

Nebraska

Disaster Behavioral Health Newsletter

2020 Great Plains Disaster Behavioral Health Conference Update

The **18th Annual Great Plains Disaster Behavioral Health Conference** will now be hosted virtually and registration is **free** for all attendees. To best accommodate our attendees, we will host morning sessions on both Wednesday, July 22 and Thursday, July 23. For more information, please visit the **conference site**.

Conference Theme:

Long-Term Recovery: It's Everyone's Job

This year's Great Plains Disaster Behavioral Health Conference focuses on building resilience for long-term recovery after disasters.

Conference Agenda:

Wednesday, July 22 from 8:45AM - 12:30PM

- Welcome from Susanne Shore, First Lady of Nebraska
- Disaster Basics
- Long-Term Recovery Panel
- Community Recovery: Lessons Learned from Joplin with featured speaker, Jane Cage

Thursday, July 23 from 9AM - 12:30PM

3 hours of APA Continuing Education credits are available for Thursday's sessions.

- Current mental health outreach activities relating to COVID-19 with Mikayla Johnson, Division of Behavioral Health, Department of Health and Human Services
- Introduction to Disaster Cognitive Behavioral Therapy (CBT) with Dr. Alice Mitwaruciu, Assistant Director for Counseling & Psychology Services, University of Nebraska-Lincoln

- Ethics in Disaster Work and Cultural Competency with Dr. Kate Speck, Public Policy Center, University of Nebraska

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.

**Conference
Registration**

Coping with Community Violence or Trauma

As communities across the nation are impacted by tension and unrest, the Substance Abuse and Mental Health Services Administration (SAMHSA) has released a number of resources on coping with stress and emotional reactions. Links to specific resources are below:

Coping With Grief After Community Violence

This Substance Abuse and Mental Health Services Administration (SAMHSA) **tip sheet** introduces some of the signs of grief and anger after an incident of community violence, provides useful information about how to cope with grief, and offers tips for helping children deal with grief.

Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress

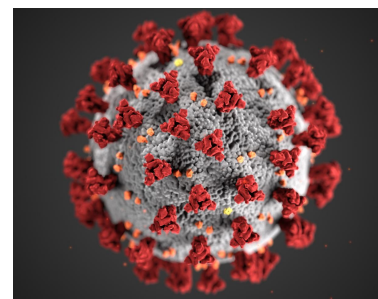
This SAMHSA **tip sheet** gives stress prevention and management tips for dealing with the effects of trauma, mass violence, or terrorism. It lists tips to relieve stress, describes how to know when to seek professional help, and provides accompanying resources. Similar tips sheets are also available in **Spanish** and **Punjabi**.

Coping with a Disaster or Traumatic Event

At this **web page**, the Centers for Disease Control and Prevention emphasizes the importance of coping after a disaster, and getting professional help if needed, with reactions that may be difficult and intense. Links are provided to additional information about managing your emotional health as a survivor, supporting your children in coping, and making time for self-care as a disaster responder. This information is also available in **Spanish**.

Take Care of Yourself During the COVID-19 Outbreak

As knowledge about COVID-19 evolves, people may continue to experience a range of emotions, including anxiety and concern about the unknown. The Substance Abuse and Mental Health Services Administration (SAMHSA) has issued guidelines for taking care of your mental and emotional health during the current outbreak. This **short handout** can serve a reminder about social distancing, quarantine, and isolation; common reactions to these measures; and what a



person can do if they find themselves needing to implement these precautions. Use this information to take care of yourself and to educate others.

Nebraska Behavioral Health Disaster Services Grants

The DHHS Division of Behavioral Health received a federal grant from Substance Abuse and Mental Health Services Administration (SAMHSA) to address the increased behavioral health needs of Nebraskans impacted by COVID-19 due to anticipated increases in depression, anxiety, trauma and grief. The purpose of this program is to provide crisis intervention services, mental and substance use disorder treatment, and other related recovery supports for children and adults impacted by the COVID-19 pandemic. The purpose of this program is specifically to address the needs of individuals with serious mental illness, individuals with substance use disorders, and/or individuals with co-occurring serious mental illness and substance use disorders. Additionally, the program will also focus on meeting the needs of individuals with mental disorders that are less severe, including those in the healthcare profession. Grant funds will also provide critical access for persons who have become unemployed due to COVID-19.



The Nebraska Emergency Management Agency was notified in early June that Nebraska has been awarded a \$1.4 million grant to provide services under the joint FEMA/SAMHSA Crisis Counseling Program (CCP), to address psychosocial impacts of COVID-19. This program will enable Behavioral Health Regions across the state to build community connections, teach skills to cope with stress, and provide information about how people can access needed resources.



Dr. Stacey Hoffman, a senior research manager at the University of Nebraska Public Policy Center, worked with both Region 6 Behavioral Healthcare and Region V Systems to secure nearly \$2 million in SAMHSA funding for new mental health initiatives. Both grants aim to help children and adults impacted by 2019 flooding.



Region V Systems received a SAMHSA grant to serve adults impacted by floods in 2019. This grant continues outreach services to 23 counties, as well as providing access to mental health treatment services through vouchers issued by the Rural Response Hotline.



Region 6 Behavioral Healthcare received a SAMHSA grant to serve children and youth impacted by floods in 2019. Service networks serving youth and children will be strengthened. In addition, training will be provided to school personnel to increase their recognition of when referral to behavioral health services is appropriate, and how disasters may be impacting students.



If you would like us to publicize your disaster behavioral health related event, please email shoffman@nebraska.edu by **September 4, 2020**.

Have Questions?

Visit the Disaster Behavioral Health Website



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