

# **Orientation to Disaster Mental Health Intervention**

## **Program Description**

When disaster strikes communities close to us, human service professionals often feel a familiar calling for a meaningful way to utilize their mental health skills in a challenging and rewarding manner that makes a real difference.

This training will prepare licensed mental health professionals for volunteer or paid roles in disaster response, contributing significantly to the psychological recovery of both disaster survivors and disaster workers. Having more mental health professionals trained and ready to respond in times of a disaster will be an invaluable asset to the people of our state, nation, and world.

Developed for licensed mental health professionals who are assumed to have a base of clinical knowledge, this training will give participants familiarity with characteristics, stages, and responses to disaster. Basic intervention strategies, including psychological first aid and empowerment of coping skills will be presented, along with the important topics of self-care and ethical issues in disaster response.

## **Learning Objectives**

Upon completion of this workshop, participants should be able to:

1. Explain the orientation for Disaster Mental Health (DMH) response.
2. Describe the Five Phases of Disaster Response for DMH.
3. Demonstrate proficiency in the basic level of DMH skills.
4. Implement basic skills required for deployment in a DMH role.
5. Distinguish variable disaster response in diverse communities.

## **Target Audience**

This program is intended for social workers, psychologists, counselors, allied human service professionals, and anyone else who could benefit from this program.

## **Contact Hours**

4.0 credit hours (2-6 hours)

## **Program**

9 AM to 10:30 AM	Disaster Characteristics
10:30 AM to 10:45 AM	Break
10:45 AM to 12:15 PM	Impacts on Families and Diverse Communities
12:15 PM to 12:30 PM	Break
12:30 PM to 1:30 PM	Disaster Mental Health Interventions
1:30 PM	Adjourn

## **Faculty**

**Tab Ballis, LCSW, LCAS, CCS**, is a Licensed Clinical Social Worker, Licensed Clinical Addictions Specialist, and Certified Clinical Supervisor at Insight Wellness

Services, in Wilmington, NC. Tab is a part-time faculty member of the University of North Carolina Wilmington School of Social Work, and he served as a board member for the Disaster Response Network of the North Carolina Psychological Association. Following the September 11, 2001, terrorist attacks, Tab was trained as a volunteer with the American Red Cross, and began his disaster mental health work with first responders at Ground Zero, in New York City. Subsequent national and local disaster deployments have included contract assignments with managed care entities and crisis response networks. Tab was involved, as a research associate, with HERMES, LLC, in the development of training modules for disaster responders working in minority communities.