

2021 GREAT PLAINS DISASTER BEHAVIORAL HEALTH CONFERENCE

BUILDING RESILIENCE

Introduction

This conference focuses on learning how to recognize, prepare for, and respond to the psychological effects of disaster and mass casualty events.

Conference Theme

Building Resilience focuses on supporting resilience at the individual, organizational, and community levels.

Objectives

- Discuss fostering resilience at individual, organizational, and community levels.
- Demonstrate how behavioral health professionals can work with local and state organizations to assist with individual and community recovery.
- Discuss ethical considerations for provision of disaster behavioral health interventions.

Agenda (All times are in Central Daylight Time)

This conference has been approved for 3.5 APA Continuing Education hours across indicated sessions below in blue.*

Thursday, July 22, 2021

9:00–9:15 • Conference Welcome

9:15–10:45 • **Building Individual Resilience**

–Dawn Webb

10:45–11:00 • BREAK

11:00–12:30 • Panel Discussion of Community and Organizational Resilience

Friday, July 23, 2021

9:00–10:30 • **Community Resilience**

–Anita Chandra

10:30–10:45 • BREAK

10:45–12:00 • **Disaster Behavioral Health Ethics: Building on Practitioner Knowledge and Community Resilience**

–Stephanie F. Dailey and Jean LaFauci Schutt

WELCOME



Sheri Dawson RN

*Director, Nebraska Dept. of
Health and Human Services
Division of Behavioral Health*

Sheri Dawson, RN, is the director of the Division of Behavioral Health in the Nebraska Department of Health and Human Services (DHHS). She was appointed by Governor Pete Ricketts effective August 12, 2015.

Sheri had served as acting director of the division since early 2015. Since joining DHHS in 2001, Sheri has held several different roles within the department, including deputy director of Community-Based Services, QI and managed care administrator, program specialist, and nurse surveyor/consultant. She has been recognized as Supervisor of the Year and Employee of the Year during her tenure at DHHS.

Previous to her time at Nebraska DHHS, Sheri worked as a nurse manager at Lincoln General Hospital, now known as Bryan Medical Center-West, in Lincoln, and was a nurse instructor at Willow Brook Private Psychiatric Hospital in Waxahachie, Texas.

Sheri earned her Bachelor of Science degree in health sciences for nurses from Nebraska Wesleyan University, and graduated with distinction from the Bryan Hospital School of Nursing.

** The University of Nebraska Public Policy Center (NUPPC) is approved by the American Psychological Association to sponsor continuing education for psychologists. The NUPPC sponsors this event and maintains responsibility for this program and its content.*

INDIVIDUAL RESILIENCE

Dawn Webb will address individual resilience in the wake of disaster and how moral distress, trauma, and stigma interfere with building resilience. This presentation will educate the audience on ways to build resilience and provide resources for stress management, PTSD, and wellness.

INSTRUCTIONAL LEVEL: Intermediate

CONTINUING EDUCATION: 1.25 APA hours

OBJECTIVES

- Describe moral distress.
- Explain barriers created by self-stigma.
- List three strategies to building individual resiliency.



Dawn Webb MSN, RN-BC

Program Director, Texas Nurses Association

Dawn Webb is the program director of the Texas Peer Assistance Program for Nurses (TPAPN). TPAPN is a person-centered, evidence-based program that supports nurses in their recovery from substance use, mental health concerns, or both. TPAPN safeguards patients and nurses by providing monitoring, accountability, and advocacy to nurse participants. TPAPN encourages early intervention in the workplace as well as self-referrals to help nurses avoid possible practice violations before they occur. As an alternative to board discipline, TPAPN empowers nurse participants by connecting them to resources, providers, and peer support so they can continue practicing nursing safely. As an organization, TPAPN is devoted to the care, respect, and well-being of nurses across Texas and desire to see all nurse participants live a self-directed life and reach their full potential.

COMMUNITY RESILIENCE

Dr. Anita Chandra will cover the definitions and concepts behind community resilience and what it means in today's discussions of disaster response and planning. In addition, this presentation will explore key issues in disaster resilience and critical considerations for communities planning for disaster behavioral health. Particular attention is paid to issues of collective trauma and community allostatic load, and how this factors into community experience.

INSTRUCTIONAL LEVEL: Introductory

CONTINUING EDUCATION: 1.25 APA hours

OBJECTIVES

- Define community resilience and its components in a multi-disaster framework.
- Identify key aspects and lessons learned for resilience and disaster behavioral health in a post-COVID world.
- Identify action steps for community disaster behavioral health planning.



Anita Chandra DrPH

*Vice President & Director, RAND Social and Economic Well-Being;
Senior Policy Researcher, RAND Corporation*

Dr. Anita Chandra's division manages RAND's Center to Advance Racial Equity Policy. She leads studies on civic well-being and urban planning; community resilience and long-term disaster recovery; public health emergency preparedness; effects of military deployment; equity, health in all policies, and advancing a culture of health; and child health and development. Throughout her career, Dr. Chandra has engaged government and nongovernmental partners to consider cross-sector solutions for improving community well-being and to build more robust systems, implementation, and evaluation capacity. This work has taken many forms, including engaging with federal and local government agencies on building systems for emergency preparedness and resilience both in the U.S. and globally; partnering with private sector organizations to develop the science base around child systems; and collaborating with city governments and foundations to reform data systems and measure environmental sustainability, well-being, and civic transformation. She has also partnered with community organizations to conduct broad-scale health and environmental needs assessments, to examine the integration of health and human service systems, and to determine how to integrate equity and address the needs of historically marginalized populations in human service systems. These projects have occurred in partnership with businesses, foundations, and other community organizations. Dr. Chandra earned a DrPH in population and family health sciences from the Johns Hopkins Bloomberg School of Public Health.

ETHICS

As mental health professionals, disaster volunteers, and emergency workers are called upon to support disaster planning, response, and recovery efforts, there is a need for competent, ethical practitioners. This program provides a forum for behavioral health and emergency response professionals to explore ethical issues in the context of preparing for, and responding to, extreme events. Areas to be discussed include professional competence, informed consent, records and documentation, confidentiality, duty to warn, developmental and cultural considerations, boundaries and advocacy, personal values, responder impairment and self-care, and termination and referrals.

INSTRUCTIONAL LEVEL: Intermediate

CONTINUING EDUCATION: 1.0 APA hours

OBJECTIVES

- Demonstrate an understanding of the foundational ethical principles for ethical decision making.
- Identify five ethical challenges unique to disaster behavioral health response.
- Describe how values, beliefs, and cultural factors of oneself, survivors, and the affected community are involved in an ethical disaster response.



Stephanie F. Dailey EdD, LPC, NCC, ACS

Assistant Professor of Counseling, George Mason University

Dr. Dailey's research is directed at better understanding the psychosocial impact of disasters on individuals and communities in an effort to identify appropriate strategies for mitigation, response, and recovery. Dr. Dailey has published works on contamination disasters, COVID-19, acts of mass violence, and causality mitigation strategies during an active school shooter event. Focusing on community reconciliation, resilience, and ethical practice, she has developed guidance for individuals, families, and communities on the emotional impact of shelter-in-place and co-led a federal program on disaster preparedness and response. Recognizing that current methods for preparing for and responding to school shootings are highly variable, Dr. Dailey's recent work has focused on lockdown protocols in schools, seeking to better understand the impact of active shooter response strategies on school-based stakeholders.



Jean LaFauci Schutt PhD, LPC, NCC, ACS

Professional Counselor, Educator, and Consultant, LaFauci Counselor Consulting

Dr. Jean M. LaFauci Schutt is a Washington DC-based professional counselor, supervisor, educator, and consultant with expertise in disaster mental health, crisis intervention, adoption, supervision, and training. She has experience working as a counselor, clinical supervisor, professor, and researcher in education, social service, and community settings. Dr. LaFauci has conducted trainings and presentations for in-service staff, national, and international audiences. She has served on the American Counseling Association Crisis Preparedness and Trauma Counseling Task Force and is currently serving on Chi Sigma Iota Counselor Professional Members Committee. Trained in the American Red Cross Disaster Mental Health and Federal Emergency Management Agency/Substance Abuse and Mental Health Services Administration (FEMA/SAMHSA) Crisis Counseling models, her disaster mental health and crisis counseling work has involved service delivery, needs assessment, program development, and consultation with a focus on psychological recovery and preparedness, post-traumatic and acute stress, stress management, and outreach. The coronavirus pandemic has deepened her personal experience with children's stress reactions and advocacy for safe opening of schools following disasters.

SPECIAL THANKS TO OUR SPONSORS

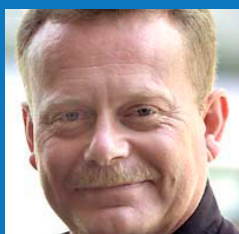


Community and Organizational RESILIENCE PANEL



Chris Schroeder
(panel moderator)
*Long-term Recovery Specialist, Nebraska
Emergency Management Agency (NEMA)*

Chris Schroeder serves as a long-term recovery specialist and voluntary agency liaison with NEMA. In this role, since the flooding of 2019, he has helped coordinate the Governor's Disaster Recovery Task Force as well as the State's Food Security Task Force, and assists with recovery operations, individual assistance, and mass care efforts around Nebraska. Originally from West Virginia, Chris served in similar disaster recovery capacities around the Appalachian region following the West Virginia flood and Great Smoky Mountains forest fires, both in 2016. Before that, he led a small nonprofit for repairing and rebuilding homes for people living in poverty around Appalachia, the operations of which became the structure for FEMA's Rapid Rebuild program.



Eric Evans
*Director, Emergency Management,
Dept. of Mental Health (Missouri)*

Eric Evans is the director of emergency management (EM) for the Missouri Department of Mental Health (DMH). Prior to DMH, he worked at the University of Missouri (MU) for over 16 years, most recently as the Columbia campus EM director, and 13 years with the Missouri State Emergency Management Agency (SEMA) as an all-hazards planner, hazardous materials program coordinator, and a state training officer. He developed a nationally-recognized EM program within MU Extension and received the Outstanding Program Award through the International Community Development Society for his efforts. For the past several years, he has provided extensive training to numerous state and federal agencies, and has been a member of the emergency human services branch during disasters for the State Emergency Operations Center.



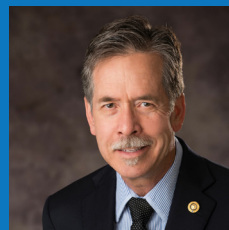
Jessica Davies
*Assistant Health Director and
Wellness Coordinator, Panhandle Public
Health District*

Jessica Davies is the assistant health director with Panhandle Public Health District and has been serving the rural Nebraska Panhandle for nearly 18 years. She holds a Bachelor's in psychology and will be graduating from the University of Nebraska Medical Center, College of Public Health in December with a Master's in public health. Her role during the pandemic primarily encompassed serving on the Panhandle Unified Command as a Public Information Officer (PIO) and supporting businesses and employers with continuity of operations while also balancing employee resiliency. Additionally, she coordinated and facilitated several key support mechanisms for public health staff during incredibly overwhelming and stressful times of the pandemic.



Mikayla Johnson
*Network Transition Administrator,
Nebraska Dept. of Health and
Human Services, Division of
Behavioral Health*

Mikayla Johnson is the network administrator for the Division of Behavioral Health (DBH) within Nebraska's Department of Health and Human Services (DHHS). Part of her role within DBH is the Behavioral Health Disaster lead, working with sister divisions in DHHS, University of Nebraska's Public Policy Center, six Regional Behavioral Health Authorities, and other state agencies when natural or man-made disasters occur. Mikayla also has experience with the Federal Emergency Management Agency (FEMA), Substance Abuse and Mental Health Services Administration's (SAMSHA) Crisis Counseling Assistance and Training Programs grants.



Tom Cardwell PhD
*Disaster Mental Health Supervisor
and Trainer, Red Cross*

As a licensed psychologist, Dr. Thomas Cardwell is retired and was a Dean of Students from Southeast Community College (SCC) and a Rotary District 5650 Governor (2017-18). Currently, he volunteers with the American Red Cross as the regional lead for Disaster Mental Health Services for Nebraska/Iowa. He is a trainer and teaches psychological first aid, disaster mental health fundamentals, and other classes. At SCC, he chaired the global education committee for ten years and initiated numerous international exchange programs. He worked extensively on writing protocols working with disruptive students and on projects serving internally displaced persons (IDPs) in the country of Georgia. He wrote and managed a Fulbright grant: Direct Access to the Muslim World, where a Pakistani scholar came to SCC for six weeks, and wrote an Open World Grant bringing seven Georgian professionals to Nebraska to learn about inclusive practices.



Jim Davidsaver
*Director, Lincoln-Lancaster County
Emergency Management*

Jim Davidsaver has served as the director of Lincoln-Lancaster County Emergency Management since August 2014. Prior to that, he was a Lincoln police officer for 28 years retiring as a captain in July 2014. He is a product of the University of Nebraska system with a degree in Criminal Justice and a Master's degree in Community & Regional Planning. He has taught criminal justice at University of Nebraska-Lincoln since the fall of 2010. During his tenure with Emergency Management, he has dealt with major flooding disasters in May 2015 and March 2019; and the COVID-19 crisis and civil unrest issues in 2020.