

Protecting Your Utility's Most Valuable Resource



PRESENTED BY:

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Agenda

- ▶ Incident Command Structure – Where Disaster Behavioral Health (DBH) Belongs
 - Issues at getting DBH as partner
- ▶ DBH: What it is and what it is not
- ▶ Q & A
- ▶ Close Out

Reactions in Disasters

Dr. Jeffrey Mitchell

- ▶ 70% are distressed but still functioning
- ▶ 25% are minimally functional
- ▶ 5% are dysfunctional

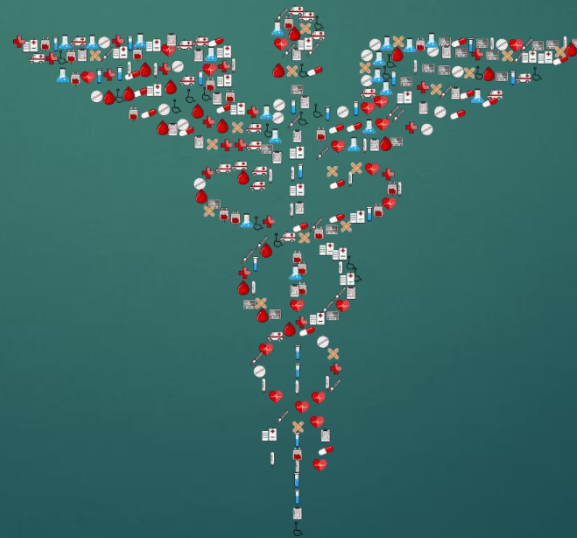
- ▶ Assistance in 30 days or less minimizes risk of PTSD

Place in ICS

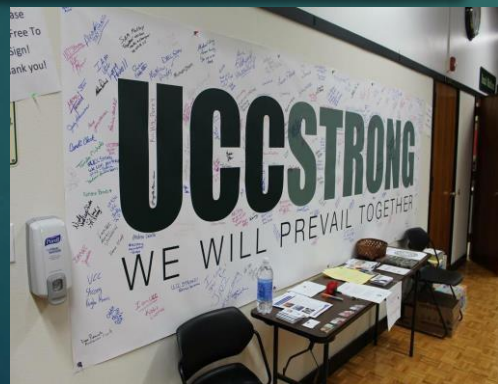
Emergency Support Function 8: Public Health - Medical Services Annex

*Victims

*First Responders



Disaster Behavioral Health



What it is –

- ▶ Step 1 –Stabilize and Triage, Psychological First Aid (PFA) (0-24 hours)
- ▶ Step 2 – Onsite Service including counseling, pharmacology and referrals, Critical Incident Stress Debriefings (CISD), Defusing, etc. (1-7 days)
- ▶ Step 3 – Handoff & Support: Professional interventions, exposure therapy, etc. (1 month plus)

What it is not-

- ▶ Long Term Clinical Care
- ▶ Trauma Informed Care

Issues involving DBH as part of ICS



- ▶ Perception & History
 - First Responders
 - Behavioral Health Community
- ▶ Priority
 - Visual vs. Unseen Injury

Readily Available Tools

PFA is a first phase intervention that is:

An evidence-informed modular approach to assist children, adolescents, adults and families in the immediate aftermath of disaster, emergency or traumatic event.

- ▶ Requires no behavioral health background or specialists
- ▶ Portable

PsySTART First Responders Module

- ▶ Self Assessment
- ▶ Secure



Agency Assessment

- ▶ What does your agency need/expect from Disaster Behavioral Health
- ▶ What does your agency not like/question about Disaster Behavioral Health?
- ▶ What would it take to imbed Disaster Behavioral Health in your operational plan and environment?

Where do we go from here?

- ▶ Internal Readiness/Workplace Incident Management: Human Resources, Employee Assistance Program, Psychological First Aid Training, PsySTART
- ▶ External Partnerships: Local Behavioral Health Authority, Emergency Management Authority, Emergency Medical Services, Non-Government Organizations, Volunteers, etc.
 - ▶ Plan, Exercise, Collaborate

Q & A

For Further Questions & Information

- ▶ Mike Matthews

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[https://www.oregon.gov/OHA/HSD/A
MH/Pages/hazards.aspx](https://www.oregon.gov/OHA/HSD/A
MH/Pages/hazards.aspx)

Contact your -

- ▶ Community Mental Health Program or Public Health Department
- ▶ Employee Assistance Program