

# Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



# SAMHSA DTAC Disaster Behavioral Health Information Series (DBHIS)

LCDR Jamie Seligman, LMSW-C, BCD  
Crisis Counseling Program (CCP) Project Officer  
Services Access Team (SAT-II) Deputy Team Leader



# Disaster Behavioral Health Information Series (DBHIS)

- Contains themed installments, toolkits, and trainings that are pertinent to the disaster behavioral health field and fall into one of three categories:
  - *Disaster behavioral health preparedness and response*
  - *Specific disasters*
  - *Specific populations*

# What Does Each Collection Contain?

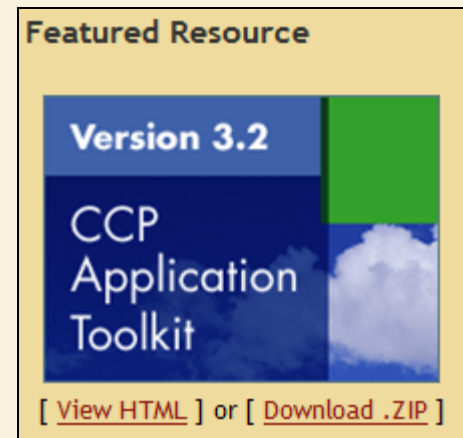
- Annotated Bibliography—Links to each resource
- Helpful Links—Links to organizations, agencies, and other helpful Web sites that address the topic of the installment

# SAMHSA DBHIS Installments

- Installments
  - *Children and Youth*
  - *Deployed Military Personnel and Their Families*
  - *Immediate Disaster Response*
    - *Deepwater Horizon Oil Spill*
    - *Haiti*
  - *Older Adults*
  - *Pandemic Influenza*
  - *Public Safety Workers*
  - *Rural Populations*

# SAMHSA DBHIS Toolkits

- Toolkits
  - *CCP Application Toolkit*
  - *CCP Trainer's Toolkit*



# Children and Youth

- Focuses on the reactions and mental health needs of children and youth after a disaster.
- It is organized into four categories:
  - *Books*
  - *Activities*
  - *Tips and Guides*
  - *Assessment Tools*

# Children and Youth (cont'd)

- Addresses various audiences, including the following:
  - **Children and youth**—*Disaster-related coloring and activity books that help children and youth understand disasters, foster resilience, and encourage the expression of feelings related to disasters*
  - **Parents and caregivers**—*Information on child traumatic stress and developmentally appropriate guidelines for helping children and youth, and self-care materials for parents and caregivers*

# Children and Youth (cont'd)

- **Teachers**—*Developmentally appropriate guidelines for discussing disaster with children and classroom activities designed to help children mark disaster anniversaries*
- **Other professionals**—*Specific information for mental health clinicians, healthcare professional, and the media*

# Deployed Military Personnel and Their Families

- Focuses on the behavioral health effects military deployment.

# Deployed Military Personnel and Their Families (cont'd)

- Resources are organized into the following three categories:
  - ***For Military Personnel***—*To use in monitoring and protecting their own behavioral health while deployed overseas or when returning from a deployment.*
  - ***For Families of Deployed Military Personnel*** —*To use in monitoring and protecting their own behavioral health while their loved ones are away.*

# Deployed Military Personnel and Their Families (cont'd)

- ***For Providers and Behavioral Health Professionals*** —  
*To use when treating military personnel who are suffering from stress, posttraumatic stress disorder, or other behavioral health conditions due to participation in combat, extended deployment, or disaster response.*

# Immediate Disaster Response

- Focuses on first responders and the Deepwater Horizon Oil Spill in the Gulf Coast area.
- Organized into two sections:
  - *Annotated Bibliography*
    - ***Deepwater Horizon Oil Spill-Specific Information***
      - *Technological Disasters*
      - *Exxon Valdez Lessons Learned*
      - *Retraumatization*
    - ***Guidance for First Responders***
      - *Resources on Self-Care Tips*
      - *Deployment Guidance*
      - *Acute Interventions*

# Immediate Disaster Response (cont'd)

## – Helpful Links

- Deepwater Horizon Oil Spill-Specific Information
- Gulf Coast States
- General Disaster Response
- Deployment Guidance
- Psychological First Aid



# Older Adults

- Designed to directly benefit older adults and their families and caregivers.
- It is organized into three subcategories:
  - *Books*
  - *Tips and Guides*
  - *Reports and Presentations*

# Older Adults (cont'd)

Resources address various audiences, including the following:

- **Older Adults**—*Disaster-related documents that help older adults understand disasters and their possible physical and emotional reactions to foster resilience*
- **Supporters and Caregivers**—*Information on traumatic stress and appropriate guidelines for helping older adults to cope*
- **Professionals**—*Specific information regarding disaster planning and community awareness for healthcare providers and government officials*

# Pandemic Influenza

- Focuses on the potential behavioral health impact of pandemic influenza.
- It is organized into three categories:
  - ***Behavioral Health Information and Guidance***—  
*Information on the behavioral health implications of pandemic influenza, including behavioral health interventions and psychological issues related to isolation and quarantine*

# Pandemic Influenza (cont'd)

- **Planning**—*A variety of planning resources including Federal, State, and local pandemic influenza plans that address behavioral health; Webcasts and avian influenza disaster behavioral health tabletop exercise resources*
- **Psycho-education**—*Materials that address the potential emotional impact of pandemic influenza and ways to cope, as well as information on preparedness*

# Public Safety Workers

- Designed to directly benefit public safety workers and the people who provide them with behavioral health assistance.
- It is organized into the following four categories:
  - ***Materials for Self-Care and Stress Management***—For public safety workers to use in monitoring and protecting their own mental health and emotional well-being while responding to an emergency or disaster
  - ***Materials for Providers and Behavioral Health Professionals***—To use when treating public safety workers who have responded to a disaster

# Public Safety Workers (cont'd)

- ***Materials for Public Safety Workers To Use in Disaster Response***—*Tip sheets and guides that contain early behavioral health interventions and practical suggestions for public safety workers to utilize when assisting people who have just experienced a traumatic event*
- ***Materials Created by Public Safety Worker Grantees***—*Created by recipients of the SAMHSA Public Safety Worker Grant to address the mental health needs of public safety workers who responded to the terrorist attacks of September 11, 2001*

# Resilience and Stress Management

- Created in response to the overwhelming amounts of stress that Americans are reporting, made evident in the *2008 American Psychological Association report, Stress in America*.
- Provides a knowledge base for understanding the concept of resilience, as well as the concept of stress and stress management.

# Resilience and Stress Management

(cont'd)

- It emphasizes stress management as a promoter of resilience and the importance of being psychologically prepared when stressful life events occur.
- This collection is organized into two main categories:
  - **Resilience**—*Contains strategies and approaches that promote personal resilience, organizational resilience, and community resilience.*
  - **Stress and Stress Management**—*Contains common myths about stress, types of stress, common stressors, and managing stress to bolster resilience. Strategies and approaches that build resilience by managing stress including the warning signs of stress.*

# Rural Populations

- Presents information about rural communities that should be considered in the development and implementation of behavioral health preparedness and response plans.
- It is organized into the following two categories:
  - ***General Considerations***—*Information on rural communities including traits attributed to this population, their general attitudes toward mental health and substance abuse*
  - ***Community and Faith-Based Approaches***—*Resources with a focus on faith- and community-based approaches that can be applied to disaster behavioral health outreach strategies for rural communities*

# Newest DBHIS Installments

- **Languages Other Than English**—Disaster preparedness and response materials and behavioral health information in a variety of languages
- **Persons with Functional and Access Needs**—Disaster preparedness and response challenges and tips, behavioral health impact, outreach strategies
- **Disaster Specific**—Behavioral health and response/recovery issues specific to disasters such as floods, fire, or terrorism
- **Tribal Organizations**—Cultural considerations, outreach strategies

# What is a Toolkit?

- Contains usable tools, templates, checklists, guidance, and training materials.
- Falls into one of two subcategories:
  - *Disaster behavioral health grant programs*
  - *Disaster behavioral health preparedness and response*

# CCP Application Toolkit

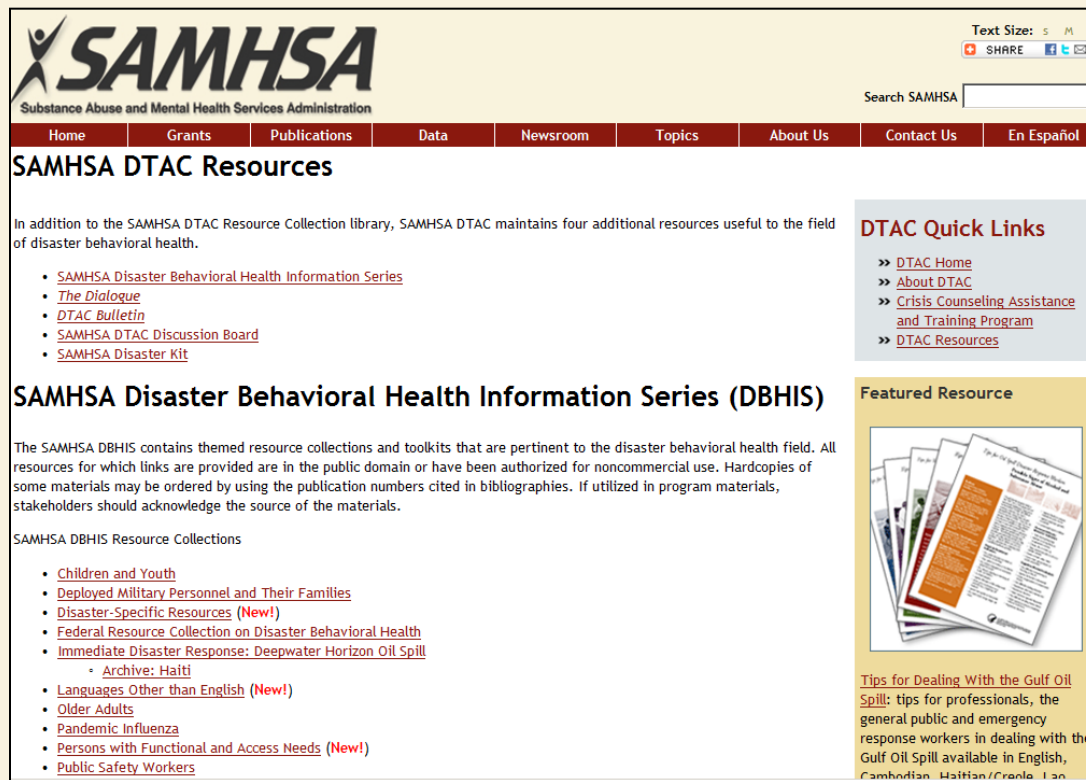
- Contains the application, guidance, and reporting materials for the Federal Emergency Management Agency's Crisis Counseling Assistance and Training Program (CCP).
- Intended to assist States, U.S. Territories, and federally recognized tribes to prepare a comprehensive CCP Immediate Services Program (ISP) or Regular Services Program (RSP) grant application.

# CCP Application Toolkit (cont'd)

- Allows you to view materials and the following information:
  - *CCP Typical Timeline*—Contains application deadlines, programmatic requirements, and other milestones throughout the CCP's ISP, RSP, and closeout phases
  - *CCP Materials*—Direct links to CCP application forms, supplemental instructions, and other important guidance materials
  - *Phases of Disaster*—General progression of disaster effects from the warning to reconstruction phases

# Where is the DBHIS located?

- The DBHIS is located on the SAMHSA DTAC website .
  - <http://www.samhsa.gov/dtac/resources.asp>



The screenshot shows the SAMHSA DTAC Resources page. At the top left is the SAMHSA logo with the text "Substance Abuse and Mental Health Services Administration". To the right of the logo is a search bar labeled "Search SAMHSA" and a "Text Size: S M L" option. Below the logo is a navigation menu with links for Home, Grants, Publications, Data, Newsroom, Topics, About Us, Contact Us, and En Español. The main heading is "SAMHSA DTAC Resources". Below this heading is a paragraph stating that in addition to the SAMHSA DTAC Resource Collection library, SAMHSA DTAC maintains four additional resources useful to the field of disaster behavioral health. A bulleted list follows, containing links to "SAMHSA Disaster Behavioral Health Information Series", "The Dialogue", "DTAC Bulletin", "SAMHSA DTAC Discussion Board", and "SAMHSA Disaster Kit". Below this list is the heading "SAMHSA Disaster Behavioral Health Information Series (DBHIS)". A paragraph explains that the SAMHSA DBHIS contains themed resource collections and toolkits pertinent to the disaster behavioral health field. Below this paragraph is the heading "SAMHSA DBHIS Resource Collections" followed by a bulleted list of resource collections: "Children and Youth", "Deployed Military Personnel and Their Families", "Disaster-Specific Resources (New!)", "Federal Resource Collection on Disaster Behavioral Health", "Immediate Disaster Response: Deepwater Horizon Oil Spill" (with a sub-link for "Archive: Haiti"), "Languages Other than English (New!)", "Older Adults", "Pandemic Influenza", "Persons with Functional and Access Needs (New!)", and "Public Safety Workers". On the right side of the page, there is a "DTAC Quick Links" section with links to "DTAC Home", "About DTAC", "Crisis Counseling Assistance and Training Program", and "DTAC Resources". Below that is a "Featured Resource" section with an image of a booklet titled "Tips for Dealing With the Gulf Oil Spill" and a brief description of the resource.

# Contact Us

- Toll-Free Phone: 1-800-308-3515
- E-Mail: [DTAC@samhsa.hhs.gov](mailto:DTAC@samhsa.hhs.gov)
- Web: [www.samhsa.gov/dtac](http://www.samhsa.gov/dtac)
- LCDR Jamie Seligman Phone: 240-276-1855
- E-Mail: [Jamie.seligman@samhsa.hhs.gov](mailto:Jamie.seligman@samhsa.hhs.gov)