

MN Disaster Behavioral Health Update

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DBH Community Recovery Needs Assessment Checklist:


Included in the *ASPR Equitable Disaster Recovery Assessment Guide & Checklist: Advancing Equity in Post-Disaster Recovery Operations*



Community Behavioral Health Disaster Recovery Needs Assessment Checklist

Jurisdiction Name: _____

Identify Your Community Trauma Risk Factors				
Trauma Risk Factors	Yes	No	N/A	Comments
Was this a terrorist or a mass violence incident?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Did you have residents that had to be evacuated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Did you have residents that were trapped or had delayed evacuations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Did you have any injuries or deaths due to the incident?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Did you have homes damaged, or unlivable due to the disaster?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Did you have children that were separated from their caregivers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Was this an incident that took your community by surprise (not included in your preparedness plans)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Was there confirmed exposure or contamination by an agent?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there health concerns due to the incident (i.e., mold exposure)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Was there significant disaster related financial loss for residents?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Disaster responder's friends and family were impacted by the disaster?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



Community Behavioral Health Disaster Recovery Needs Assessment Checklist

Disaster responders had direct contact with distraught or grieving community members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Disaster responders worried about their own safety during disaster response activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Major injury or death within disaster responder community?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Disaster responders witnessed multiple severe injuries and deaths?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Identify Your Disaster Impacted Populations & Services				
Impacted Population or Service	Yes	No	N/A	Comments
Children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Teen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Older Adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tribal/Sovereign Nation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Racial/Cultural Minorities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Immigrant/Evacuee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Migrant Worker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Non-English speaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Disabilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Low income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Unhoused	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
LGBTQIA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

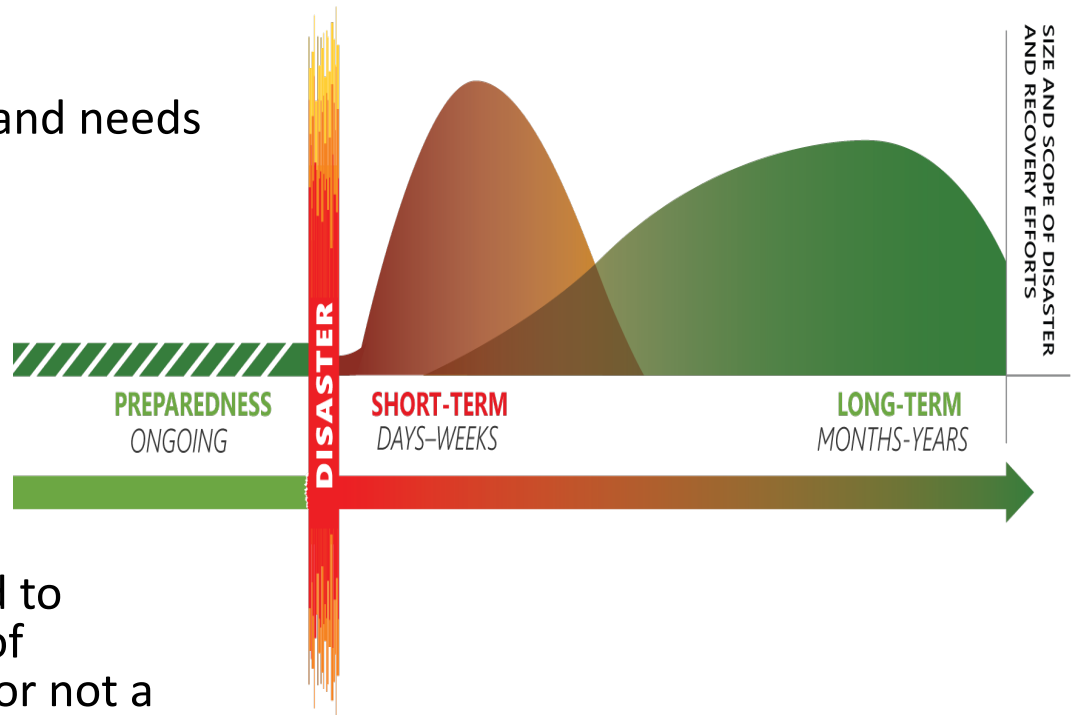
DBH Community Recovery Needs Assessment Checklist

Community Behavioral Health Disaster Recovery Needs Assessment Checklist				
Pre-existing health (physical & behavior) issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Disaster related Access & Functional Needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Rural Community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hospital/Healthcare facility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Farmers (or other specific industry)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Daycare/educational facility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Place of Worship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jurisdiction with Previous Disaster Exposure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Responders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Public Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Human Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Survivors of Domestic Violence, Interpersonal Violence, Sexual Assault, or Human Trafficking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Public Health, Behavioral Health, and Human Service Recovery Needs				
Community Recovery Service Needs	Yes	No	Not Required	Comments
Children services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Teen services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Older Adult services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tribal services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Community Behavioral Health Disaster Recovery Needs Assessment Checklist				
Racial & Ethnic Minorities services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Disabilities services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
LGBTQIA services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Access to health care (physical & behavioral)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Community Resilience Building Activities- Community Forums/Fairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Community education & training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Outreach services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Assistance Centers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
In-home support services/Disaster Case Management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Support services for disaster & community responders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Responder Support Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Camp Noah for children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Human Services Emergency Assistance – Medical Assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Human Services Emergency Assistance- Financial Assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Human Services -Emergency Housing/rental assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Energy Assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
MN Prescription Drug Assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Regional Disaster Recovery Tabletop Exercises

- Gather Regional input on the Community Behavioral Health Recovery Needs Assessment (CBHRNA) Checklist to ensure that it meets recovery assessment needs.
- TTX discussions focused on recovery issues, gaps and needs during:
 - Response to Recovery Transition & Immediate Recovery – 1st few days
 - Short –Term Recovery – first month
 - Long-Term Recovery – 6 months +
- Data collected from the regional TTXs will be used to develop a resource to define public health areas of responsibility in disaster recovery (lead, support, or not a public health responsibility).



Minnesota Trauma Informed Response & Recovery (MnTIER)



- MnTIER provides an overarching framework for post-disaster planning that recognizes the impact of trauma on the disaster responders and the communities they serve by providing actionable strategies to mitigate harm and build resilience at both the responder and organizational level.
- Working with the UMN to develop an online *Introduction to Trauma Informed Care in Disaster Response & Recovery Module*
 - Estimated availability on MNTRAIN in July 2024

BH MRC volunteers are working the conference – ask them for help, if needed

- **ASPR MRC-STTRONG Award-** MN received \$2.440,694.00 for MN Responds system updates, development of MN Standardized MRC training requirements (UMN), and MRC unit subawards
- **BH MRC**
 - Contract with Janet Yeats, MA LMFT, as BH MRC Unit Coordinator
 - BH MRC Orientation/Skills Trainings/ EMAC Mental Health Level 1 Team training
 - BH MRC required and recommended trainings will be recorded and available in MNTRAIN/MRCTRAIN
 - PFA cards (adult & Youth) Translated for Spanish, Hmong, and Somali



Psychological First Aid (PFA)

- **Virtual PFA** – June 10th 3-4:30 Register at <https://www.train.org/mn/> with course id 11-1620
- **Online PFA** [Psychological First Aid: A Minnesota Community Supported Model - MN.TRAIN - an affiliate of the TRAIN Learning Network powered by the Public Health Foundation](#). 75 CEUs are offered from the UMN for this course. Developed by UMN & MDH
- **In- Person PFA T-t-T-** April 19th 9:00am-5:00pm – to register contact janet.r.yeats.contractor@state.mn.us
- **PFA App** - [Psychological First Aid \(PFA\) Tutorial](#) Developed by UMN & MDH
- **PFA Just-in-Time video** [Minnesota Psychological First Aid Just-In-Time \(Video: 11 minutes\)](#) Collaboration between MDH and the City of Minneapolis media department

GOAL: Provide support & limit distress

SEEK OUT & ENGAGE
Introduce yourself
Compassionate presence
Simple questions to clarify
Listen, listen, listen

PROMOTE SAFETY
Meet basic needs
Accurate information
Repeat information if needed
Identify immediate resources

CALM & COMFORT
Meet them where they are at
Don't push for information
Stress management techniques
Be flexible and supportive

CONNECTEDNESS
Connect people with help
Help families connect
Ask questions
Refer as needed

Psychological First Aid

SELF-EMPOWERMENT
Promote action and education
Encourage self-efficacy
Manage expectations
Endorse routine

PREVENTION STRATEGIES
Share thoughts with people you trust
Eat a healthy diet—avoid sugar
Avoid coping with substances
Look for gratitude
Maintain regular routines and sleep
Exercise and use meditative practices

PFA SELF CARE
Check your readiness daily
Understand nature of your mission
Use support resources
Engage your resiliency
Expect recovery period after incident

When in doubt, CONSULT!

Psychological First Aid

Skills for Psychological Recovery (SPR)

- SPR has been described as 'facilitated self-help' because you are teaching people skills to manage their own challenges.
- May 3, 2024- 9:00am- 5:00pm virtual SPR training
 - Register at <https://www.train.org> with Course ID 1119393 o

Skills for Psychological Recovery One Day Training Opportunity 2024

Skills for Psychological Recovery (SPR) is an evidence-informed intervention designed to help individuals gain skills to reduce ongoing distress, promote resilience, and effectively cope in the weeks and months following a disaster or crisis. The SPR intervention is intended for individuals needing more than a single, brief intervention by a non-specialist but not necessarily needing full treatment for depression, anxiety, or PTSD. SPR skills focus on improving social support, helpful thinking, problem-solving, managing distressing responses to disaster reminders, and increasing positive activities.

Audience:
This training is open to disaster behavioral health response and recovery stakeholders such as, but not limited to mental health, public health, healthcare, human services, first responders, clergy/chaplains, school crisis teams, CISM teams, MRC volunteers, and community support service organizations in Minnesota and who are interested in providing Skills for Psychological Recovery services in their organization and/or community.

Training Date / Location:
This is a one full day virtual training opportunity in which we will learn all 6 skills on Friday May 3rd, 2024, from 9 AM - 5 PM CST. Must attend the entire day for CEUs and Certificate of Attendance.

**Introduction to SPR, Information Gathering and Assistance Prioritization
Problem Solving Skills
Promoting Positive Activities
Managing Reactions
Promoting Helpful Thinking
Rebuilding Healthy Connections, Setbacks, and Self-Care**

Training Registration:
Register at <https://www.train.org> with Course ID 1119393 or
Please email Janet Yeats at janet.yeats.contractor@state.mn.us, to RSVP and registration. Please RSVP by April 26th.

Training Pre-requisites:
Psychological First Aid Training – online option available at: <https://www.health.state.mn.us/communities/ep/behavioral/index.html>

Resources needed to take part in this training series:
-Internet access by phone or computer
-Ability to open a PDF worksheet and print (if desired)
-Pen and paper to keep notes if unable to print the worksheet.

DEPARTMENT OF HEALTH

Welcome
Skills for Psychological Recovery

Skills For Psychological Recovery

Hosted by Minnesota Department of Health

DEPARTMENT OF HEALTH

Welcome!

Skills for Psychological Recovery Training: MDH is offering an evidence-based training opportunity to bring practical tools and skills back to your community. You will learn and apply the skills and then share them with others if you like. All are welcome!

- SPR online training coming soon to MNTRAIN
- SPR article under final review with the Journal of Emergency Management (JEM)

Skills for Psychological Recovery: An Approach to Providing Behavioral Health Assistance in Disaster Response and Recovery

Disasters happen at inopportune times, in the midst of life that may already have ongoing challenges and traumatic events. How do disaster responders help survivors address their mental health and well-being while in the midst of challenges that come with recovery and steps to resilience?

Why SPR is needed:

- It is critical to address the needs of those all along the support continuum, from health care providers to unpaid caregivers
- There is a growing mental health crisis for those with apparent and non-apparent disabilities
- Currently, there is a lack of behavioral health services, when there is an increased need

The goals of SPR:

- Protect the mental health of disaster survivors
- Enhance survivors' ability to address their needs and concerns
- Teach skills to promote the recovery of children, adolescents, adults, and families
- Prevent maladaptive behaviors while identifying and supporting adaptive behaviors

Standards of SPR Principles:

- Consistent with research evidence on risk and resilience following trauma
- Applicable and practical in field settings
- Appropriate for developmental levels across the lifespan
- Culturally informed

In collaboration with the MDH Children & Youth with Special Healthcare Needs expertise, trainers within the MDH Disaster Behavioral Health collaborated to develop a SPR train-the-trainer program. This course was held in 2022 from May-June. Data was collected from the recruitment phase to post-course.

ALL PARTICIPANTS REGISTERED USING AN ONLINE FORM: 141/141

Figure 1: Number of attendees per reported profession

Profession	Attendees
Other	18
Nurses	23
Parents	20
Local public health	13
Administration/leadership	16

Figure 2: Breakdown of attendees by session

Session	Attendees
Session 1	~100
Session 2	~100
Session 3	~100
Session 4	~100
Session 5	~100
Session 6	~100

Figure 3: People the attendees intended to share the training information with

Category	Attendees
Adults	~100
Teens	~50
Children	~20
Young adults	~20
Seniors	~10
University staff	~10

Figure 4: Occupation of attendees

Occupation	Attendees
Subvolunteer	38
Community-based provider	47
County or other governmental entity	47
Advocate	11
Hospital/clinic	11
Fundraiser	20

Figure 5: Skills most helpful to participants from feedback forms

Skill	Attendees
Managing reactions	~100
Problem solving	~80
Rebuilding healthy connections	~60
Promoting positive activities	~40
Information gathering	~20

The 6 Skills Taught in SPR

- Gathering Information and Prioritizing Assistance
- Building Problem-Solving Skills
- Promoting Positive Activities
- Managing Reactions
- Promoting Helpful Thinking
- Rebuilding Healthy Social Connections

Methods of Teaching:

- Powerpoint slides
- Videos
- Handouts
- Weekly quizzes

MDH BH MRC team: Nancy Carlson, Janet Yeats, Hanna Marzinske, Keyvyn Schumacher, Luke Campbell, Madeline Shearer, Tess Jester

Upcoming Earth Day Webinar

REGIONAL BEHAVIORAL HEALTH COORDINATORS

CLIMATE CHANGE AND ITS BEHAVIORAL HEALTH IMPACTS IN MINNESOTA

April 22nd, 3-4:30pm

This is an Earth Day 2024 panel presentation. Kenneth Blumenfeld, Ph.D., MN Department of Natural Resources, will discuss how climate change is impacting our current atypical weather in Minnesota. The MN Department of Health (MDH) will provide an overview of the MN Climate & Health Program and the MN Climate Action Framework, and the MDH Disaster Behavioral Health Team will discuss the behavioral health impacts of severe weather and climate change. Together, the presenters will offer ways to respond to what we know and what we may still be uncertain about, and how to develop healthy responses to both. There will be time for questions. 1.5 CE credits will be available for interested attendees.

Register at
<https://www.train.org> with Course ID:
1109092



Thank You!

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