas
 - Organize a response to meet behavioral health needs of state agencies following a disaster

How is BHERT organized?



- Incident command structure is followed
- The team leader is under the command of the operations branch of local incident command once deployed




Mental Health Workforce in Disaster Preparedness, Response, Recovery

	ARC	CISM	FEMA	Local Region
Persons Served	ARC Workers Clients	First Responders	Survivors in the area	Everybody else
Workers Used	Lic MH Prof	MH Prof & Peers	Trained Indigenous Workers	Locally Determined
Phase of Disaster	Response	Response	Recovery	Preparedness, Response, Recovery

For the local Preparedness, assume a Response capacity that operates for 72 hours before national resources arrive

ARC means American Red Cross / CISM means Critical Incident Stress Management Program

FEMA means Federal Emergency Management Agency (Crisis Counseling Program)



Five Essential Elements of Mass Trauma Intervention

Promote:

- **a sense of safety** - by minimizing rumors
- **calming**—by disseminating information about normal reactions to trauma
- **sense of self– and collective efficacy**—by creating opportunities to regain prior roles
- **connectedness**—by making it possible for loved ones to locate one another
- **hope**—by making services to help people get their lives back in place a highly visible priority

Disaster Behavioral Health

- The work is a different model from other Behavioral Health services. Example:
 - In office practice, assume a mental disorder is present until it is specifically ruled out.
 - In disaster behavioral health response, assume mental disorder is not present until it is specifically ruled in.
- Promote resilience - help support people impacted by the disaster
 - Services are delivered via in a manner where the worker appears to mingle and shmooze with the people impacted.
 - The job is to de-escalate, defuse, and to normalize the reactions people are experiencing.

For more information see ...

Centers for Disease Control and Prevention (CDC)

Disaster Mental Health Primer: Key Principles,
Issues and Questions

<http://www.bt.cdc.gov/mentalhealth/primer.asp>

Accessed on January 6, 2011

State Disaster Behavioral Health Concepts

March 9, 2011

Jim Harvey, LCSW

Nebraska Department of Health and Human Services

Division of Behavioral Health

301 Centennial Mall South, Third Floor

PO Box 95026, Lincoln, NE 68509

phone: 402-471-7824

e-mail: Jim.Harvey@nebraska.gov