

## Center for Disaster Mental Health



**Mission: The Center for Disaster Mental Health will develop, promote and apply mental health instruction, training and services in disasters.**

1. Minutes: 9 September 2015
2. Attendees : M Curtis, S Wetterhan, J Neitzel, F Maher, K Phegley, J Good, S Miller, S Jez
3. Welcome : Introductions were completed.
4. Review of Minutes: The meeting notes from 11 August 2015 were reviewed and approved with minor corrections. In Section 8, Col Hubner will do speaker introductions during the conference in the main auditorium.
5. Review of Organizations:
  - The American Red Cross continues to be busy with local emergency events and training of lay personnel on first aid. A Psychological First Aid Class will be held this Saturday at 0900 at the Dayton Red Cross.
  - Boonshoft School of Medicine Department of Psychiatry has been promoting the CDMH conference during meetings.
  - The National Center for Medical Readiness (NCMR) and Wright State School of Nursing has been holding National Disaster Health Consortium trainings. The next course will be 12-16 October, 2015.
  - Hospice of Dayton is reaching out to healthcare organizations concerning palliative care issues.
  - The Greater Dayton Area Hospital Association (GDAHA) is busy with several projects such as Ebola planning and dialysis meetings. A Hospital Incident Command System (HICS) course will be held 16 October 2015 for no charge sponsored by GDAHA. Contact Jill to sign up.
  - Montgomery County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board held a Marijuana Summit to discuss the upcoming issues if marijuana is legalized. They are busy planning conferences on trauma and opiate dependency. GDAHA, American Red Cross and Medical Reserve Corps (MRC) personnel recently attended the Montgomery County Mental Health Coalition meeting to discuss emergency preparedness issues.
  - Wright Patterson Mental Health has a new Director, Dr Igor Ellman.

- Clark County MRC/ Mental Health team has assisted 15 of the 17 apparent suicides in Clark County this year. The MRC will be holding a Pandemic Influenza exercise at NCMR on 7 November 2015.

6. Standing Business:

a. Symposium Planning:

1) Date: 30 October, 2015

2) Location: Miami Valley Hospital, Berry Center.

3) Marketing: As contact hours are approved, redistribution of brochures is underway.

The CDMH website is also promoting the conference at [www.DisasterMentalHealth.org](http://www.DisasterMentalHealth.org) . The latest flyer and brochures will be emailed to CDMH members, but they do not have all the contact hour information available yet.

4) Registration Process: Twelve paid registrations have been received this early in the process. Many have expressed that they will sign up. Breakout room designations will not be accomplished until a week before the conference and will depend on the number of attendees who sign up for each session. As registration and payment are confirmed, Jill is sending a confirmation email with instructions for the conference and a map to show how to get from the two parking areas (attached). This includes a note that anyone who has trouble walking steps should let us know so we can reserve first row seats for them.

5) Continuing Education

(a) We still need draft presentations and objectives from a few speakers to complete the contact hours for counselors and social workers. Steve emailed the speakers and their contacts will remind them of this requirement.

(1) Physicians/Nurses: Approved for 6 hours

(2) Psychologists: Frank Maher - coordinating with State Board

(3) Social Workers: Carrie Rogge - In process

(4) Counselors: Carrie Rogge - In process

(5) Nursing Home/Hospital Administrators: Approved for 5.75 hours.

6) Finances: With some funds remaining from last years registration fees, partial GDAHA funding this year, and participant registration fees, adequate funds are available for this years conference.

7) Speakers

(a) Steve will contact speakers to pre-load laptops, and develop a website presentation to have in place prior to the conference.

(b) Escorts/Liaisons for each guest speakers that are not members of the CDMH Conference Planning Team need to be identified.

(1) Randy for Dr DeRhodes

(2) SteveW for Dr Taylor,

(3) SteveJ or KarenP for Dr Cowan,

(4) Pat for Kriss Haren

(5) Terry and/or MarkH for Dr Peirson.

(c) Agenda: There have been no changes made.

8) Berry Center Setup

(a) Signs (tri-pods): GDAHA has 2 tri-pod/signs to use for the lobby of the Berry Center.

(b) Staff:

(1) Registration: Jill, Carrie and Frank

(2) Roaming “Ask Me” info guides: SteveJ, Terry, Karen, Jewell

(3) AV/Attendant/Timer: Will introduce breakout room speaker.

- SteveW for Dr Taylor’s room

- Beiser Auditorium: TBD (DeRhodes, Correll, Haren)

- Jewell for Sandy/Jewell room

- TBD: Pierson, Cowan, Welton rooms.

(c) Name tags and color ribbons will identify

(1) Blue: “Ask Me” information guides

(2) Red: CDMH committee members

(3) White: Guest Speakers.

(4) Each attendee will be given a name tag with their breakout rooms identified.

(d) Registration: Participants will have to sign in at the Registration Desk to confirm they are signed up, and then, depending on their discipline, will need to be directed to another specific sign in area. Each participant will receive a name tag which will also indicate the breakout session they selected, and the session’s room and time. We have some “Crisis Intervention” Booklets remaining from last year. These will be available to new participants. Each participant will also be given a CDMH notebook to take notes. They will be notified before the conference on the location of the briefings on the internet.

(d) Coins: CDMH coins will be provided to Speakers by Col Hubner.

(e) Speaker Introductions: Col Hubner in Beiser. Room attendees in breakout rooms.

(f) Food: Steve is coordinating with Andrea and Jo Ann at Miami Valley Hospital (MVH) on a light breakfast and buffet lunch.

(g) “Get Connected” tables. Requested are sites for the Medical Reserve Corps (Sandy), American Red Cross (Frank), ADAMHS (Jewell, Carrie), Hospice and Miami Valley Pet Therapy Association (Regina). The tables will be set up in the breakout rooms with breakfast. We have to determine how these will be maintained depending on the number that sign up for each breakout group, i.e. how much space is needed.

(h) Certificates: Besides contact hour certificates, “Certificates of Completion” will be available for those who need them. If contact hour certificates need to be printed with participant names, GDAHA can print those the week before the conference. Certificate formats and individual names need to be provided by those processing contact hours.

(i) Parking Tokens will be made available at the end of the conference. Steve will investigate the lower group rate at MVH.

(j) Steve will coordinate laptops and projectors for the conference. Test runs will be conducted at the Berry Center a few weeks prior to the conference. Jewell is bringing her laptop and projector for her breakout room.

(k) Free WiFi is available throughout the Berry Center if needed.

b. Website Development: The new CDMH website is available at [www.DisasterMentalHealth.org](http://www.DisasterMentalHealth.org). Steve can add and/or change any items relatively quickly. Some enhancements are still being planned. Suggestions and comments are welcome.

c. The email address, [CDMH@gdaha.org](mailto:CDMH@gdaha.org) is now active and goes directly to Steve's email. He will forward incoming email to the appropriate CDMH member. The new website also has a "contact CDMH" page which will send to Steve's email.

d. Mental Health Regional Rubric: Karen is in the initial stages of her research and will provide notes next month.

e. Regional Plans Sub-Committees: Jewell, Frank and Steve met with Dave Gerstner, Larry Cleek and Tracy Clare to discuss regional plans.

1) A generic regional message was agreed upon to recommend for each regional plan: *"It is crucial that responders be aware of the psychological and emotional issues surrounding many incidents, as well as the physical issues. For Mental Health issues during large scale incidents affecting multiple organizations or jurisdictions (e.g., natural disasters, terrorism, or epidemics) or emotionally significant events (e.g., suicide at a school or business, accidents or the death of a child that impacts a community), or at the discretion of an on scene Incident Commander, contact your county Emergency Management Agency to request Mental Health Services."*

2) ADAMHS resources are limited to within each county, Jewell is surveying each county to identify local community mental health resources. Steve has requested that Mental Health Emergency Response be discussed at the next Public Health Emergency Preparedness Coordinators meeting.

3) The Montgomery Mass Fatality Plan is being updated by the coroners office. A review shows that a Family Assistance Center is planned, with assistance requested from the Red Cross. There is no mental health component noted. Steve will consult with Bob Hunkeler who is updating the plan.

f. Business cards can be made for those who wish CDMH specific cards. This would be helpful as all CDMH members are volunteers, and it may not be appropriate to use their "normal" business card when discussing CDMH issues. Funds are available in the CDMH

budget to purchase business cards. Steve will coordinate via email with anyone desiring business cards.

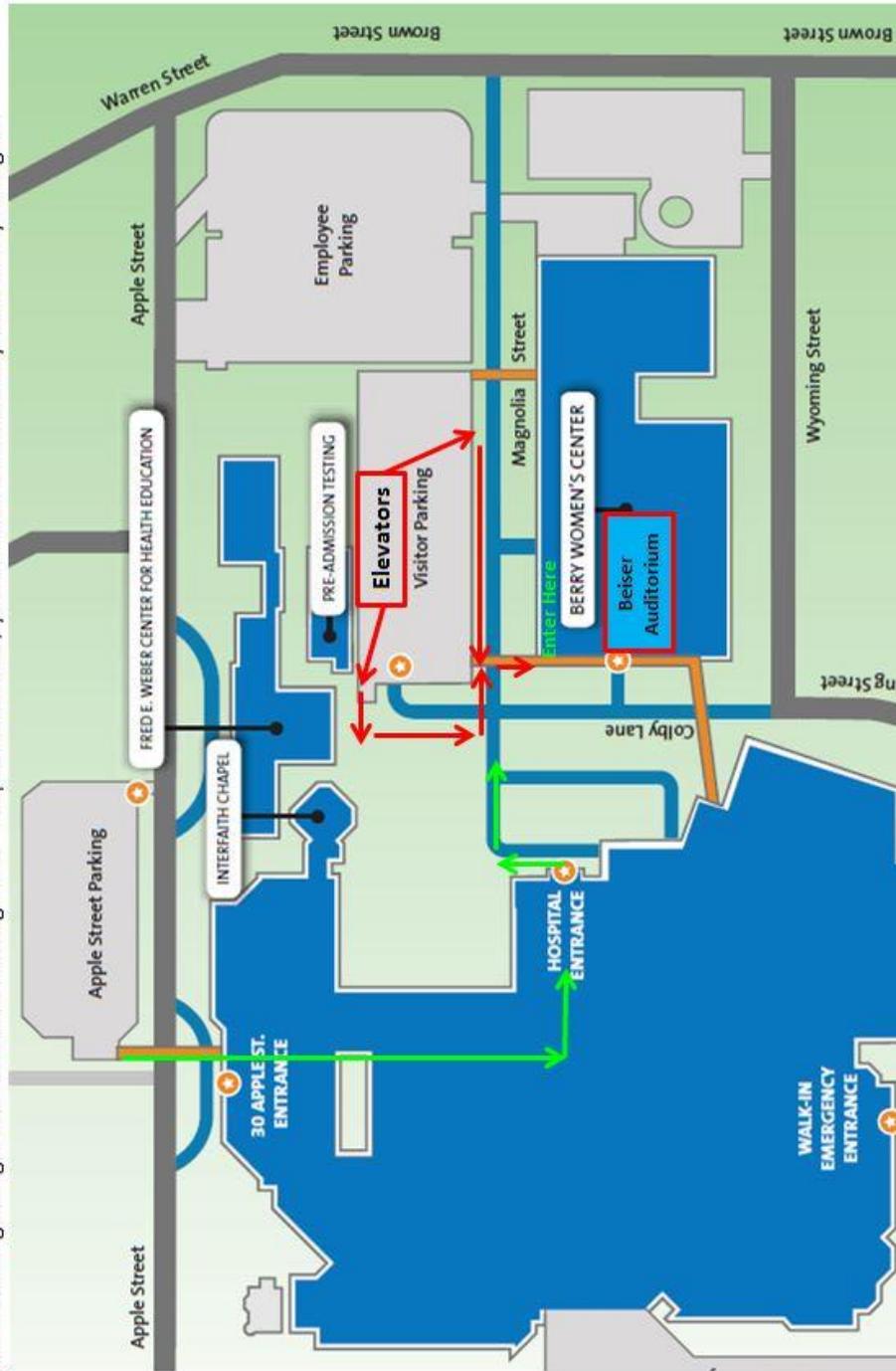
7. **New Business:** Steve made a CDMH brochure that would be appropriate for briefing at small meetings. Jill can print out any that you need.

8. **Next Meeting:** Monday, October 5, 2015 at 8:30 AM at GDAHA

# Atch 1: Conference Parking Map

From Brown Street, turn west onto Magnolia heading uphill toward "Hospital Entrance". Turn right into Visitor Parking. You will receive a token at the conference to pay for parking. Take an Elevator to the Ground Floor/Street Level and follow the Pedestrian Walkways (RED Arrows) to the Berry Center Entrance. Enter the lobby and take the elevator to the Lower Level for Registration. CDMH Staff will be available and wearing name tags to assist you if needed.

In the unlikely event that Visitor Parking is full, you may park in Apple Street Parking. MVH is built on a hill, so Apple Street Parking is lower than the "Hospital Entrance". From Apple Street Parking, (Green Arrows) take the 4<sup>th</sup> floor walkway into the hospital. Walking straight and left to exit through the "Hospital Entrance", you will then see the Berry Center to your right.





You may know CPR and the Heimlich maneuver. You can call 911. But can you administer first aid in a mental health crisis?

It's easy to tell when someone is having a heart attack, is choking, or can't breathe. But what does depression look like? Or anxiety? What would you say to a person you know who says they are thinking about suicide? How can you help in a panic attack?

**Mental Health First Aid** is an 8-hour training course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. People across the country - in all 50 states and the District of Columbia - are trained in Mental Health First Aid. They know how to identify, understand, and respond to signs of mental illnesses and addictions.

This course is delivered by certified Mental Health First Aid USA instructors who complete a 5-day training and meet certification requirements.



[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

# YOU COULD BE THE HELP SOMEONE NEEDS. GET TRAINED.

MENTAL HEALTH FIRST AID

IN

Montgomery County, Ohio

LEARN MORE, CONTACT US:



Carrie Rogge  
[crogge@mcadamhs.org](mailto:crogge@mcadamhs.org)  
(937) 443-0416 x127

Mental Health First Aid USA is recognized by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH  
MENTAL HEALTH FIRST AID



[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)



# MENTAL HEALTH FIRST AID™



[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)



## 4 REASONS TO BECOME A MENTAL HEALTH FIRST AIDER

- To be prepared:** Just as you learn CPR, learn how to help in a mental health crisis
- Mental illnesses are common:** 1 in 5 adults in any given year
- You care:** be there for a friend, family member, or colleague
- You can help:** people with mental illnesses often suffer alone



ALGEE the koala is the Mental Health First Aid mascot

### COURSE TYPES



**ADULT:** The adult Mental Health First Aid course is appropriate for anyone who wants to learn how to help an individual who may be experiencing a mental health crisis or concern. The course is available in English and Spanish.



**YOUTH:** Youth Mental Health First Aid reviews the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. It emphasizes the importance of early intervention and covers how to help an adolescent in crisis or experiencing a mental health challenge. The youth course is intended for anyone 16 years or older to learn how to help young people.

### MENTAL HEALTH FIRST AID TEACHES

- Risk factors and warning signs of mental health concerns.
- Information on depression, anxiety, trauma, psychosis, and substance use.
- A 5-step action plan to help someone developing a mental health concern or in crisis.
- Available evidence-based professional, peer, and self-help resources.

Mental Health First Aid is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices. Studies show that individuals trained in the program increase their knowledge of signs, symptoms, and risk factors of mental illnesses and addictions; can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction; increase their confidence in and likelihood to help an individual in distress; and show reduced social distance to individuals with mental illnesses.



### WHO TAKES THE COURSE?

The course helps anyone who wants to learn how to provide initial help to someone who may be experiencing symptoms of a mental illness or in crisis. The course gives people tools to help friends, family members, colleagues, or others in their community.

- College/university leaders
- Educators/school administrators
- Human resources professionals
- Nurses/physician assistants/primary care workers
- Public safety personnel
- Members of faith communities
- Social services staff and volunteers
- Policymakers
- Substance abuse professionals
- Social workers