

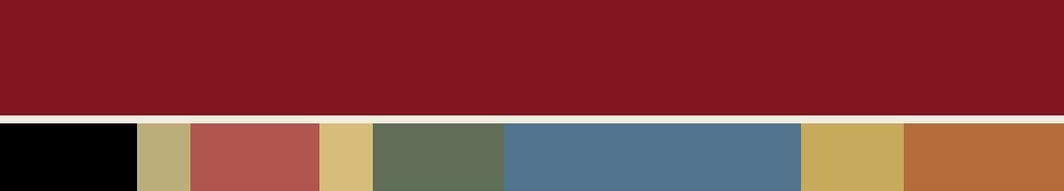
Disaster Behavioral Health Preparedness and Response Resources

Substance Abuse and Mental Health Services Administration

Resources for Resilient Individuals and Communities



ORDER THESE PUBLICATIONS to learn about the behavioral health impact of disasters and how individuals and communities can build resilience throughout the phases of disaster recovery.



**Behavioral Health is
Essential To Health**

Prevention Works

Treatment is Effective

People Recover

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Disaster Behavioral Health Resources

Disaster Behavioral Health Preparedness and Response



Crisis Counseling Assistance and Training Program (CCP)

(brochure, inventory no. SMA09-4373)

Explains the Crisis Counseling Assistance and Training Program's emergency mental health services and programs for disaster survivors and trauma survivors. Helps states, territories, and federally recognized tribes to prepare grant applications for funding.

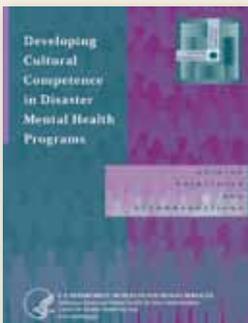


Risk Communication Guidelines for Public Officials

Communicating in a Crisis

(guidelines or manual, inventory no. SMA02-3641)

Guides public officials in communicating with the public and the media during a public health crisis. Includes basic techniques for clear, effective communications, tips for working with the media, and strategies for correcting errors and rumors.



Developing Cultural Competence in Disaster Mental Health Programs

Guiding Principles and Recommendations

(guidelines or manual, inventory no. SMA03-3828)

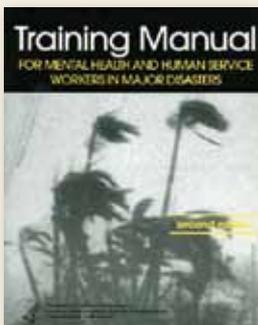
Gives background information, guiding principles, recommendations, and resources for developing culturally competent disaster mental health services. Includes suggestions for working with refugees and guidelines for using interpreters.



Disaster Recovery Resources for Substance Abuse Treatment Providers

(CD-ROM, inventory no. AVD227)

Provides the substance abuse treatment community with tools to enhance disaster preparedness and disaster recovery. Includes guidelines, presentations, sample plans, consumer fact sheets, and other resources on outreach, preparedness, and lessons learned.

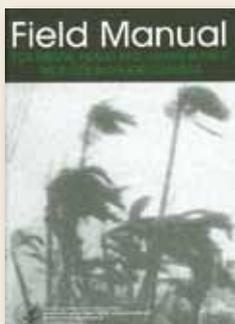


Manual for Mental Health and Human Service Workers in Major Disasters

Training Manual

(guidelines or manual, inventory no. SMA96-0538)

Gives disaster-response workers, program planners, administrators, and project managers information to design and deliver effective disaster mental health services. Covers disaster responses, stress prevention and management, and training.



SUPPLEMENTAL BOOKLET

Manual for Mental Health and Human Service Workers in Major Disasters

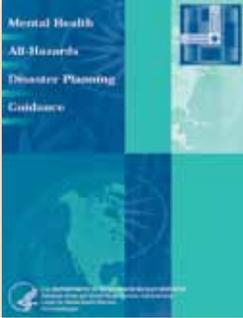
Field Manual

(field manual, inventory no. ADM90-0537)

Offers mental health and public health professionals information on disaster preparedness and recovery to assist disaster survivors. Describes survivor reactions, at-risk populations, counseling, referrals, and stress prevention and management.

Disaster Behavioral Health Resources

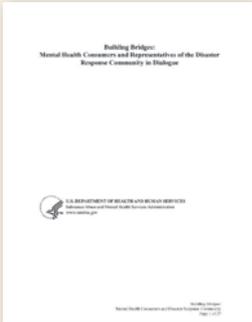
Disaster Behavioral Health Preparedness and Response



Mental Health All-Hazards Disaster Planning Guidance

(guidelines or manual, inventory no. SMA03-3829)

Guides state and local mental health public officials in creating emergency preparedness plans for human or natural disasters, including bioterrorism. Stresses integrating health and mental health response and conducting epidemiological surveillance.



Mental Health Consumers and Representatives of the Disaster Response Community in Dialogue

Building Bridges

(report, inventory no. SMA07-4250)

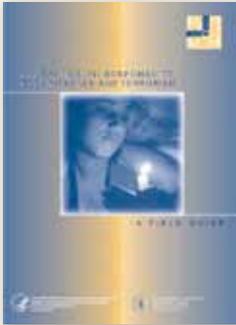
Recaps a meeting on issues related to interactions between mental health consumers and representatives of the disaster response community. Offers recommendations to improve these relationships to promote recovery from mental health problems.



Mental Health Response to Mass Violence and Terrorism: A Training Manual

(guidelines or manual, inventory no. SMA04-3959)

Guides mental health professionals in building an emergency preparedness program to respond to mass violence and terrorism. Includes background information, key concepts in mental health intervention, and guidance for setting up a training course.

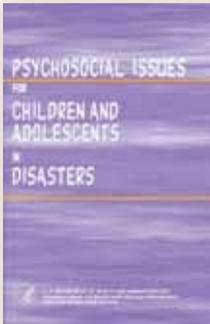


SUPPLEMENTAL BOOKLET

Mental Health Response to Mass Violence and Terrorism: A Field Guide

(field manual, inventory no. SMA05-4025)

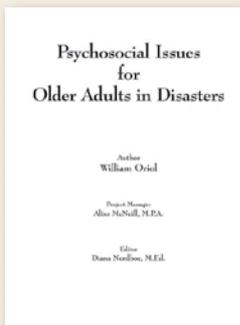
Guides disaster response workers in assisting trauma survivors and families after mass violence and terrorism. Discusses basic counseling skills, when to refer to mental health services, populations with special needs, and stress-coping strategies for workers.



Psychosocial Issues for Children and Adolescents in Disasters

(guidelines or manual, inventory no. ADM86-1070R)

Offers resources for those working with children in the wake of disaster. Discusses theories of child development as applied to a youth experiencing the fear, anxiety, and trauma of disaster. Offers practical suggestions, case studies, and a resource guide.



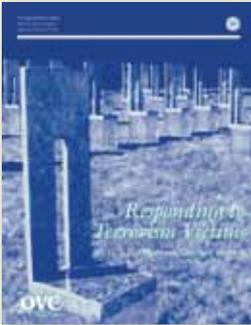
Psychosocial Issues for Older Adults in Disasters

(guidelines or manual, inventory no. SMA99-3323)

Gives mental health professionals, emergency response workers, and caregivers tools to provide disaster mental health and recovery support to older adults. Defines “elderly” and explores the nature of disasters and older adults’ reactions to them.

Disaster Behavioral Health Resources

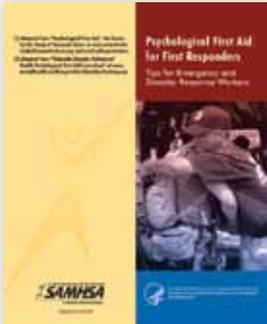
Disaster Behavioral Health Preparedness and Response



Responding to Terrorism Victims: Oklahoma City and Beyond

(report, inventory no. BKD429)

Discusses disaster preparedness and recovery to meet the needs of trauma victims of a large-scale terrorist attack involving mass casualties. Underscores the overlap between mental health and crime victim services during the immediate response and long term.



SAMHSA Disaster Kit

(kit, inventory no. SMA11-DISASTER)

Arms disaster recovery workers with a toolkit on mental health awareness. Includes materials for responding effectively to the general public during and after a disaster and in dealing with workplace stress. Also includes materials for the general public.



SAMHSA News: Hurricane Recovery Guides Preparedness Planning

SAMHSA News, July/August 2006, Vol. 14, No. 4

(newsletter, inventory no. MS995)

Articles describe a 2006 summit on disaster preparedness and recovery, emergency preparedness resources, screening for mental illness in nursing homes, mental health efforts in Iraq and Afghanistan, and methamphetamine's effect on children's welfare.



Should You Talk to Someone About a Drug, Alcohol, or Mental Health Problem?

(brochure, inventory no. SMA10-4585)

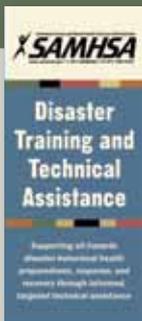
Lists questions consumers can ask themselves to help them decide whether to seek help for a substance abuse problem, a mental health issue, or both. Urges those who answered “yes” to any of the questions to seek help and lists resources for more information.



A Guide to Managing Stress in Crisis Response Professions

(guidelines or manual, inventory no. SMA05-4113)

Aids crisis response workers in stress prevention and management before, during, and after a public health crisis. Describes the stress cycle and common stress reactions. Offers tips to promote a positive workplace and to monitor and minimize stress.



NEW FROM SAMHSA

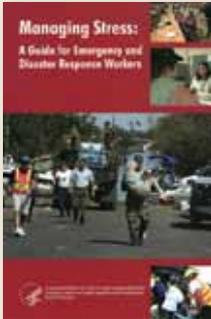
Disaster Training and Technical Assistance

(brochure, inventory no. SMA11-4627)

Describes SAMHSA’s free disaster technical assistance, training, and consultation efforts to help States, Territories, Tribes and other disaster behavioral health providers plan for and respond effectively to mental health and substance abuse needs related to disaster events.

Disaster Behavioral Health Resources

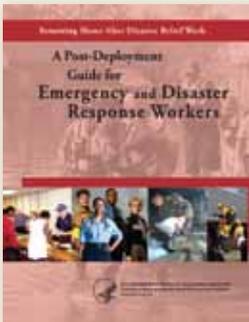
Emergency and Disaster Response Workers



Managing Stress: A Guide for Emergency and Disaster Response Workers

(brochure, inventory no. NMH05-0211)

Gives stress-prevention and -management tips for emergency response workers and disaster response workers. Describes signs of stress and approaches for managing it through workload, lifestyle, and awareness. Lists stress-reduction strategies.

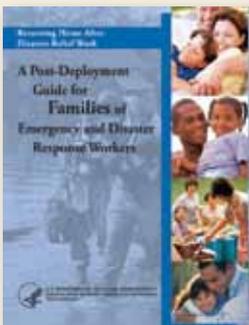


A Post-Deployment Guide for Emergency and Disaster Response Workers

Returning Home After Disaster Relief Work

(fact sheet, inventory no. NMH05-0219)

Helps emergency response workers and disaster response workers ease their transition back to the workplace after deployment. Lists signs of stress, potential difficulties, coping suggestions, and when to seek help from a mental health professional.

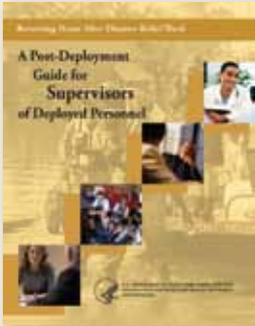


A Post-Deployment Guide for Families of Emergency and Disaster Response Workers

Returning Home After Disaster Relief Work

(fact sheet, inventory no. NMH05-0220)

Provides information to help families reunite when a member returns from emergency response or disaster response duties. Offers advice on adjustment to home life, basic post-deployment needs, possible redeployment, signs of stress, and when to seek help.



A Post-Deployment Guide for Supervisors of Deployed Personnel Returning Home After Disaster Relief Work (fact sheet, inventory no. NMH05-0218)

Assists supervisors in easing transition, reducing potential difficulties, and enhancing positive consequences for disaster response workers. Provides self-care tips and coping strategies and describes common issues that may arise.



Psychological First Aid for First Responders

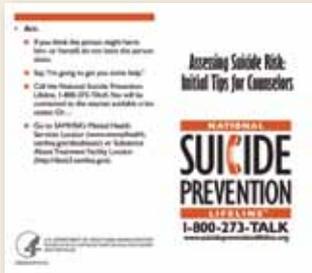
Tips for Emergency and Disaster Response Workers

(fact sheet, inventory no. NMH05-0210)

Gives tips to emergency response workers and disaster response workers to help disaster survivors cope with the psychological aspects of a traumatic event. Offers strategies for managing intense emotions and promoting a safe, calm environment.

Disaster Behavioral Health Resources

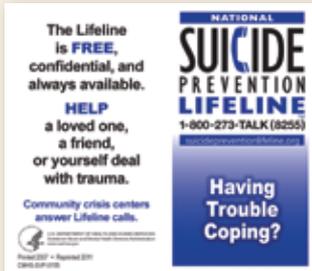
Suicide Prevention



Assessing Suicide Risk: Initial Tips for Counselors

National Suicide Prevention Lifeline Wallet Card
(promotional item, inventory no. SVP06-0153)

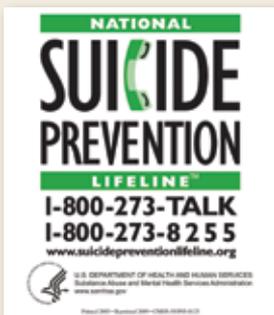
Assists counselors in identifying people at risk for suicide. Lists questions to ask the person at risk, the warning signs to watch for, and actions to take. Lists the National Suicide Prevention Lifeline toll-free number on the wallet card.



Having Trouble Coping? With Help Comes Hope. Suicide Warning Signs

National Suicide Prevention Lifeline Wallet Card
(promotional item, inventory no. SVP11-0155R)

Lists warning signs of depression and suicide that may occur after a traumatic event. Urges those who exhibit signs to call the suicide prevention hotline. Lists the National Suicide Prevention Lifeline toll-free number on the wallet card.



National Suicide Prevention Lifeline Magnet

(promotional item, inventory no. SVP05-0125)

Features the National Suicide Prevention Lifeline toll-free number and website address on the magnet in easy-to-read bold characters.

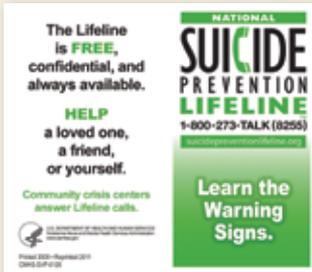


Suicide Assessment Five-Step Evaluation and Triage (SAFE-T)

Pocket Card for Clinicians

(guidelines or manual, inventory no. SMA09-4432)

Assists clinicians in conducting a suicide assessment using a 5-step evaluation and triage plan to identify risk factors and protective factors, conduct a suicide inquiry, determine risk level and potential interventions, and document a treatment plan.



Suicide Warning Signs: Get the facts and take action

National Suicide Prevention Lifeline Wallet Card

(promotional item, inventory no. SVP11-0126)

Lists the warning signs of suicide and urges those who exhibit any of the signs to contact a mental health professional or call the suicide prevention hotline. Lists the National Suicide Prevention Lifeline toll-free number on the wallet card.

Disaster Behavioral Health Resources

Suicide Prevention—Spanish Language Materials



Señales de Suicidio: Infórmate y toma acción preventiva. (Suicide Warning Signs: Get the facts and take action.)

National Suicide Prevention Lifeline Wallet Card (promotional item, inventory no. SVP11-0126SP)

Lista las señales de alerta del suicidio e incita a los que exhiben cualquiera de estas señales a comunicarse con un profesional de salud mental o a llamar a la línea directa de prevención del suicidio. En la tarjeta para la billetera aparece el número telefónico de la línea de la Red nacional de prevención del suicidio.



¿Tiene dificultades para lidiar con sus problemas después de un desastre? Hay esperanza. (Having Trouble Coping After a Disaster? There Is Hope.)

National Suicide Prevention Lifeline Wallet Card (promotional item, inventory no. SVP06-0155S, available in Spanish only)

Provee el teléfono gratis de la Red nacional para la prevención del suicidio. Da una lista de señales de alerta de depresión y de pensamientos y comportamientos suicidas que se pueden presentar en las víctimas del desastre. En formato de tarjeta para la cartera.

or call 1-877-SAMHSA-7 (1-877-726-4727).

Tip Sheets for Coping with Disasters and Emergencies

This SAMHSA Tip Sheet series provides guidance for coping with the behavioral health impact of natural disasters, human caused disasters (mass violence/terrorism), and technological disasters.



For Emergency and Disaster Response Workers

These Tip Sheets are for emergency responders, first responders, and other disaster response workers, and they provide information on substance abuse as well as stress prevention and management.

Tips for First Responders: Possible Alcohol and Substance Abuse Indicators

(fact sheet, inventory no. NMH05-0212)

Gives first responders a list of indicators associated with alcohol addiction, drug addiction, and other physical and mental disorders. Lists physical or emotional, behavioral, and cognitive signs that may indicate the need for a referral.

Tips for Managing and Preventing Stress

A Guide for Emergency Response and Public Safety Workers

(fact sheet, inventory no. KEN01-0098R2)

Gives organizational and individual tips for stress prevention and management for emergency response workers and public safety workers. Describes normal reactions to a disaster, signs of the need for stress management, and ways to handle stress.

Disaster Behavioral Health Resources

Tip Sheets for Coping with Disasters and Emergencies

For the General Public

These Tip Sheets are for the general public, including college students, parents and educators, and families, and provide information on coping with the behavioral health impact of a variety of traumatic events and disasters.

In the Wake of Trauma: Tips for College Students

(fact sheet, inventory no. KEN01-0092R)

Helps college students cope with the mental health effects in the aftermath of trauma. Explains normal reactions, emphasizes the importance of talking about feelings, and offers tips for coping. Includes resources for more information.

Managing Your Stress

Tips for Survivors of a Traumatic Event

(fact sheet, inventory no. NMH05-0209R)

Gives stress prevention and management tips for dealing with the effects of trauma, mass violence, or terrorism. Lists tips to relieve stress, describes how to know when to seek professional help, and provides accompanying resources.

Tips for Survivors of a Traumatic Event: What to Expect in Your Personal, Family, Work, and Financial Life

(fact sheet, inventory no. NMH02-0139)

Offers self-help tips for coping with the aftermath of trauma. Discusses the long-term impact of trauma, including personal uncertainties, family relationship changes, work disruptions, and financial concerns. Offers tips on being a trauma survivor.

Tips for Talking to Children After a Disaster: A Guide for Parents and Teachers

(fact sheet, inventory no. KEN01-0093)

Helps parents and teachers recognize and address problems in children and adolescents affected by trauma after a disaster or act of violence. Describes signs of stress reactions that are common in young trauma survivors at different ages, and offers tips on how to help.

Additional Tip Sheets Available Online

TIPS FOR DEALING WITH THE DEEPWATER HORIZON OIL SPILL

SAMHSA has created tip sheets for parents and teachers, the general public, and emergency and response workers for coping with the behavioral health impact of the Deepwater Horizon Oil Spill disaster.



Tip sheets can be downloaded at:

<http://www.samhsa.gov/Disaster/traumaticevents.asp>

Tip sheets relating to the oil spill are available in languages other than English including Cambodian, Haitian Creole, Lao, Spanish, and Vietnamese.

SAMHSA Online

SAMHSA Disaster Response Information

<http://www.samhsa.gov/Disaster/>

Please visit this SAMHSA page for information on emergency preparedness and disaster response resources for professionals, the general public, States, Territories, and local entities.

Want to be notified about the latest SAMHSA materials and news?



You can receive the latest news about SAMHSA grants, publications, campaigns, programs, statistics, and data reports straight to your email inbox. Once you sign up and indicate your areas of interest, you'll receive up-to-the-minute information that's important to you. Log onto <http://www.samhsa.gov> to sign up.

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<http://www.facebook.com/samhsa>



<http://www.twitter.com/samhsagov>



<http://www.flickr.com/samhsa>



<http://www.youtube.com/samhsa>



<http://www.samhsa.gov/rss>



<http://blog.samhsa.gov>

SAMHSA Disaster Behavioral Health Training and Technical Assistance

SAMHSA provides disaster training, technical assistance, and consultation to help disaster behavioral health professionals plan for and respond to the mental health and substance abuse needs following a disaster. SAMHSA supports all-hazards disaster behavioral health preparedness, response, and recovery through informed, targeted technical assistance to reduce the effects disasters can bring to communities, families, and individuals. SAMHSA does the following:

- ▶ Reviews State and local all-hazards disaster behavioral health plans.
- ▶ Informs the field by spotlighting recent developments and upcoming events in field-driven publications such as *The Dialogue* and the *DTAC Bulletin*.
- ▶ Collects and analyzes need, capability, and response data and distributes reports to inform technical assistance development and implementation for States, Territories, local providers, and tribal groups.
- ▶ Organizes thematic collections of resources and toolkits that compose the Disaster Behavioral Health Information Series (DBHIS). DBHIS installments can be access at <http://www.samhsa.gov/dtac/resources.asp#dbhis>.
- ▶ Coordinates a cadre of consultants to provide onsite training, as well as guidance on disaster behavioral health preparedness and response.
- ▶ Provides grant-specific technical assistance and support for the Federal Emergency Management Agency's Crisis Counseling Assistance and Training Program.
- ▶ Maintains a discussion board for disaster behavioral health professionals located at <http://www.dtac-discussion.org/>.

CONTACT US FOR MORE INFORMATION

- ▶ Phone: **1-800-308-3515** (Monday–Friday, 9:00 a.m.–6:00 p.m. ET)
- ▶ Email: **DTAC@samhsa.hhs.gov**
- ▶ Online: **<http://www.samhsa.gov/dtac/>**

Working to Reduce the Impact of Substance Abuse and Mental Illness on America's Communities

The mission of the Substance Abuse and Mental Health Services Administration (SAMHSA) is to reduce the impact of substance abuse and mental illness on America's communities. SAMHSA has demonstrated that prevention works, treatment is effective, and people recover from mental and substance use disorders.

SAMHSA offers:

- ▶ English- and Spanish-speaking information specialists who can recommend appropriate substance abuse and mental health resources
- ▶ Information specialists with extensive training in handling crisis calls
- ▶ Referrals to facilities, state-funded services, and support groups
- ▶ **Confidential** services

NEW RESOURCE

SAMHSA's 24/7 Disaster Distress Helpline connects those experiencing emotional distress related to a disaster with crisis center counselors who can provide support and referrals to local resources. Help is available by calling **1-800-985-5990** or texting **TalkWithUs** to **66746**.

Information specialists are available to take calls, Monday through Friday, 8 a.m. to 8 p.m. ET, at 1-877-SAMHSA-7 (1-877-726-4727).

Treatment referrals are available 24 hours a day, 7 days a week, by calling 1-800-662-HELP (1-800-662-4357) or visiting <http://www.samhsa.gov/treatment>.

Note: Information specialists are not counselors and do not provide counseling or treatment, but instead strive to find the appropriate resource for each caller.

Visit us on the Web at <http://www.samhsa.gov> for additional information or resources.