

Disaster Behavioral Health Overview

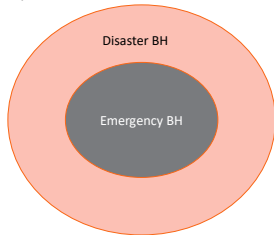
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Presented at:
2020 Great Plains Disaster Behavioral Health Conference
July 22, 2020



Definitions

- Behavioral Health = Mental Health and Substance Abuse
- Emergency Behavioral Health versus Disaster Behavioral Health



Key Concepts

- No one who sees a disaster is untouched by it
- Two types of disaster trauma
 - Individual
 - Collective
- Most people pull together and function during and after a disaster, but their effectiveness is diminished
- Disaster stress and grief reactions are normal responses to abnormal events
- Many emotional reactions of disaster survivors stem from problems of living caused by the disaster
- Disaster relief procedures have been called "The Second Disaster"

Key Concepts (p.2)

- Most people do not see themselves as needing behavioral health services following a disaster, and will not seek out such services
- Survivors may reject disaster assistance of all types
- Disaster behavioral health assistance is often more practical than psychological in nature
- Disaster behavioral health services must be uniquely tailored to the communities served
- Disaster behavioral health staff set aside traditional methods, avoid use of "mental health" labels, and use an active outreach approach to intervene successfully in disasters

Key Concepts (p.3)

- Survivors respond to active interest and concern
- Interventions must be appropriate to the phase of the disaster
- Support systems are crucial to recovery



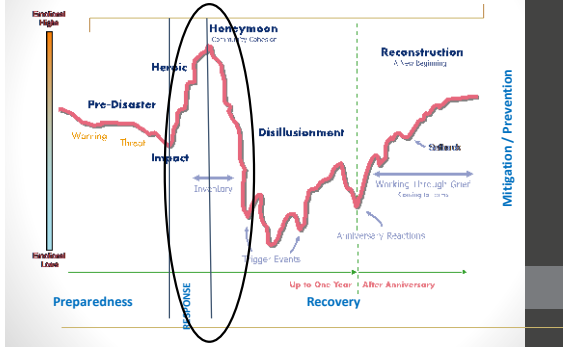
Disaster Behavioral Health Services are delivered where survivors, community members and responders gather

Disaster Crisis Counseling and Traditional Treatment

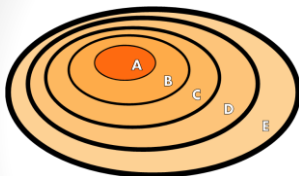
Traditional Treatment	Disaster Crisis Counseling
• Office Based	• Home and Community based
• Diagnoses and treats mental illness	• Assesses strengths and coping skills
• Focuses on personality and functioning	• Provides support on disaster-related issues
• Examines content	• Accepts content at face value
• Explores past experiences and influence on current problems	• Validates common reactions and experiences
• Psycho-therapeutic focus	• Psycho-educational focus
• Keeps records, charts and case files	• Does not collect identifying information

Taken from the FEMA CCP Core Content Training Package

Phases of Disaster



Population Exposure Model



- A. Injured survivors, bereaved family members
- B. Survivors with high exposure to disaster trauma, or evacuated from disaster zones
- C. Bereaved extended family and friends, first responders
- D. People who lost homes, jobs, and possessions; people with pre-existing trauma and dysfunction; at-risk groups; other disaster responders
- E. Affected people from the larger community

Adapted from DeWolfe, 2002

Disaster BH Interventions

Lower Intensity/ Higher Volume Services

Higher Intensity/ Lower Volume Services

Blue=Primary Services Green=Secondary Services

Taken from FEMA CCP Program Orientation

Disaster Crisis Counseling Interventions

1. Psychological First Aid (Response & Recovery)
2. Skills for Psychological Recovery (Recovery)
3. FEMA Crisis Counseling Model (Recovery)

Core actions of PFA

- Contact and Engagement
- Safety and Comfort
- Stabilization
- Information Gathering: Current Needs and Concerns
- Practical Assistance
- Connection with Social Supports
- Information on Coping
- Linkage with Collaborative Services

National Child Traumatic Stress Network: Core Actions of PFA
<http://www.nctsn.org/content/psychological-first-aid>

Nebraska-Model Psychological First Aid
<http://disastermh.nebraska.edu/education/psychological.php>

Resources

- Nebraska's Disaster Behavioral Health Webpage
 - <http://www.disastermh.nebraska.edu/>
- Information on Psychological First Aid trainings
 - National Child Traumatic Stress Network PFA
 - <http://www.nctsn.org/content/psychological-first-aid>
 - Take the course: <http://learn.nctsn.org/enrol/index.php?id=38>
- Nebraska-Model Psychological First Aid
- <http://disastermh.nebraska.edu/education/psychological.php>

7/20/2020

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Thank You!
