

# 20<sup>th</sup> ANNIVERSARY

## Great Plains Disaster Behavioral Health Conference

### Introduction

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

### Objectives

- Describe post-disaster distress and skills people can learn to manage it.
- Examine ways to manage acute stress and how a stress management program can be adapted and implemented to promote resilience.
- Learn the role hotlines serve during disasters and crises, including information about Nebraska 988.
- Discuss ethical considerations and challenges in providing behavioral health services, particularly after a disaster.

### Agenda (All times are in Central Daylight Time)

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

#### Friday, July 29, 2022

8:30 a.m. – 9:00 a.m. • REGISTRATION

9:00 a.m. – 10:15 a.m. • **Building Client Resilience Using Skills from CBT for Post-Disaster Distress**

–Dr. Jessica Hamblen

10:15 a.m. – 10:30 a.m. • BREAK

10:30 a.m. – 11:45 a.m. • **Resilience - The WHOLE Picture**

–Dr. Rebecca Wyoske

11:45 a.m. – 1:15 p.m. • LUNCH BREAK

1:15 p.m. – 2:15 p.m. • **Resources for Post-Disaster Recovery and Across the U.S.: The Disaster Crisis Helpline and 988**

–Christian Burgess

2:15 p.m. – 2:45 p.m. • **Nebraska 988 Crisis Helpline**

–Sheri Dawson & Michelle Nunemaker

2:45 p.m. – 3:00 p.m. • BREAK

3:00 p.m. – 4:00 p.m. • **Ethical Principles to Guide Human Service Professionals**

–Crayton Jirovsky

*\*Continuing education for psychologists may be used by other licensed behavioral health professionals. Please check with your licensing board. Continuing education credit is granted on a one credit per one instructional hour basis.*

*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.*

### SPECIAL THANKS TO OUR SPONSORS



# Building Client Resilience Using Skills from CBT for Post-Disaster Distress

Cognitive Behavior Therapy for Post-Disaster Distress (CBT-PD) is a time-limited, transdiagnostic approach to treating problematic symptoms following exposure to a disaster that can threaten functioning, well-being, and overall quality of life. CBT-PD has been shown to be effective across a range of disasters, and unlicensed providers can use skills in CBT-PD to help clients build resilience. In this training, participants will learn about the four components of the treatment program: psychoeducation, relaxation, activity scheduling, and cognitive restructuring. Demonstrations and role play will be used to facilitate skill acquisition.

**INSTRUCTIONAL LEVEL:** Introductory  
**CONTINUING EDUCATION:** 1.25 hours  
**OBJECTIVES**

- List the four main components of the CBT-PD program.
- Describe common reactions after disaster.
- Demonstrate breathing re-training to a client.
- Assist clients in activity scheduling.



## Jessica Hamblen, PhD

*Associate Professor, Dept. of Psychiatry at the Geisel School of Medicine at Dartmouth;  
Deputy for Education, Dept. of Veterans Affairs National Center for PTSD*

Jessica L. Hamblen, PhD, is a clinical psychologist and associate professor in the Department of Psychiatry at the Geisel School of Medicine at Dartmouth. She is also the Deputy for Education at the Department of Veterans Affairs National Center for PTSD. Her research interests are in developing, evaluating, and disseminating evidence-based treatments for PTSD and in finding ways of improving patient engagement in those treatments. She has a national reputation as an expert in the long-term mental health response following disaster. She has served as a member of state and national disaster panels, including the Substance Abuse and Mental Health Services Administration Disaster Behavioral Health Expert Panel in 2018 and has presented her work at numerous national and international meetings. She is the lead developer of Cognitive Behavioral Therapy for Post-Disaster Distress program and co-author of the book *Treatment for Post-Disaster Distress: A Transdiagnostic Approach*.

# Resilience - The WHOLE Picture

This presentation will describe how we developed the WHOLE program. We will discuss our current work in adapting the WHOLE program for various needs, including being a major part of an HRSA grant to help improve resilience in nurses at all levels across the state, with particular emphasis on those in rural areas, beginning with new nursing students as well as including working nurses. How the program can be adapted for other settings will be discussed.

**INSTRUCTIONAL LEVEL:** Introductory  
**CONTINUING EDUCATION:** 1.25 hours  
**OBJECTIVES**

- Describe how the mind-body connection allows us to decrease the stress response.
- Learn a breathing technique that can be used in stressful situations to alleviate some symptoms of acute stress.
- Identify how a stress management program can be adapted and implemented to promote resilience.



## Rebecca Wyoske, MD

*Assistant Professor, Dept. of Psychiatry at University of Nebraska Medical Center (UNMC)*

Originally from the greater Omaha area, Dr. Rebecca Wyoske moved to Illinois for medical school in 1984, graduating in 1988. She completed a residency in Internal Medicine in 1991 and a fellowship in Infectious Diseases in 1993 at Chicago Medical School. She worked for about 10 years in a variety of settings and states and found a significant shortage of psychiatric care and support, so she completed a residency in Psychiatry at the UNMC/Creighton program in 2004. She left the area for a short time but came back and has been a valued member of the UNMC Department of Psychiatry since 2007, holding various leadership positions. She developed an interest in wellness and resiliency and has worked for the past several years teaching resilience to colleagues and students at UNMC, Nebraska Medicine, and UNO. Along with other key members in the department, she developed WHOLE, their own branded resilience program based on well-studied concepts.

# Resources for Post-Disaster Recovery & Across the U.S.: The Disaster Helpline and 988

# 988

**NEW NUMBER!**

Christian Burgess, Disaster Distress Helpline Director for Vibrant, will discuss how the need for the DDH first emerged during the post-disaster recovery of both the September 11, 2001, Terrorist Attacks and Hurricane Katrina. He will discuss how over the years, DDH has continued to work with its network of independently-operated crisis centers and other key stakeholders in ensuring that survivors and responders have continuous access to 24/7/365 crisis and emotional support, including via new specialized services launched during the COVID pandemic in 2021. Then, Sheri Dawson and Michelle Nunemaker will discuss the Nebraska 988 Crisis Lifeline, which launched July 16, 2022.



## **Christian Burgess, MSW**

*Vibrant Emotional Health, Director, National Disaster Distress Hotline*

Christian Burgess, MSW, is Director of the Disaster Distress Helpline (DDH), a program of the U.S. Substance Abuse and Mental Health Services Administration administered by the not-for-profit Vibrant Emotional Health. Christian became Director of the DDH in 2012, helping to launch the program, after having joined Vibrant in 2010 as the Training Coordinator for the Oil Spill Distress Helpline project. Immediately prior to his work at Vibrant, Christian worked for over 10 years in youth violence prevention and trauma intervention, including as Director of School Programs at Safe Horizon, one of the nation's largest service providers for victims of crime and abuse.

## **Nebraska 988 Crisis Helpline**



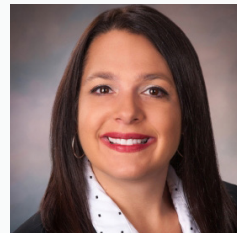
## **Sheri Dawson, RN**

*Director of the Division of Behavioral Health at the Nebraska Department of Health and Human Services (DHHS)*

Sheri Dawson has devoted her professional career to the prevention, treatment, and recovery of individuals with mental illness and/or substance use disorders.

As a graduate of Bryan School of Nursing and Nebraska Wesleyan University, Sheri has over 40 years in the nursing field and 20 years applying her nursing administrative skills and talents within DHHS. In 2015, she was appointed by Governor Pete Ricketts to serve as the Director of the Division of Behavioral Health within the Department. Since assuming this role, she is currently serving as President on the Board of the National Association of State Mental Health Program Directors as well as the Region VII Representative to the National Association of State Alcohol and Drug Abuse Directors Board of Directors.

Sheri is passionate about ensuring behavioral health is a normalized and integrated part of the healthcare conversation. Connecting those who are experiencing distress and helping them to begin the healing process has to be a priority for all Nebraskans.



## **Michelle Nunemaker**

*System of Care Administrator, DHHS*

Michelle Nunemaker has dedicated her professional career to working with children, youth, and families since graduating from the University of Nebraska-Lincoln in 2004. Michelle spent the majority of her career partnering with families to establish safe and stable homes. Through this work, Michelle recognized the importance of children, youth, and families having access to behavioral health services that are evidence based and support family wellbeing. Michelle is an ally for the LGBTQ community and received the Diversity Leadership Award for the development of an LGBTQ training curriculum for Nebraska's probation officers. In 2021, Michelle was designated as the State Planner for the implementation of 988 in Nebraska. Michelle recognizes that there is no health without behavioral health. She is passionate about ensuring access to behavioral health services for all children, youth, and families in Nebraska with a focus on preventing future system involvement.

# Ethical Principals to Guide Human Service Professionals

Professionals in the field of human services face a wide range of concerns and situations, related to the populations we treat and support, which can be complex and require decision making based on a guiding and supportive code of ethics. The use of a developed code of ethics not only supports thoughtful and protective decision making but also the integration of supportive and effective treatment and management strategies; it also protects all individuals involved in human services relationships. This one-hour presentation will offer an opportunity to better understand principles of ethical practice as defined by the American Counseling Association and include the interactive experience to apply these principles to presented case studies. This presentation will promote the implementation of these principles in the daily work of human services professionals and case managers to best support those we serve and to better protect professionals from ethical pitfalls.

**INSTRUCTIONAL LEVEL:** Advanced

**CONTINUING EDUCATION:** 1.0 hour

## OBJECTIVES

- Identify and define ethical principles as outlined by the American Counseling Association.
- Utilize real-life case studies to strategize the implementation of these principles to guide ethical, best, and supportive practice.
- Review an ethical decision-making model as outlined by the American Counseling Association.

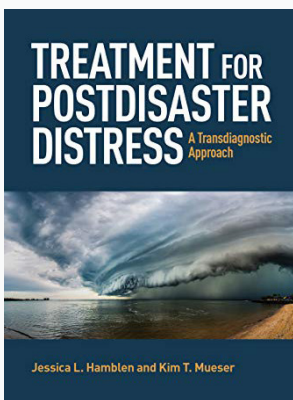


## Crayton Jirovsky, MS Ed, LIMHP, LADC, NCC

*Mental Health and Substance Abuse Therapist*

Crayton Jirovsky is a Licensed Independent Mental Health Practitioner and Licensed Alcohol and Drug Counselor in the State of Nebraska. He completed his graduate counseling work at the University of Nebraska at Kearney and has been licensed and practicing the treatment of co-occurring mental health and substance use disorders on an outpatient basis in the State of Nebraska since 2011. He has worked in a variety of settings, with both adolescents and adults, to overcome personal and family mental health concerns, severe and persistent mental illness, and substance-use related concerns. He utilizes evidenced-based practice and the development of the therapeutic alliance to promote client growth and movement toward positive outcomes. He is currently in private practice and has been for the past seven years.

## Publication Spotlight: Dr. Jessica Hamblen



## Treatment for Post-Disaster Distress: A Transdiagnostic Approach

*Dr. Jessica L. Hamblen and Dr. Kim T. Mueser (Authors)*

Disasters can be an unpredictable source of complex mental health issues. A mass casualty disaster occurs somewhere in the world on a near daily basis, and victims can have symptoms that persist over time. Cognitive behavior therapy for post-disaster distress (CBT-PD) is a transdiagnostic approach to the treatment of a range of distressing symptoms that might not meet criteria for a specific disorder. Over 12 to 14 sessions, the CBT-PD program provides psychoeducation about PTSD and the broad range of psychological reactions to a disaster and teaches core skills that empower clients to take charge of their recovery. Refined over twenty years of clinical practice, this research-based approach is associated with significant reductions in PTSD and other distressing symptoms. This practical guide includes therapist scripts and client vignettes and over two dozen worksheets, assessment tools, and other clinical handouts that mental health providers can use with their clients (apa.org).