

# **Disaster Behavioral Health**



***Texas Department of State Health Services  
Disaster Behavioral Health Services***

**512-206-5555**

**[DBHS@dshs.state.tx.us](mailto:DBHS@dshs.state.tx.us)**

**<http://www.dshs.state.tx.us/mhsa-disaster/>**

**<http://www.texasprepares.org/>**

# Definition of Disaster Behavioral Health (DBH)

<http://www.phe.gov/Preparedness/planning/abc/Documents/DisasterBehavioralHealth.pdf>

Disaster behavioral health is the provision of mental health, substance abuse, and stress management to disaster survivors and responders.

- U.S. Department of Health and Human Services Office of the Assistant Secretary for Preparedness and Response

# What is DBH?

[www.disastermh.nebraska.edu/files-Appendix-D.pdf](http://www.disastermh.nebraska.edu/files-Appendix-D.pdf)

- Disaster behavioral health is a departure from traditional behavioral health practice in many ways.
- Disaster behavioral health interventions are designed to address incident specific stress reactions, rather than ongoing or developmental behavioral health needs.

# What is DBH? (cont.)

- Outreach and crisis counseling activities are the core of disaster behavioral health activities.
- Behavioral health professionals work hand-in-hand with paraprofessionals, volunteers, community leaders, and survivors of the disaster in ways that may differ from their formal clinical training.

# What is DBH? (cont.)

- The primary goal is to decrease the stress of an event and mitigate future problems
- Modalities may include Psychological First Aid, Spiritual Care, Substance Abuse services, Critical Incident Stress Management (CISM), Crisis Counseling, or other crisis intervention and disaster specific support services

# **Department of State Health Services Disaster Behavioral Health Services (DBHS)**

- Responsible for all-hazards disaster preparedness, response and recovery in Texas
- DBHS is housed in Adult Mental Health Services
- Works closely with Community Preparedness Section of DSHS

Asst Deputy Commissioner  
MHSA Division  
Mike Maples

Director  
Program Services Section  
Ross Robinson

Unit Manager  
Adult Mental Health Services  
Lauren Lacefield-Lewis  
.10 FTE

Branch Manager  
Disaster Behavioral Health  
Services  
Chance Freeman

100% Grant funded Positions

In-Kind DSHS Employees

Response Coordinator  
Jennifer Reid  
.25 FTE

Crisis Counseling for First  
Responders Coordinator  
Paul Tabor

Recovery Coordinator  
Joy Counce  
.30 FTE

Operations Coordinator  
Vacant

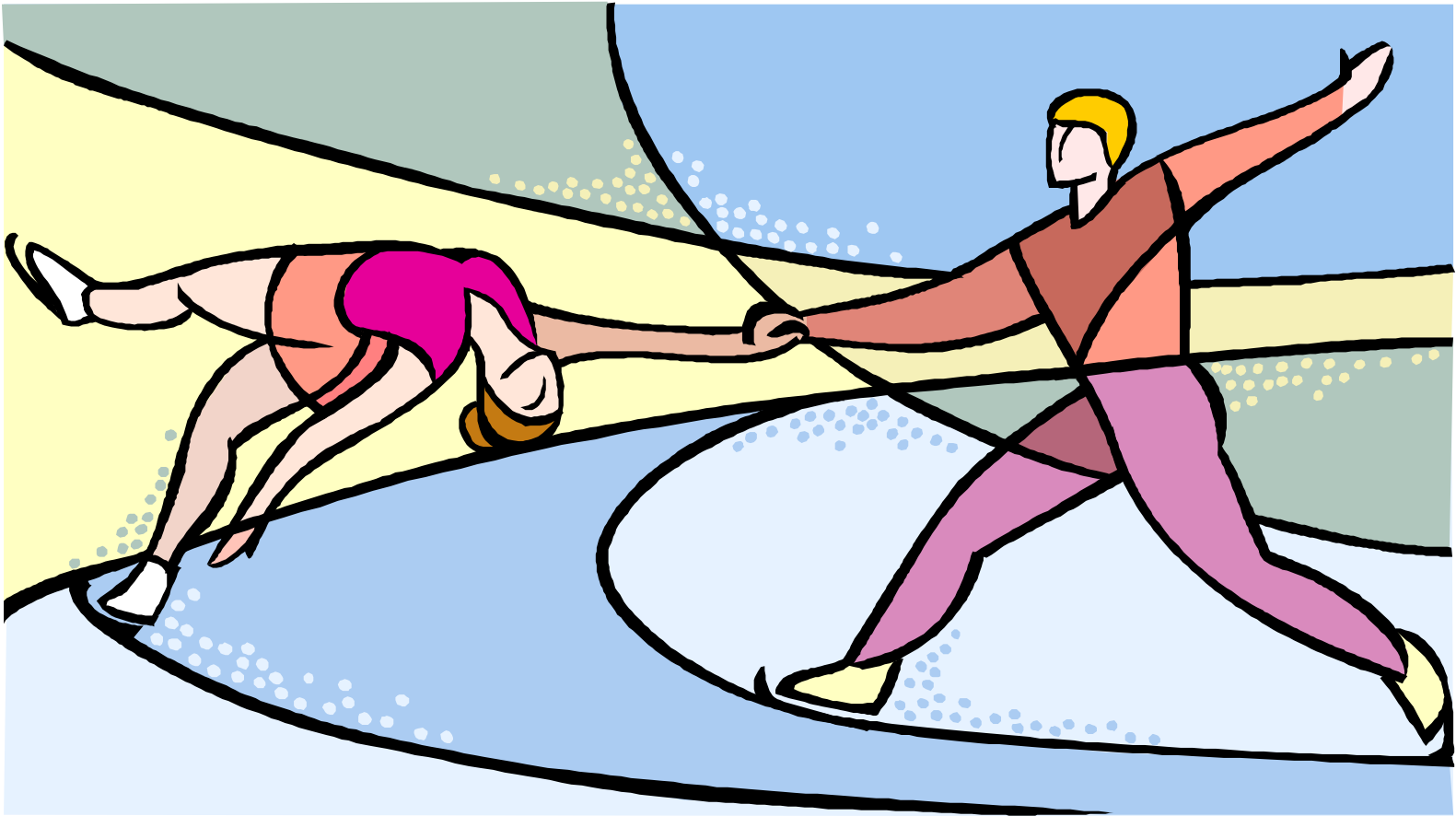
Crisis Counseling for First  
Responder Volunteer  
Teams

Budget Analyst  
Rebecca Guna-Tilaka  
1 FTE

Program Coordinator  
Andrea Buckley  
1 FTE

Bluebonnet Trails Crisis  
Counseling Program  
Teams

# DBHS Partners





- Texas Division of Emergency Management (TDEM)
- Federal Emergency Management Agency (FEMA)
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- Center for Mental Health Services
- 37 Community Mental Health Centers
- Substance Abuse Providers
- Voluntary Organizations Active In Disasters (VOADs)
- 9 Critical Incident Stress Management Network (CISM) Teams
- Local Community

# DBHS 6 Program Functions

- Act as liaison to the Texas Division of Emergency Management and federal resources on disaster behavioral health issues
- Coordinate all disaster behavioral health services during a disaster
- Member of Disaster Behavioral Health Consortium

# DBHS 6 Program Functions (cont.)

- Coordinate Critical Incident Stress Management (CISM) services for first responders
- Provide educational, advocacy, and stress management services including CISM
- Develop and submit all FEMA Crisis Counseling Program (CCP) grant applications

# FEMA Crisis Counseling Program (CCP)

- Funds immediate, short-term crisis counseling and support for the emotional recovery of all those impacted by the disaster
- CCP services include outreach, stress management, individual and group crisis counseling, education, and referral

# Crisis Counseling Program

## Immediate Services Program

- State's application due 14 days post disaster declaration
- 60 Day program from date of federal disaster declaration
- Allows the State and Local Providers to assess need for Regular Services Program

## Regular Services Program

- State's application due 60 days post disaster declaration
- 9 Month Program
- Allows for the formation of dedicated teams to deliver Crisis Counseling Services

# Why a Crisis Counseling Program?

The purpose and scope of the program is to provide preventative services to survivors of disasters. Services are designed to help reduce the adverse effects of trauma & prolonged stress and reduce the development of more long-term mental health problems.

**HOW DO WE DO THIS?**

# Community Outreach

- Participate in community events and gatherings
- Visit sites where survivors gather (shelters, disaster centers)
- Contact natural support systems (schools, faith based organizations)
- Operate a hotline
- Disseminate psychoeducational information through the media and internet
- Hire workers from the impacted communities that understand the culture and language



# Program Limitations

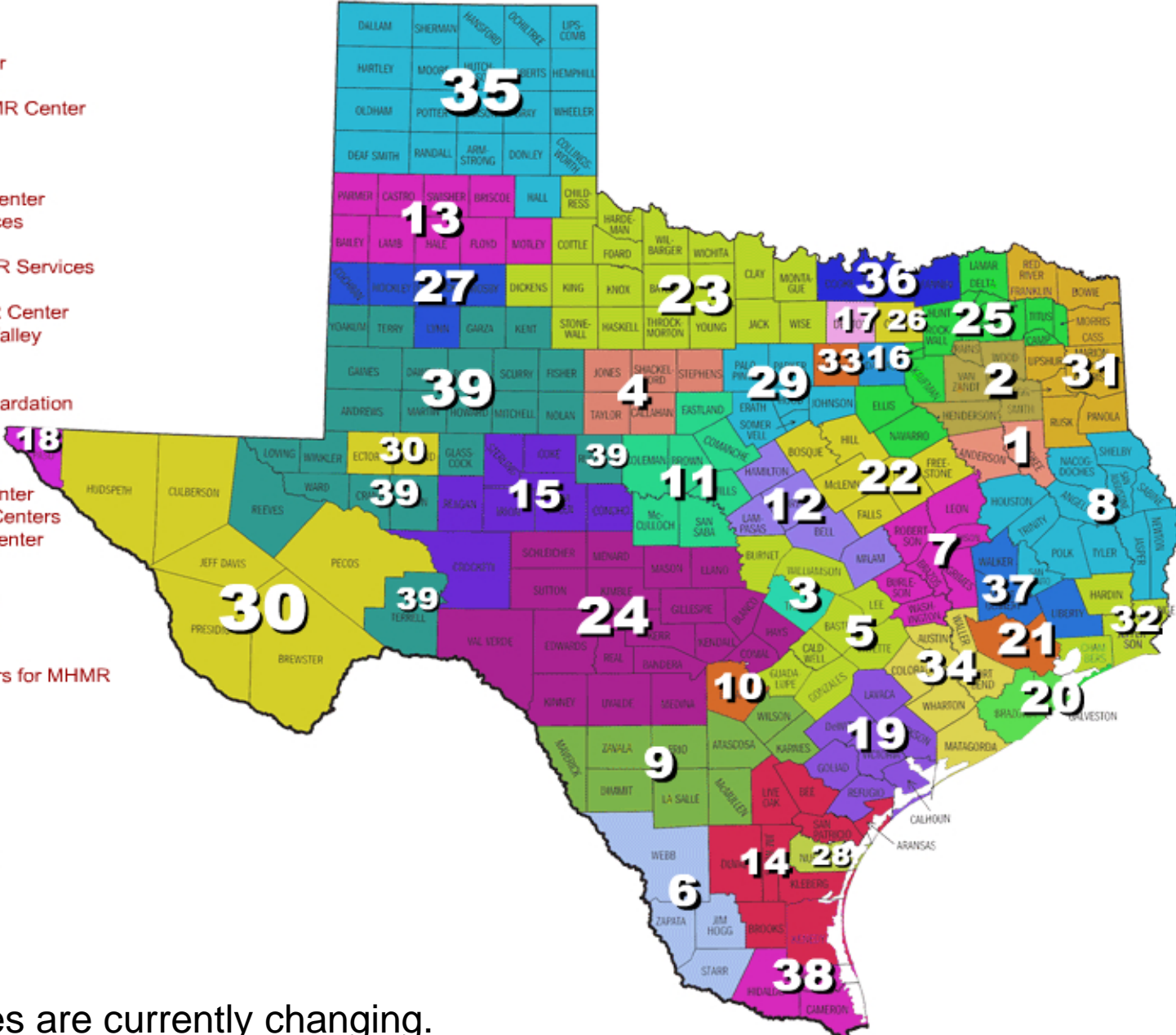
- Medications
- Hospitalization
- Long-term therapy
- Substance abuse treatment
- Providing childcare or transportation
- Fundraising activities
- Advocacy
- Case management
- Food

# Preparation and Planning

- State Disaster Behavioral Health Consortium
- DBHS Annual Training. What LMHAs work in your region?
- Integration of DBH into local and regional planning. Is DBH written into plans?

# Texas Community MHMR Center Service Areas

- 1. ACCESS
- 2. Andrews Center
- 3. Austin Travis County MHMR Center
- 4. Betty Hardwick Center
- 5. Bluebonnet Trails Community MHMR Center
- 6. Border Region MHMR Center
- 7. MHMR Authority of Brazos Valley
- 8. Burke Center
- 9. Camino Real Community MHMR Center
- 10. The Center for Health Care Services
- 11. The Center for Life Resources
- 12. Central Counties Center for MHMR Services
- 13. Central Plains Center
- 14. Coastal Plains Community MHMR Center
- 15. MHMR Services for the Concho Valley
- 16. Metrocare SERVICES
- 17. Denton County MHMR Center
- 18. El Paso Mental Health Mental Retardation
- 19. Gulf Bend MHMR Center
- 20. The Gulf Coast Center
- 21. MHMR Authority of Harris County
- 22. Heart of Texas Region MHMR Center
- 23. Helen Farabee Regional MHMR Centers
- 24. Hill Country Community MHMR Center
- 25. Lakes Regional MHMR Center
- 26. LifePath Systems
- 27. Lubbock Regional MHMR Center
- 28. MHMR Center of Nueces County
- 29. Pecan Valley MHMR Region
- 30. Permian Basin Community Centers for MHMR
- 31. Community HealthCORE
- 32. Spindletop MHMR Services
- 33. MHMR of Tarrant County
- 34. Texana Center
- 35. Texas Panhandle MHMR
- 36. MHMR Services of Texoma
- 37. Tri-County MHMR Services
- 38. Tropical Texas Behavioral Health
- 39. West Texas Centers for MHMR



Many LMHA Names are currently changing.

# Preparation and Planning

- Integrate Mental Health and Substance Abuse providers into Public Health exercises
- Establish MOUs for stronger local response (important if there is not a federal declaration)
- Regional trainings and planning meetings
- Standardized training and experience

# Recommended Trainings and Resources

- **Operations Training – Free on-line - FEMA**  
Incident Command System (ICS) 100/200/700  
<http://training.fema.gov/is/nims.asp>
- **Basic Disaster Behavioral Health**  
Psychological First Aid – on-line – National Child Traumatic Stress Network  
<http://learn.nctsn.org/>
- **Critical Incident Stress Management (CISM) International Critical Incident Stress Foundation (ICISF)**  
An integrated and comprehensive multi-component approach to the provision of crisis intervention and disaster behavioral health services.  
<http://www.icisf.org/>  
Paul Tabor, DBHS State CISM Coordinator  
<http://www.dshs.state.tx.us/mhsa-disaster/cism/>
- **Mental Health First Aid**  
12-hour course that covers the symptoms, causes, and evidence-based treatments for behavioral health diagnoses. A clinical approach for para-professionals responding to disaster events.  
[http://www.mentalhealthfirstaid.org/cs/program\\_overview/](http://www.mentalhealthfirstaid.org/cs/program_overview/)
- **Practical Front Line Assistance and Support for Healing (PFLASH)**  
Geared for clinicians to equip them with the necessary skills for differentiating normative from pathological responses for evaluation, treatment, and triage after a disaster event.  
Carol North, MD  
Dallas VA; UT Southwestern Medical Center at Dallas

Questions?

