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# February 2012 Disaster Behavior Health Newsletter

Maine Department of Health and Human Services

Maine Center for Disease Control and Prevention

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## DISASTER BEHAVIOR HEALTH NEWSLETTER

Volume 3 No. 1: February 2012

**NEW! DISASTER DISTRESS HELPLINE:** The Disaster Distress Helpline (DDH) is the nation's first hotline dedicated to providing disaster crisis counseling. The toll-free Helpline operates 24 hours-a-day, seven days a week. This free, confidential and multilingual, crisis support service is available via telephone (1-800-985-5990) and SMS (Text 'TalkWithUs' to 66746) to U.S. residents who are experiencing psychological distress as a result of a natural or man-made disasters. Callers are connected to trained and caring professionals from the closest crisis counseling center in the network. The helpline staff provides confidential counseling, referrals and other needed support services.

**RESOURCES:** READY.gov has a winter cold and storms feature. This part of the Ready.gov website provides information on what to do before, during, and after a severe winter storm. There are also tips for winterizing your car and home.

<http://www.ready.gov/winter>

•Disaster Behavioral Health Preparedness and Response Resources: Resources for Resilient Individuals and Communities This catalogue lists disaster preparedness and recovery resources for professionals who assist individuals and communities in coping with disaster. It is available electronically at <http://store.samhsa.gov/product/Disaster-Behavioral-Health-Preparedness-and-Response-Resources/DTAC11-CATALOG>.

•David Baldwin's Trauma Information Pages for Disaster Mental Health has many handouts designed to address specific events.

<http://www.trauma-pages.com/disaster.php>

**Recently Released:** "National Children's Disaster Mental Health Concept of Operations" - The National Children's Disaster Mental Health Concept of Operations (NCDMH CONOPS) is a resilience-enhancement strategy for use by local communities, regions and states to build an evidence based and comprehensive mental health response for children and families. The NCDMH CONOPS is the first national model for building a comprehensive response for children in disasters leveraging evidence-based rapid triage and intervention strategies combined with novel disaster mental health incident command strategies. The NCDMH CONOPS includes a continuum of triage-driven evidence-informed and evidence-based response strategies including basic psychological first aid delivered by parents, teachers and other community members. The National Children's Disaster Mental Health Concept of Operations was supported in part by the Terrorism and Disaster Center at the University of Oklahoma Health Science Center, a member of the National Child Traumatic Stress Network. For the full publication, go to: [www.oumedicine.com/workfiles/.../CONOPS\\_FINAL\\_120511.pdf](http://www.oumedicine.com/workfiles/.../CONOPS_FINAL_120511.pdf)

### FEMA ANNOUNCES NATIONAL DISASTER RECOVERY FRAMEWORK

The National Disaster Recovery Framework (NDRF) provides guidance, through a flexible and inclusive structure, that creates more support for disaster-impacted state, local and tribal jurisdictions as they recover from disasters. The NDRF is being rolled out in Stakeholder Forums, such as was recently held in Boston. See an overview: <http://www.fema.gov/recoveryframework/overview.shtm>

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Questions or comments? E-mail us at [Pamela.Holland@maine.gov](mailto:Pamela.Holland@maine.gov)



# Think Spring!

### PFA Trainings!

**Feb. 16—Cape Elizabeth**

Contact: Penny Hudson  
<[hudsop@smrrc.org](mailto:hudsop@smrrc.org)>

**March 26—Bangor**

Contact: Kimberly Quigley  
<[kjquigley@emh.org](mailto:kjquigley@emh.org)>

**June 1 — Lewiston**

Contact: Kris Gammon  
<[GammonKr@cmhc.org](mailto:GammonKr@cmhc.org)>

### DBH TRAININGS—2012

Cumberland County  
Oxford County  
Piscataquis County

Our team is growing! We now total 88 with trained volunteers in every Maine county! For a full disaster response, we still need more volunteers! Help recruit team members—tell friends and colleagues about DBH !