



Behavioral Health Care Committee

(This is not meant to be an exhaustive list rather, a synopsis of what may be expected)

In emergency management, behavioral health care focuses on addressing the psychological, emotional, and substance use needs of disaster survivors and responders, ensuring mental health support is integrated into preparedness, response, and recovery efforts.

- **Importance:**
 - It recognizes the unique needs of individuals and communities in the aftermath of a disaster, addressing potential long-term behavioral health consequences.
- **Integrated and Collaborative Approach:**
 - Disaster Behavioral Health or DBH is not a separate entity but is integrated into all phases of emergency management, from preparedness to recovery.
- **Psychological First Aid (PFA):**
 - A cornerstone of disaster behavioral health, PFA provides immediate emotional and practical support to individuals experiencing acute distress.
- **Resilience Building:**
 - **Pre-Disaster Planning:** Engaging behavioral health providers in pre-disaster planning activities, such as developing response plans and training community members.
 - The focus is on promoting resilience and recovery by helping individuals cope with stress, trauma, and other psychological impacts of disasters, during and after the event.
- **Training and Education:**
 - Providing training to first responders, community members, and behavioral health professionals on disaster behavioral health principles and interventions.

If you are interested in joining this committee and/or would like more information, please reach out to Chairs, Bary Kramer at: Bary.Kramer@dmh.mo.gov or Laurie Cox at: LCox@swopehealth.org. You may also reach out to the KCR COAD Chair, Dr. Jennifer L'Heureux at: Jennifer.LHeureux@dmh.mo.gov

Disaster Mental Health Response Committee (DMHR)

As of 19 December 2024

Greetings! If you are reading this then you are the newest member of the KCRCOAD Disaster Mental Health Response (DMHR) team. Welcome and thank you for volunteering to help reduce suffering and improve the mental health response of our communities and my neighbors related to disaster. Your efforts and input are valued as we move forward with the KCRCOAD mission.

This committee is great opportunity to meet other disaster mental health and other Emergency Management partners and increase your skill sets in Disaster Mental Health services. Disaster Mental Health has three components: Disaster Mental Health Preparedness; Immediate Disaster Mental Health Response; and Long Term Disaster Mental Health Recovery.

In Disaster Mental Health Preparedness, we will focus on community education, resource identification and development, and ensuring a system of contacting needed resources in the event of an actual disaster. This phase is also where we will focus on training and scenarios/exercises to ensure we are prepared when a disaster occurs.

In Immediate Disaster Mental Health Response is the immediate response in the days and weeks following a disaster. In this phase, we will provide Psychological First Aid (PFA) and education on disaster reactions to the members of the community experiencing disasters and the first responders/staff working in these settings. We will assess for the longer term needs of the persons served and make referrals as needed for additional services beyond the immediate response.

The Long Term Disaster Mental Health Recovery phase focuses on the needs beyond the immediate aftermath of a disaster. This phase will go beyond the first days and weeks following a disaster and can last months or even years. This will involve assessing those long term needs and giving information on ways to help with this and making sure people are connected to resources and services needed to assist with this.

Emergency/Incident Operations

The DMHR team's Emergency/Incident Operations primary efforts are focused on how we can rapidly and effectively support the KCRCOAD Emergency Operations Center (KCRCOAD EOC) with Immediate Disaster Mental Health Response and activate our community disaster mental health services.

When an Incident (either natural or man-made) occurs in the KCRCOAD region DMHR chair or DMHR Co-Chair will be contacted (text) by the KCRCOAD Executive Committee (EC) to:

1. Determine the need for Disaster Mental Health responders.

2. Communicate with local Disaster Mental Health responders to fill needed roles. Partners in this include but are not limited to: The American Red Cross; Community Mental Health Centers; local Behavioral Health Strike Team members; others.
3. The Disaster Mental Health Response team will coordinate with the COAD and local Emergency Management to assess need and coordinate response.

All members of the DMHR will be licensed mental health providers and will have training to include:

- Psychological First Aid (recommended for all disaster volunteers)
- American Red Cross (ARC) Disaster Mental Health Fundamentals I and II and/or National Organization for Victim Assistance (NOVA) National Community Crisis Response Team Training
- National Incident Management System (NIMS) Incident Command Systems 100 and 700

Recommended training topics includes:

- Trauma
- Trauma Informed Care
- Disaster Behavioral Health
- Skills for Psychological Recovery
- Emotional First Aid
- Disaster Response and Recovery
- NOVA (Advanced)
- CISM
- Children and Disaster
- Self-Care for Responders
- Empathy
- Disaster Reactions
- Crisis Counseling
- Americans with Disabilities Act

Disaster Mental Health Response volunteers will:

- Coordinate with EM and COAD to determine mental health response needs of the disaster
- Assist in shelters to provide comfort and stabilization.
- Provide information on stress reactions and coping methods while assessing for possible need for referral to counseling resources
- Visit sites where recovery is occurring to assess mental health needs and reactions of survivors, family, responders working on recovery actions

- Participate in Multi Agency Resource Centers (MARC)s to provide information on stress and coping methods, mental health resource, and referral as needed or requested to formal counseling services

Disaster Mental Health is NOT formal counseling, group counseling, or critical stress debriefing. These services need to be provided by therapists who will be available to the client long term and not by transitory disaster responders. It is contraindicated to have clients disclose to mental health staff who may not be available to them long term as needed. As needed, disaster mental health providers can assist with making these referrals and helping clients determine funding availability for these. Clients may need help with accessing insurance, Employee Assistance Programs (EAPs), or not for profit providers if clients do not have resources.

Disaster Mental Health Partners include:

- The American Red Cross
- State Community Mental Health Centers
- The Behavioral Health Strike Team (BHST) – Missouri
- Not for profit mental health providers (Jewish Family Services, Mattie Rhoades, Guadalupe Center, ...)
- 988 Suicide Crisis Access Line

DISASTER BEHAVIORAL HEALTH RESOURCES

Tips for Survivors of a Disaster or Traumatic Event: **WHAT TO EXPECT IN YOUR PERSONAL, FAMILY, WORK, AND FINANCIAL LIFE**

<https://library.samhsa.gov/sites/default/files/tips-survivors-what-expect-life-pep23-01-01-010.pdf>

Tips for Survivors of a Disaster or Traumatic Event: **WHAT TO EXPECT IN YOUR PERSONAL, FAMILY, WORK, AND FINANCIAL LIFE**

<https://library.samhsa.gov/sites/default/files/tips-survivors-what-expect-life-pep23-01-01-010.pdf>

Tips for Survivors of a Disaster or Traumatic Event: **WHAT TO EXPECT IN YOUR PERSONAL, FAMILY, WORK, AND FINANCIAL LIFE (Spanish version)**

<https://library.samhsa.gov/sites/default/files/tips-survivors-expect-life-span-pep23-01-01-011.pdf>

Tips for Survivors: **COPING WITH GRIEF AFTER COMMUNITY VIOLENCE**

<https://library.samhsa.gov/sites/default/files/tips-for-survivors-pep24-01-028.pdf>

Tips for Survivors: **COPING WITH ANGER AFTER A DISASTER OR OTHER TRAUMATIC EVENT**

https://library.samhsa.gov/sites/default/files/pep19-01-01-002_0.pdf

Tips for Survivors of a Disaster or Other Traumatic Event: **MANAGING STRESS**

<https://library.samhsa.gov/sites/default/files/sma13-4776.pdf>

Tips for Survivors of a **Pandemic: MANAGING STRESS**

<https://library.samhsa.gov/sites/default/files/PEP20-01-01-020-508c.pdf>

Tips for Survivors of a **Pandemic: Managing Stress (Spanish version)**

<https://library.samhsa.gov/product/tips-survivors-pandemic-managing-stress-spanish-version/pep20-01-01-026>

Tips for Healthcare Professionals: **COPING WITH STRESS AND COMPASSION FATIGUE**

https://library.samhsa.gov/sites/default/files/PEP20-01-01-016_508.pdf

Tips for Healthcare Professionals: **COPING WITH STRESS AND COMPASSION FATIGUE (Spanish version)**

<https://library.samhsa.gov/sites/default/files/PEP20-01-01-021.pdf>

NCTSN - **PFA tips for adults**

https://www.nctsn.org/sites/default/files/resources/pfa_tips_for_adults.pdf

NCTSN – **PFA parent tips for helping adolescents after a disaster**

https://www.nctsn.org/sites/default/files/resources/pfa_parent_tips_for_helping_adolescents_after_disasters.pdf

NCTSN - **PFA parent tips for school age children**

https://www.ptsd.va.gov/disaster_events/for_providers/PFA/PFA_Parent_Tips_School.pdf

NCTSN – PFA parent tips for helping preschool age children after a disaster

https://www.nctsn.org/sites/default/files/resources/pfa_parent_tips_for_helping_preschool_age_children_after_disasters.pdf

NCTSN – PFA parent tips for helping infants and toddlers after a disaster

https://www.nctsn.org/sites/default/files/resources/pfa_parent_tips_for_helping_infants_and_toddlers_after_disasters.pdf

FEMA - Helping Children Cope with Disaster

https://www.ready.gov/sites/default/files/2019-07/helping_children_cope.pdf

Red Cross - Impacted by Disaster? Take Care of Your Emotional Health

<https://www.redcross.org/about-us/news-and-events/news/2018/impacted-by-disaster--take-care-of-your-emotional-health.html?srsId=AfmBOorizbDRivr47ahQ6AfrFHQvWYGLZkDtkufa9CMb8nhj95zMafnb>

Be Red Cross Ready: Taking Care of Your Emotional Health after a Disaster

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Large_Print.pdf?srsId=AfmBOorP2EL6_m1sgV3qJ-Gtdup3NtnBJ206r_JVTlr3lUhPICsnWfli

Disaster Distress Helpline brochure

<https://dmh.mo.gov/media/pdf/disaster-distress-helpline-brochure>

NCTSN - Age-Related Reactions to a Traumatic Event

https://www.nctsn.org/sites/default/files/resources/age_related_reactions_to_traumatic_events.pdf

EARLY TRAUMA TREATMENT NETWORK: Child Trauma Research Program University of California, San Francisco - AFTER A CRISIS: HOW YOUNG CHILDREN HEAL

https://www.nctsn.org/sites/default/files/resources/after_a_crisis_helping_young_children_heal.pdf

Missouri 988 toolkit

<https://missouri988.org/toolkit/>

GRIEF AND LOSS OF LIFE:

Support for Survivors of Suicide Loss

<https://preventsuicidega.org/wp-content/uploads/2025/09/Postvention-Survivors-FINAL-rev-2025-06.pdf>

TIP SHEET: HOW TO SUPPORT A CHILD THROUGH GRIEF

<https://library.samhsa.gov/sites/default/files/support-children-through-grief-pep25-01-004.pdf>

FACT SHEET FOR PEOPLE HELPING CHILDREN AND YOUTH SURVIVORS OF LOSS

<https://library.samhsa.gov/sites/default/files/helping-children-survivors-of-loss-pep25-01-005.pdf>

NCTSN - Helping Young Children with Traumatic Grief: Tips for Caregivers

https://www.nctsn.org/sites/default/files/resources/helping_young_children_with_traumatic_grief_caregivers.pdf

NCTSN - Helping Teens with Traumatic Grief: Tips for Caregivers

<https://www.nmvrc.org/media/wsyfq22u/nctsn-teenstraumaticgrief-tipscaregivers.pdf>

NCTSN - Helping School-Age Children with Traumatic Grief: Tips for Caregivers

https://www.nctsn.org/sites/default/files/resources/helping_school_age_children_with_traumatic_grief_caregivers.pdf

Bereavement and Grief: FACT SHEET FOR SURVIVORS OF LOSS

<https://library.samhsa.gov/sites/default/files/survivors-of-loss-pep25-01-006.pdf>

TIP SHEET: HOW TO SUPPORT A PERSON WHO IS GRIEVING THE LOSS OF A LIFE

<https://library.samhsa.gov/sites/default/files/support-grieving-loss-life-pep25-01-003.pdf>