

# 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: 11 August 2015
2. Attendees : M Curtis, T Correll, S Wetterhan, F Maher, J Good, C Rogge, S Jez
3. Welcome : Introductions were completed.
4. Review of Minutes: The meeting notes from 15 July 2015 were reviewed and approved with minor corrections.
5. Review of Organizations:
  - The American Red Cross continues to be busy with local emergency events and training of lay personnel on first aid.
  - Hospice of Dayton is researching the Advance Directives for Ohio, the application of which may vary per facility. After surveying, evaluating and interpreting implementation practices, they will be making recommendations to the Ohio Hospital Association.
  - Montgomery County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board continues training courses in Mental Health First Aid. Over 400 people in 20+ classes have been trained in Montgomery County. ADAMHS continues to promote this in the community. Flyers for the Youth and Adult classes can be found at <http://www.adamhs.co.montgomery.oh.us/upcomingevents.php> and are attached.
  - Ryan P. Peirson, MD, will be moving from ADAMHS to Wright State University. Dr Peirson will still be able to give his presentation at the CDMH conference.
6. Standing Business:
  - a. Symposium Planning:
    - 1) Date: 30 October, 2015
    - 2) Location: Miami Valley Hospital, Berry Center.
    - 3) Marketing: Over 800 brochures have been distributed, and emails to numerous distribution groups continue. When continuing education contact hours are approved, this information will be added to the brochures and they will be re-distributed again.
    - 4) Registration Process: Four paid registrations have been received this early in the process. Many have expressed that they will sign up, but have not done so yet with the

conference still being 10 weeks away. 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).

#### 5) Continuing Education

(a) All CVs are available. Carrie also would like to see draft presentations and/or objectives from the speakers. Steve will contact each speaker to request draft information.

(1) Physicians/Nurses: Randy Welton - Processing through WSU.

(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: Steve Jez - submitted for approval.

(b) Carrie suggested a plan for next year to use a new state process which would approve several organizations for contact hours with one application.

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 speaker to obtain their presentations (or at least drafts for now) to help the continuing education approval process, 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. We should have Escorts for Dr DeRhodes, Dr Taylor, Dr Cowan, Kriss Haren and 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: 2 are needed for registration, 2 roaming guides for each floor, 1 Audio-Visual/Attendant/Timer for each breakout room, and the Beiser Auditorium, and escorts as mentioned above. Steve will coordinate these assignments. Name tags and color ribbons will identify 1) conference staff / information guides, 2) CDMH committee members, 3) Guest Speakers.

(c) 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:

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

(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). Steve is visiting MVH on Wednesday to determine the best areas to set up.

(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.

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

b. Website Development: The new CDMH website is being put on the internet this month. Steve will coordinate implementation and routine updates.

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.

d. Mental Health Regional Rubric: Neither Karen nor Manna could make today's meeting. The topic will be tabled until next month.

e. Regional Plans Sub-Committee: Jewell, Frank and Steve remained after the regular CDMH meeting to discuss region plans and how they incorporate Mental Health Services.

1) Present plans only point to Montgomery County ADAMHS business hour number

(a) Jewell will look into a 24/7 contact number for ADAMHS.

(b) Emergency Agencies have the Dayton American Red Cross number. After hours, this goes to a regional call center. Frank will look into a 24/7 Montgomery County Number.

2) Jewell noted that the Montgomery ESF#6 plan is adequate. We do not know how this applies to all counties in the region.

3) ADAMHS responses are limited to within each county. Montgomery County ADAMHS can refer requests during emergency events to other counties, but we are not aware of a direct 24/7 contact number for each county, nor if each county has plans/procedures in place to help during an emergency event. As no routine meeting takes place between ADAMHS organizations, Jewell will survey each county to address these issues.

4) Various mental health organizations are listed in our Regional Healthcare Emergency Response Plan, but these are Montgomery organizations. Jewell routinely meets with these organizations. Frank and Steve will attend their meeting next week and discuss emergency plans. In our regional plans, we have no information on mental health services available in other counties. Steve will check plans in other counties.

5) 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. Jewell and Steve will consult with Bob Hunkeler who is updating the plan.

#### 7. New Business:

a. Frank suggested developing a CDMH business card for committee members use. 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.

8. Next Meeting: Wednesday, September 9 at 8:30 AM at GDAHA.

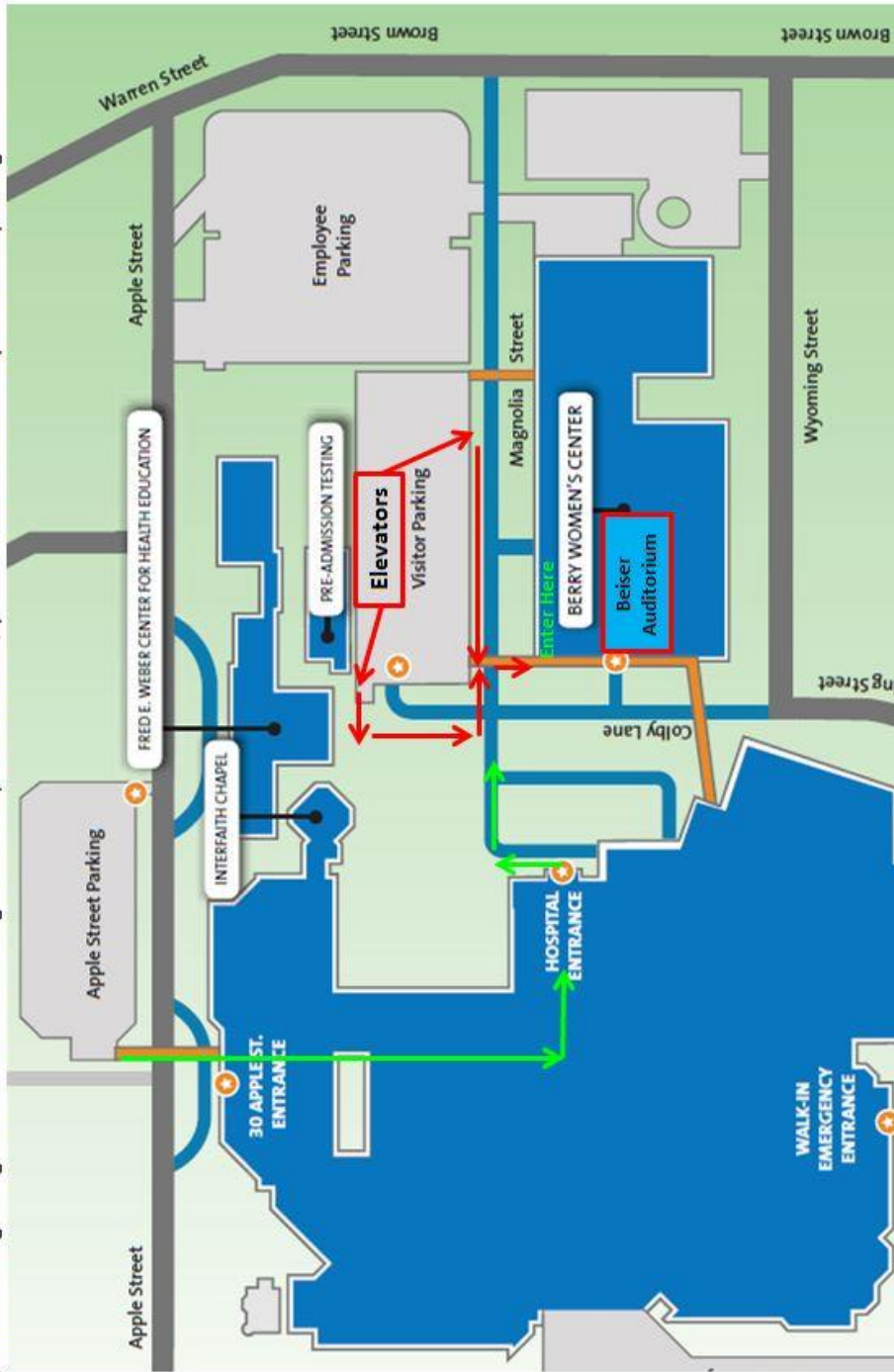
#### 2 Atch:

1. Conference Parking Map
2. ADAMHS Brochure

# 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.



# 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  
(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.



www.MentalHealthFirstAid.org



# MENTAL HEALTH FIRST AID™

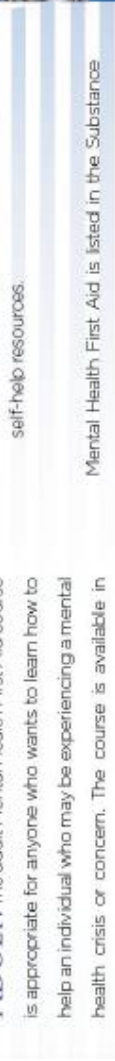


www.MentalHealthFirstAid.org



## 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

## 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

## 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.



## 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.

YOU COULD BE THE HELP SOMEONE NEEDS. TAKE A COURSE.

www.MentalHealthFirstAid.org