

NEBRASKA DISASTER BEHAVIORAL HEALTH



Issue 16, September 2016

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/>

National Suicide Prevention Month - September

With the focus this month on suicide prevention, it is a good time for a reminder that suicidal thoughts, planning, and attempts increase after a disaster. Disasters may contribute to risk factors for suicide, such as financial or job loss, loss of relationships, or lack of social support and health services.

The SAMHSA Disaster Technical Assistance Center has numerous resources related to suicide and disasters. An earlier (August 2015) issue of the Supplemental Research Bulletin provides a good overview of the research in this area; click [here](#) to view this issue.

This Fact Sheet on how the public can play a role in preventing suicide is a good resource to review when responding to a disaster, and may be provided to those in a community impacted by disaster. Click [here](#) for the Fact Sheet.

A collection of additional resources on suicide prevention is available in the [Disaster Behavioral Health Information Series \(DBHIS\)](#).

Assessing & Managing Suicide Risk (AMSR) Course

Assessing and Managing Suicide Risk (AMSR) is a one day course (6.5 CEU's) for licensed clinicians that focuses on 24 Core Competencies to assess and manage suicide risk. Sponsored by the Suicide Prevention Resource Center, the course is equally useful for psychiatrists, behavioral health counselors, social workers, and employee assistance professionals. The course covers knowledge, skills, abilities, and attitudes required for the clinical evaluation, formulation of risk, treatment planning, and management of individuals at risk for suicide to protect their lives and promote their well-being. The complex ethical issues that must be considered when providing care to suicidal clients are discussed. Clients' suicidal behaviors are a reality for professionals as well as a source of significant distress, yet, adequate training to provide proper assessment, treatment, and management of suicidal patients is not common.

In Nebraska contact the [Regional Behavioral Health Authority's suicide prevention coordinator](#) for AMSR training dates.

Anniversary Reactions

With the recent anniversary of 9/11, we are reminded that long term recovery for survivors, families, and communities can take years. With that in mind, and in light of September being Suicide Prevention Month, it seems a good time for a reminder to take care of ourselves. The SAMHSA

Disaster Technical Assistance Center has produced a webcast on self-care for disaster behavioral health responders. You can view it [here](#).

Additional materials for self-care are available in the [Disaster Behavioral Health Information Series](#).

Holidays and Disaster

The holiday season will be here soon. Holidays can be a particularly difficult time for disaster survivors and/or families who have lost a loved one. For many reasons, people may not be able to observe the holiday rituals and traditions they typically engage in. In a past Nebraska recovery project, brief information for those recovering from disaster at the holidays was provided as a [postcard/handout](#), and a [recipe booklet](#) created by disaster survivors was distributed in the impacted area. These resources can be adapted for local areas recovering from a disaster close to the Fall/Winter holidays.

[NE DBH Website](#) | [ATAP Website](#) | [Threat Assessment Website](#)

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