An interviewer asked the anthropologist Margaret Mead, "What is the first sign you look for, to tell you of an ancient civilization?" The interviewer had in mind a tool or article of clothing. Ms. Mead surprised him by answering, a "healed femur".

“When someone breaks a femur, they can't survive to hunt, fish or escape enemies unless they have help from someone else. Thus, a healed femur indicates that someone else helped that person, rather than abandoning them and saving themselves. Isn't that what we in philanthropy are all about? Healing femurs of one sort or another?" 

I believe that is what we in disaster work are all about, as well. So I am grateful for your presence here; and the opportunity that your presence allows for all of us to learn from, and network with, each other. That is how we build community and civilization.
Disaster Behavioral Health Response
Who are you going to call?

Liza Carol Chigos
DSHS Disaster Behavioral Health Services - Planning Coordinator

Dr. Frances Douglas
DPS Office of Psychological Services – Chief Psychologist
Disaster Behavioral Health Consortium

- Fall 2012, DBH Consortium, reconvened after a hiatus to begin collaborating between the various provider organizations.
- Last year (Spring, 2014) the Disaster Behavioral Health Services team visited all the Health Services Regions (HSRs) in the state to bring together partners and to discuss what was needed from us to support local and regional efforts.
  - Take-aways from those meetings included:
    - DBH as part of planning efforts
    - Incident Command training
    - Skillset & Resource Typing

“Alone we can do so little. Together we can do so much.” – Helen Keller
Disaster Behavioral Health Consortium

• The DBH Consortium already knew what roles DBH providers could fill, we had been working on that for a year, but we needed to match them to FEMA Resource Types and Position Qualifications.
  ▫ Starting with the resource typing would help provide the ICS understanding of how DBH in integrated and help us with ensuring DBH is represented in planning efforts.
• National NIMS resource types support a common language for the mobilization of resources (equipment, teams, and personnel) prior to, during, and after major incidents. Very comprehensive!

“"It is amazing how much you can accomplish when it doesn’t matter who gets the credit.” – Unknown
Let’s look at those resources
https://rtlt.preptoolkit.org/Public/Combined

<table>
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<tr>
<th>Resource Typing Definition</th>
<th>Position Qualification</th>
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<tr>
<td>Position Qualification</td>
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<td>Critical Incident Stress Management Team</td>
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- Resource Typing Definitions refer to strike teams, task forces, and equipment.
  - There is a Resource Typing Definition for Critical Incident Stress Management Team.
- Position Qualifications refer to the people who fill the positions necessary for the mission
  - The Position Qualifications for the CISM team will be for Behavioral Health Specialist-Licensed or Unlicensed.

- There are 309 FEMA typed resources:
  - Resource Typing Definition
  - Position Qualification
- 4 of those related to what we at DBH do. We had some work to do!
- We as a state have been ‘Tex-ifying’ some of those to represent what we do here.

“True leaders don’t create followers. They create more leaders.” – Tom Peters
Who do we need to respond?

Positions on the DBH teams

- Team composition varies, but can include:
  - **Licensed behavioral health professionals**
    - psychologist, psychiatrists, social workers, LPCs, LCDCs, LMFTs
  - **Spiritual care providers**
    - Chaplains – Texas VOADs and/or local law enforcement/firefighters, Local faith based community
  - **Texas CISM Network team members**
    - First Responder Peers and Community based
    - CISM Teams have at least one licensed professional in their ranks

- Teams will be composed of individuals with the **skills and abilities** necessary to work with the **affected population**

“It is said that employees don’t leave companies, they leave people.” – Dale Carnegie
Training to respond

Education for members of teams

- **Basic for all DBH Responders**
  - IS-100 - Introduction to the Incident Command System
  - IS-200 - ICS for Single Resources and Initial Action Incidents
  - IS-700.a - National Incident Management System (NIMS), An Introduction
  - IS-800.b - National Response Framework, An Introduction
- **Psychological First Aid**
  - NVOAD Points of Consensus - Disaster Spiritual Care
    • Awareness of and adherence to PoC

“Someone is sitting in the shade today because someone planted a tree a long time ago.” – Warren Buffet
Education for members of teams

- **Advanced and Specialized**
  - National Organization for Victims Assistance (NOVA) "Basic Training" for providers of crime victims assistance
  - International Critical Incident Stress Management Foundation - Critical Incident Stress Management
  - FEMA - ICS-300
  - FEMA - ICS-400 – Recommended

- **Advanced FEMA courses are FREE, however the 300 and 400 can only be taken in person**

- **ICISF CISM Courses and NOVA Courses require a registration fee. Course fees vary by course type and instructor.**

“The most dangerous phrase in the language is ‘we’ve always done it this way’.” – Rear Admiral Grace Hopper
Training to respond? Cont’d.

Education for members of teams

- **Recommended Additional Trainings and Resources**
  - **Centers for Disease Control - Coping with Disaster Resources**
  - **Cultural Competency Curriculum for Disaster Preparedness and Crisis Response**
    - FREE online modules offered by HHS-Office for Minority Health and founded on the National Standards for *Culturally and Linguistically Appropriate Services* in Health and Health Care (National CLAS Standards)
    - CEUs are offered for EMT’s, Psychologists/Psychiatrists, Social Workers, and Dentists
  - **Texas Functional and Access Needs - Resources**
    - recommended to be familiar with resources available

“If you want to go fast, go alone. If you want to go far, go together.” – African proverb
Training to respond? Cont’d.

New FEMA Procedure!

- Do you have a FEMA Student ID (SID)?
  - Did you know that FEMA is now requiring your FEMA SID for each Independent Study course?
- If you need a SID, you can get one at the FEMA training site.
  - [http://training.fema.gov/is/nims.asp](http://training.fema.gov/is/nims.asp)
- To associate all your prior Independent Study classes with your SID, you need to call EMI at 301-447-1200
- You can store your SID with TDEM and DSHS:
  - [www.preparingtexas.org](http://www.preparingtexas.org)
  - [https://tx.train.org](https://tx.train.org)

“In matters of truth and justice, there is no difference between large and small problems, for issues concerning the treatment of people are all the same.” – Albert Einstein
The Teams - BHAT

Behavioral Health Assistance Team (BHAT)

- A BHAT is deployed to support local community response and recovery. Through partner coordination, BHAT will provide coordinated early psychological interventions which include but are not limited to, crisis counseling services, spiritual care, Critical Incident Stress Management and referrals to resources that can support more acute needs.

- Team(s) will have between 2-16 members depending on the size of the incident.

- Arrive on scene able to begin work as soon as briefed

- Will be capable of supporting local and regional field teams

- Can support specialty services (Working w/children, crime victims, elderly, IDD [intellectual or developmental disability], etc.)

“The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively.” – Bob Marley
Teams - RABHT

Rapid Assessment Behavioral Health Assistance Team (RABHT)

- Team will be able to assess the need for and provide a limited range of disaster behavioral health services. Team will support the local Incident Command, and/or RHMOC by serving as a liaison to entities providing disaster behavioral health services. Experienced and trained to evaluate disaster behavioral health status and community needs.
- Team(s) will have between 3-5 members depending on the incident.
  - 5 member teams will have 2 BHAT providers
- Arrive on scene able to begin work as soon as briefed
- Will be capable of supporting local and regional field teams

“This is where we are talking about federal government and rapid response. And those two normally don’t go together.” – Charles Pickering
The Teams - CISM

Critical Incident Stress Management (CISM)

- Team will be able to conduct needs assessment, coordinate and provide CISM services to members of first responder agencies. Team is trained in the intervention processes shown effective in the prevention and mitigation of disabling stress among emergency responders in accordance with the standards of the International Critical Incident Stress Foundation (ICISF).
- Team(s) will have between 2-16 members depending on the size of the incident.
- Arrive on scene able to begin work within 2 hours
- Will be capable of supporting response teams in the field and within Incident Command

“I can think of no more stirring symbol of man’s humanity to man than a fire truck.” – Kurt Vonnegut
Who are all these people?

They are your:

- Local Mental Health Authority
- Substance Use Disorder Treatment Centers
- Fire, Law Enforcement, EMS who have volunteered to be trained as CISM peer support
- Voluntary Organizations Active in Disasters (VOAD)
  - VOADs may have: Mental health providers, Chaplains and members trained in Psychological First Aid
- Local clergy

“When spider webs unite, they can tie up a lion.” – African proverb
What happens next?

- Resource typing, credentialing, and inventorying are conducted on a continual basis.
  - We have typing and credentialing
  - Robust inventorying of resources
- The planning table – local and regional – needs to come together using whole community principles

“People who have fully prepared always save time. Albert Einstein was right to teach that if he is given six hours to chop down a tree, he would spend the first four sharpening the axes. When you are done with your action plans, work will be easier!” – Israelmore Ayivor
Building Consortia

On a State Level, we have:

- Dept. of Public Safety
  - TDEM
  - Office of Psychological Services
- Office of the Attorney General
- HHSC
- Texas VOAD
  - Salvation Army
  - Presbyterian Disaster Relief
  - Red Cross
- Professional Associations
  - Texas Council (representing LMHAs)
  - National Assoc. of Social Workers
  - Texas Psychological Association

Locally and Regionally, you have:

- Local Emergency Management and DDC
- Local Health Department
- LMHA
- Health Service Region
- Local or Regional VOAD
  - If you don’t have an active VOAD, you may have a voluntary group; Salvation Army, Southern Baptists, Red Cross.

“Preparation doesn't assure victory, it assures confidence.” – Amit Kalantri
So…who are we going to call?

- FEMA
- EMAC
- DSHS / SMOC (DBHS)
- HSR-RHMOC
- Local Health Dept / LMHA/Health Service Region

OFFICE OF THE GOVERNOR

SOC-TDEM

DDC

LOCAL RESPONSE
EOC & EMC

BOOM!
Did you know...

May is Mental Health Awareness Month
Contact Information

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Questions