

Nebraska

Disaster Behavioral Health Newsletter



NEBRASKA STRONG RECOVERY PROJECT

Nebraska Strong Recovery Project Focuses on Wellbeing and Mental Health of Disaster Survivors

A main focus of the **Nebraska Strong Recovery Project** is sending trained crisis counselors around the state to provide support and resources to help individuals cope with the emotional and mental effects of disasters.

Nebraska Strong Recovery Project is funded by the Federal Emergency Management Agency (FEMA) in partnership with the Substance Abuse and Mental Health Services Administration through an initial grant of more than \$700,000 that was awarded to the Nebraska Emergency Management Agency (NEMA). The project aims to ensure disaster-related counseling services are available to those working to recover around the state. Following the recent extreme weather in the region, you will see crisis counselors wearing official Nebraska Strong Recovery Project t-shirts and vests providing assistance to impacted communities. For more information, visit the [NE Strong Facebook page](#), or you can find Nebraska Strong project resources on the [Nebraska Disaster Mental Health Website](#).



The project is being implemented by the Nebraska Department of Health and Human Services Division of Behavioral Health with help

from the University of Nebraska Public Policy Center.

See news coverage of the [crisis counselor training](#) and hear [Mikayla Johnson from DHHS talk about the project](#),

Great Plains Disaster Behavioral Health Conference

Reaching Out to Responders: Stress First Aid

The Great Plains Disaster Behavioral Health Conference is convening in **Omaha, Nebraska** on **Friday, July 26**. The annual conference is for behavioral health professionals, public health officials, nurses, clergy, emergency managers, and first responders to learn and recognize how to prepare for and respond to the psychological effects of disaster and mass casualties.



This year's conference consists of a full day training in "**Stress First Aid**" with **Dr. Patricia Watson**, Senior Educational Specialist for the National Center for PTSD, and Assistant Professor of Psychiatry at the Geisel School of Medicine at Dartmouth.

This stress first-aid training focuses on skills and techniques for serving first responders. It is appropriate for both licensed behavioral health professionals and for paraprofessional disaster behavioral health responders.

Conference Objectives

1. Describe the role of behavioral health professionals in working with responders.
2. Identify how behavioral health professionals and peers provide support to responders.
3. Discuss the ethical implications of providing Stress First Aid.
4. Explain the benefits of Stress First Aid in promoting community wellness.

[Register Today](#)

[Visit the Conference Page](#)

If you would like us to publicize your disaster behavioral health related event, please email shoffman3@unl.edu by **Sept 3, 2019**.

Have Questions?

[Visit the Disaster Behavioral Health Website](#)

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