

Division of Behavioral Health (DBH)

Disaster Behavioral Health

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

Public Behavioral Health System

DBH Vision:

The Nebraska public behavioral health system promotes wellness, recovery, resilience and self-determination in a coordinated, accessible consumer and family-driven system.
(HOPE-RECOVERY-RESILIENCY)

DBH Mission:

The Division of Behavioral Health provides leadership and resources for systems of care that promote and facilitate resilience and recovery for Nebraskans.

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Public Behavioral Health System

Defined as "statewide array of behavioral health services for children and adults provided by the public sector or private sector and supported in whole or in part with funding received and administered by the department, including behavioral health services provided under the medical assistance program."

Neb. Rev. Stat. 71-804 (9)

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Scope of DBH:

Regional Behavioral Health Authorities (RBHA)

- Regional Governing Boards
- Quasi-Governmental Entities
 - County commissioners represent all counties in the Region on the board.
- Regional Administrators
 - Hired and supervised by the Regional Governing Board to manage regional system of services (network)
- Region BH Advisory Committee
 - Consumers, providers, other interested persons



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Concept of Operations

Local Emergency Management structures are organized by county in Nebraska. Under state law, all local jurisdictions are responsible for initial response to a disaster.¹⁰ Each county has a Local Emergency Operations Plan (LEOP). The local plan may contain information about how that county intends to meet the psychological and social needs of people in that area after a disaster.

Local Public Health Departments are located across the state. Some are organized by county and others by multi-county districts. Public health departments are responsible for coordinating with the behavioral health disaster response in their local area.

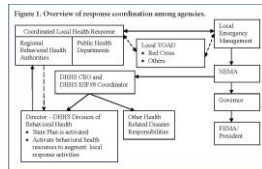
Local Behavioral Health structures are organized under Regional Behavioral Health Authorities. These multi-county Regions serve as the conduit for public behavioral health funding and as the coordinating body for public behavioral health services. The Division of Behavioral Health within the Nebraska Department of Health and Human Services is responsible for ensuring there is statewide access to behavioral health services through these regional structures. Nebraska administrative code currently states that the Regional Governing Board must have the capacity to respond to the psychosocial needs of disaster victims within the Region's assigned geographic area.¹¹ The Regional Behavioral Health Authorities coordinate with local Public Health Departments to mobilize and oversee the behavioral health disaster response.

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Coordination of Behavioral Health Disaster Response



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Partnerships:

- DHHS Public Health
- University of Nebraska Public Policy Center
- Nebraska Emergency Management Agency
- Regional Behavioral Health Authorities

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Nebraska Behavioral Health Emergency Response Team:

- The primary purpose of the Nebraska Behavioral Health Emergency Response Team (BHERT) is to provide support and consultation to state personnel/teams or local response agencies relevant to behavioral health needs that arise following a disaster.

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Nebraska Behavioral Health Emergency Response Team:

- Nebraska BHERT operations are consistent with the emergency management concept that disaster response is always a local responsibility first.
- Nebraska BHERT is a mechanism for organizing and deploying State disaster behavioral health resources. Nebraska BHERT provides:
 - Rapid deployment to local areas of behavioral health personnel who are experienced in disaster-related community needs assessment, coordination of resources, training, addressing behavioral health needs of staff or consumers, assisting in recovery activities, and related assigned tasks.
 - A resource for state-run facilities or operations impacted by disaster (such as Regional Centers or Correctional facilities).
 - A resource of the Governor in the event that behavioral health expertise is requested by another State's Governor through the Emergency Management Assistance Compact (EMAC). Team members must opt in before EMAC deployment.
 - Training or consultation to local areas or state-run facilities during preparedness, response, or recovery periods. This will generally be handled on a case-by-case basis and can be authorized by the Director of the Division of Behavioral Health.



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Nebraska Behavioral Health Emergency Response Team:

- Every disaster is unique. The exact nature of the services rendered by Nebraska BHERT is dependent upon local area needs that arising as a result of disaster. The following list is representative of activities that team members may be requested to engage in following a disaster:
 - Conduct community psycho-social impact/needs assessments
 - Provide support for state operations affected by disaster (such as Regional Centers or Correctional facilities)
 - Other duties as assigned by the Nebraska Emergency Management Agency (NEMA)



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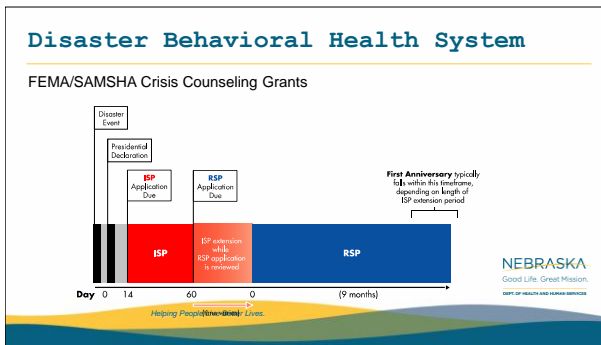
Disaster Behavioral Health System

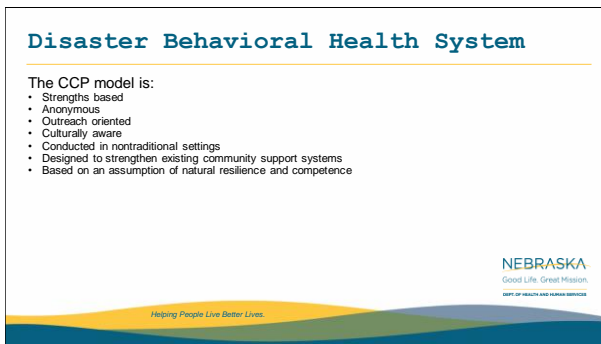
FEMA/SAMSHA Crisis Counseling Grant

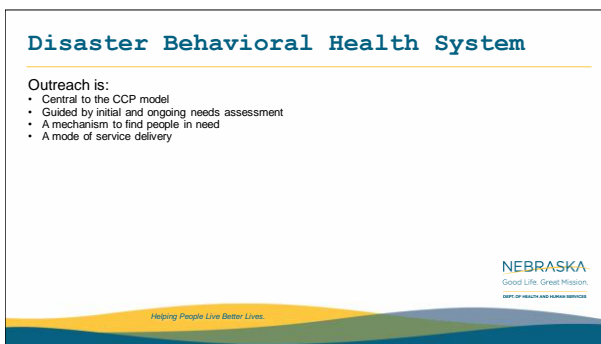
- Immediate Services Program (ISP)- funds services for the first 60 days after the federal disaster declaration is issued.
- Regular Service Program (RSP)-funds services for 9 months beyond the end of the ISP.



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Disaster Behavioral Health System

Crisis counselors help survivors to do the following:

- Understand their situations and reactions.
- Regain a sense of mastery and control.
- Identify, label, and express emotions.
- Adjust to the disaster and losses.
- Manage stress.
- Make decisions and take action.
- Develop coping strategies.
- Use community resources.

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Disaster Behavioral Health System

Range of Crisis Counseling Services:

- Individual crisis counseling
- Brief educational or supportive contact
- Group crisis counseling
- Support and educational groups
- Self-help groups
- Assessment, referral, and resource linkage
- Community support and networking
- Public education
- Development and distribution of educational materials
- Media messaging and risk communications

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Disaster Behavioral Health System

FEMA/SAMSHA Crisis Counseling Grant-ISP

- In March 2019, Nebraska experience a "bomb cyclone" which resulted in major flooding for a large portion of our state.
- Nebraska applied for and received a Crisis Counseling Program (CCP), Immediate Services Program (ISP) grant in April 2019.
- Nebraska was awarded the ISP grant for \$717,460.59.
- Providers began outreach in affected areas immediately training was complete.

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Disaster Behavioral Health System

FEMA/SAMSHA Crisis Counseling Grant-ISP



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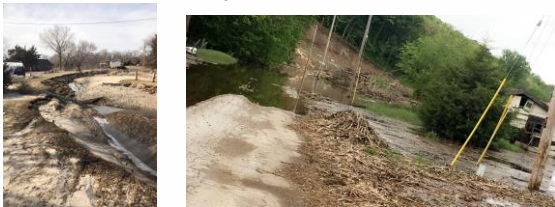
FEMA/SAMSHA Crisis Counseling Grant-ISP



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FEMA/SAMSHA Crisis Counseling Grant-ISP

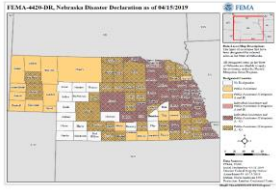


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FEMA/SAMSHA Crisis Counseling Grant-ISP

- Nebraska was awarded the ISP grant for Regions 3, 4, 5 & 6.



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FEMA/SAMSHA Crisis Counseling Grant-ISP

- Amounts:

Region 3	Region 4	Region 5	Region 6	UNL Public Policy Center	Rural Response Hotline	Total
\$ 132,911.47	\$ 213,876.56	\$ 110,799.60	\$ 221,929.48	\$ 33,720.48	\$ 4,223.00	\$ 717,460.59

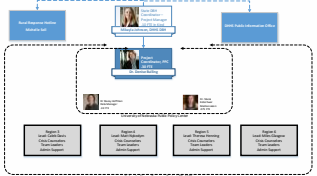
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FEMA/SAMSHA Crisis Counseling Grant-ISP

- Program Management:



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FEMA/SAMSHA Crisis Counseling Grant-ISP

• Region Staffing:

Provider	Desired	1 FTE in ISP	Actual/level
Region 3	Team Lead	1	2 part time
	Crisis Coordinator	1	1 part time
	Project Coordinator	1	1 Region 3 staff
	Admin Assistant	40	2 part time
	Financial Support	1	1 part time
Region 4	Team Lead	1	1 full time
	Crisis Coordinator	13	2 part time
	Admin Assistant	3	Region 4 staff
	Clinical Counselor	3	3
	Crisis Support	75	Region 4 staff
Region 5	Team Lead	1	2 part time
	Crisis Coordinator	1	1 part time
	Admin Assistant	1	Region 5 staff
Region 6	Team Lead	2	2 full time
	Crisis Coordinator	16	16 full time
	Admin Assistant	1	1 part time
	Media Liaison	5	5
	Child Services	5	Region 6 staff

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FEMA/SAMSHA Crisis Counseling Grant-ISP

• What training was utilized?

- ISP Core Content Training
 - All staff were asked to complete the following in addition to the Core Content Training:
 - Nebraska's Online Disaster Psychological First Aid Refresher Course
<http://disastermh.nebraska.edu/education/psychological.php> This course is a "just in time" version of a full day in-person training that introduces critical skills in 7 areas:
 - Psychological Support
 - Stress and coping
 - Supportive communication
 - Promoting community self-help
 - Functional Needs populations
 - Helping the helper
 - De-escalation
 - Stress Management
 - Online CCP data training
 - Online CCP training (to reinforce core training)

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FEMA/SAMSHA Crisis Counseling Grant-ISP

• Who was our priority population?

- Nebraska Strong Project prioritized farmers, ranchers, and members of the Santee Sioux Tribe.

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FEMA/SAMSHA Crisis Counseling Grant-ISP

- How did we strategize branding?
 - The Nebraska Strong Project used centralized branding. Each Region had a budget line item for media and branding but the majority of the branding came from the University of Nebraska Public Policy Center team. Interviews for media were done with the majority of partners in this program.

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Nebraska Strong Recovery Project:

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WHY DO I FEEL THE WAY I DO?

The stress of disaster has many forms, uniquely and personally. Understanding how and when various sources of affective response and reaction.

While physical property and possessions are resources that disaster can destroy and thereby, in general, resources for recovery.

As you address long-term stress, your health can be adversely affected. It is important for healthcare providers to monitor physical, mental, social, and emotional health to ensure a holistic approach to recovery.

The recovery model provides a framework for understanding and addressing the complex and often overwhelming challenges that disaster survivors face.

Disaster survivors may experience a wide range of emotional reactions to a disaster.

Get support for disaster from Nebraska's disaster relief services.

NEBRASKA STRONG
RECOVERY PROJECT

Call the hotline for free and confidential assistance.

NEBRASKA STRONG
RECOVERY PROJECT
Nebraska State Capitol
1-800-444-6258

OR VISIT US ONLINE AT
NEBRASKA.ORG/STRONG

OR VISIT US AT
NEBRASKA.ORG/STRONG

Nebraska Strong Recovery Project

Stress and distress are
important during recovery.

You are not alone.

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Disaster Behavioral Health System

FEMA/SAMSHA Crisis Counseling Grant-RSP

- The Nebraska Strong Recovery Project was formed in response to storms and flooding that occurred throughout Nebraska in the Spring of 2019, and operated from August 18, 2019 through May 17, 2020.
- During this time, the project exceeded its target outreach goal, with 23,101 primary contacts (the goal was 12,824 primary contacts).
- Nebraska was awarded the RSP grant for \$2,234,601.28



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Disaster Behavioral Health System

FEMA/SAMSHA Crisis Counseling Grant-RSP

Amounts:

Region 3	Region 4	Region 5	Region 6	UNL-PPC	RR Hotline	Total
\$ 250,859.42	\$ 591,487.32	\$ 317,865.63	\$ 939,380.61	\$ 116,675.50	\$ 18,332.80	\$ 2,234,601.28

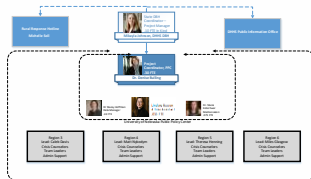


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FEMA/SAMSHA Crisis Counseling Grant-RSP

Program Management:



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FEMA/SAMSHA Crisis Counseling Grant-RSP

• Region Staffing:

Region	Staffing	Notes
Region 1 (Buffalo, Council Bluffs, and Harrison Counties)	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL
Region 2 (Lincoln, Lancaster, and Nemaha Counties)	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL
Region 3 (Nebraska City, Kearney, and York Counties)	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL
Region 4 (Omaha, Douglas, and Sarpy Counties)	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL
Region 5 (Grand Island, Kearney, and York Counties)	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL
Region 6 (Hastings, Kearney, and York Counties)	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL
Region 7 (Lincoln, Lancaster, and Nemaha Counties)	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL
Region 8 (Lincoln, Lancaster, and Nemaha Counties)	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL
Region 9 (Lincoln, Lancaster, and Nemaha Counties)	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL
Region 10 (Lincoln, Lancaster, and Nemaha Counties)	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL	4,000 FTE CC, 4,000 FTE CC, 4,000 FTE TL

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FEMA/SAMSHA Crisis Counseling Grant-RSP

• What training was utilized?

• ISP to RSP training

• All staff were asked to complete the following in addition to the Core Content Training:

- Nebraska's Online Disaster Psychological First Aid Refresher Course
<http://disastermh.nebraska.edu/education/psychological.php> This course is a "just in time" version of a full day in-person training that introduces critical skills in 7 areas:
 - Psychological Support
 - Stress and coping
 - Supportive communication
 - Promoting community self-help
 - Functional Needs populations
 - Helping the helper
 - De-escalation
- Stress Management
- Mid Program Training
- Online CCP data training
- Online CCP training (to reinforce core training)

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FEMA/SAMSHA Crisis Counseling Grant-RSP

• Who was our priority population?

- Nebraska Strong Project prioritized farmers/producers, children, older adults, non-English speaking and Santee Sioux.

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FEMA/SAMSHA Crisis Counseling Grant-RSP

- How did we strategize branding?
 - The Nebraska Strong Project kept the same branding across all the Region so the communities were familiar with our name and goals.

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FEMA/SAMSHA Crisis Counseling Grant-RSP

- Quality Assurance
 - FEMA/SAMSHA/State/UNL PPC Weekly Calls
 - FEMA/SAMSHA/State/UNL PPC/Region Monthly Calls
 - State/UNL PPC/Region Weekly Calls
 - Region Weekly staff meetings
 - Meeting topic during meeting included: Overview of weekly activities, Supervision, Self-Care, Coaching and Support.

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FEMA/SAMSHA Crisis Counseling Grant-RSP

- Monitoring and Evaluation

Provider	Brief Educational or Supportive Contacts	Individual Crisis Counseling	Group Counseling and Public Education	Total Receiving Primary Services
Overall	18,705	2,547	3,230	23,101

Provider	Material handed to people	Material mailed to people	Material left in public places	Mass media	Social networking messages	Total Count
Grand Total	37,067	8,046	14,484	110	278	59,984

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FEMA/SAMSHA Crisis Counseling Grant-RSP

- COVID
 - Outreach suddenly needed to look different
 - Maintaining social distancing
 - Still reaching out to the community

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FEMA/SAMSHA Crisis Counseling Grant-RSP

With Nebraska Strong
Work From Home options V.2
4/15/2020

1. Expanded Online Training

1. Continue to work through the pre-approved behavior...
2. The training is available at the following link: <https://www.nebraska.gov/hhs/behavioral-health>
3. The training is available at the following link: <https://www.nebraska.gov/hhs/behavioral-health>
4. The training is available at the following link: <https://www.nebraska.gov/hhs/behavioral-health>

2. Expanded Tele-Phone Support

1. A list of phone support numbers will be posted...
2. A list of phone support numbers will be posted...
3. A list of phone support numbers will be posted...
4. A list of phone support numbers will be posted...

3. Expanded Text Message Support

1. A list of text message support numbers will be posted...
2. A list of text message support numbers will be posted...
3. A list of text message support numbers will be posted...
4. A list of text message support numbers will be posted...

4. Expanded Email Support

1. A list of email support numbers will be posted...
2. A list of email support numbers will be posted...
3. A list of email support numbers will be posted...
4. A list of email support numbers will be posted...

5. Expanded Video Support

1. A list of video support numbers will be posted...
2. A list of video support numbers will be posted...
3. A list of video support numbers will be posted...
4. A list of video support numbers will be posted...

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FEMA/SAMSHA Crisis Counseling Grant-RSP-Region 3

Working Regional Behavioral System

City of Papillion/Elkhorn County

THANK YOU READERS WORKERS

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FEMA/SAMSHA Crisis Counseling Grant-RSP-Region 4



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FEMA/SAMSHA Crisis Counseling Grant-RSP-Region 4



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FEMA/SAMSHA Crisis Counseling Grant-RSP-Region 5



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FEMA/SAMSHA Crisis Counseling Grant-RSP-Region 5



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FEMA/SAMSHA Crisis Counseling Grant-RSP-Region 6



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Disaster Behavioral Health System

FEMA/SAMSHA Crisis Counseling Grant-RSP-group effort

- Practiced self-care:

<https://youtu.be/yTnc7nc3UNM>

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After FEMA/SAMSHA Crisis Counseling Grant:

- Region's 5 and 6 applied for SAMSHA Disaster Response Grants.
 - Region V Systems – SAMSHA Disaster Response – Services to Adults Grant
 - Region 6 Behavioral Healthcare – SAMSHA Disaster Response – School-Based Services Grant
- Both grants are for just under \$1 million to primarily provide treatment services, and trainings for workforce development.

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After FEMA/SAMSHA Crisis Counseling Grant:

- Region V Systems – SAMSHA Disaster Response – Services to Adults Grant.
 - This grant is for services to adults in 23 of the flood impacted counties. Regions 3, 4, and V are participating in the grant. Vouchers for services are issued through the Rural Response Hotline, in coordination with other voucher programs. Workforce development includes Post-Disaster Cognitive Behavioral Therapy for clinicians accepting program vouchers and other clinicians in the counties served, as well as a training of trainers in Mental Health First Aid. After the training of trainers, Mental Health First Aid trainings will be offered throughout the service area.

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After FEMA/SAMSHA Crisis Counseling Grant:

- Region 6 Behavioral Healthcare – SAMSHA Disaster Response – School-Based Services Grant
 - This grant also serves 23 flood impacted counties, although not exactly the same ones as the adult services grant. Regions 3, 4, and 6 are participating. Services under this grant are school-based, and include assessment and referral to appropriate community services, as well as direct treatment in schools by contracted treatment providers. In some of the counties, as determined by the Region serving those counties, vouchers for services to children and youth are available. The Regions will work with the Nebraska School Community Intervention and Prevention program to expand into additional schools, providing training to school personnel about children's mental health, and how to appropriately identify issues and refer to treatment. This grant will also sponsor a training of trainers in Youth Mental Health First Aid.

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FEMA/SAMSHA COVID Crisis Counseling Grant-ISP

- In March 2020, Nebraska experience their first COVID-19 case, with schools closing by the end of the month.
- Nebraska applied for and received a Crisis Counseling Program (CCP), Immediate Services Program (ISP) grant in May 2020.
- Nebraska was awarded the ISP grant for \$1,464,438.94.
- Currently, Nebraska has received a no cost extension until September 28, 2020, while the Nebraska RSP COVID application is being processed by FEMA/SAMSHA.

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Disaster Behavioral Health System

FEMA/SAMSHA COVID Crisis Counseling Grant-ISP

• Amounts:

Region 1	Region 2	Region 3	Region 4	Region 5	Region 6	UNL PPC	Rural Response Hotline	Nebraska Family Helpline	Total
\$89,561.07	\$94,887.29	\$205,270.89	\$299,899.00	\$274,398.69	\$411,099.68	\$70,478.25	\$3,969.00	\$14,875.07	\$1,464,438.94

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Disaster Behavioral Health System

FEMA/SAMSHA COVID Crisis Counseling Grant-ISP

- Who was our priority population?
 - Nebraska Strong Project prioritized farmers, ranchers, the four federally recognized Tribes in Nebraska, Plant worker, Essential/Healthcare workers, anyone impacted by COVID-19, youth and older adults.

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FEMA/SAMSHA COVID Crisis Counseling Grant-ISP

- Branding: Same
- Quality Assurance: Same with addition of outreach counselor meetings.
- Team Structure: Same with the addition of Region 1, Region 2 and Nebraska Family Helpline.

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Helping People Live Better Lives.

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