

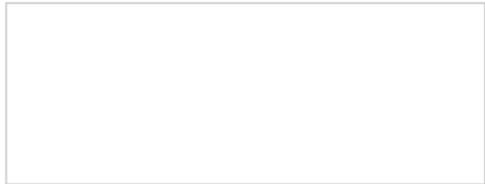


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"The framework represented by the Kansas All-Hazards Behavioral Health Response Manual is a critical component in the continuity of care necessary for a holistic approach to victims of disasters."

**-Sharon Powell Quincy, State Relations Disaster Liaison - Kansas, American Red Cross**

"This program highlights the critical role that mental health providers play in the event of a natural disaster. We were reminded about the importance of building relationships with our community partners and how this foundation is crucial when a community is called upon to respond to a disaster."

**-Matthew Schmidt, Director of Community Support Services, Prairie View, Inc.**

"Our ability to train people to work on a variety of levels with individuals and groups experiencing a disaster has been challenging and rewarding."

**-Pat Roach Smith, Bert Nash Community Mental Health Center**

Volume 3, Issue 3  
 August, 2006



SPECIAL KANSAS ALL-HAZARDS BEHAVIORAL HEALTH EDITION

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**The 2006 All-Hazards Behavioral Health Symposium: Preparedness, Response & Recovery in Kansas**



Adjutant Major General Tod Bunting; Kathy Harmon, formerly of SRS; Richard Morrissey, KDHE; and Mindee Reece, Center for Public Health Preparedness, KDHE speak at last year's symposium. - Becky Rinehart, SRS

By Dr. Briana Nelson Goff, KSU

The Second Annual All-Hazards Behavioral Health Symposium will be held October 17-18, 2006. The location again this year will be the Kansas Highway Patrol Training Academy in Salina.

The Kansas Department of Health and Environment (KDHE), Social and Rehabilitation Services (SRS), Kansas Highway Patrol (KHP), The Adjutant General's Department, Kansas Animal Health Department, Kansas State University – School of Family Studies and Human Services and the University of Kansas Medical Center - Area Health Education Centers will again co-sponsor this year's symposium.

The purpose of the All-Hazards Symposium is to address preparedness, response, and recovery activities as they pertain to the behavioral health aspects of various types of disasters. The conference is open to individuals from all disciplines and professions, for example, behav-

ioral/mental health, law enforcement, public health, and emergency management. In addition to the keynote speakers, there will be a number of breakout sessions available for participants to choose from.

These include the following:

- KAHBH Core Training
- KAHBH Coordinators Training
- Resiliency and Behavioral Health Recovery Following Disasters
- Treatment of PTSD in Disaster Survivors
- Risk Communications and the Media
- When Grief Happens: Coping with Death During Disasters
- Brain Development and Trauma
- Substance Abuse and Disasters
- Where is God During Disasters: Coping with Crisis of Faith
- Profile of Behavioral Health Crisis Response in a Rural Setting: Behavioral Health Effects of Foreign Animal Disease and Other Rural Issues
- Meeting the Behavioral

Health Needs of First Responders

- Issues for Families and Children in Disasters
- Managing Crisis Among the Spectrum of Language and Ethnic Diversity
- NIMS/ICS: An Introduction
- Principles of Emergency Management
- PHIX & KS TRAIN
- Critical Collaboration: The Multiple Roles of the American Red Cross

Registration will be only \$30 and there will be a limit of 300 participants. This year's keynote speakers will be Tonya Roberts, who will speak on the behavioral health of the evacuees and first responders who manned an evacuee facility at Fort Chaffee, Arkansas after Hurricane Katrina, and Capt. Joan Harding, Department of Homeland Security – National Disaster Medical System, who will speak on DMORT response to Hurricane Katrina.

Registration information can be found at: <http://www.ksu.edu/kahbh>.

# AN INTRODUCTION TO THE KANSAS ALL-HAZARDS BEHAVIORAL HEALTH PROGRAM

By Dr. Briana Nelson Goff, KSU

The KAHBH Program has been working since January 2005 to develop a comprehensive behavioral health plan for the State of Kansas. Our partnership is with KDHE and SRS Mental Health at the state level. A contract was developed in January 2005 to work with Kansas State University to develop the program.

The KAHBH team consists of approximately 10 staff members including: 1 Coordinator and 1 co-coordinator, 1-7 time Operations Manager, 1 Master's level student, a part time trainer, and 4 undergraduate students from Kansas State University. Also, the program manager at SRS, Becky Rinehart, serves as our point of contact at the state government. The KAHBH Team has been researching and developing the core and specialty trainings, preparing and translating disaster behavioral health outreach materials for CMHCs (community mental health centers), providing technical assistance and all-hazards behavioral health information to Kansans, developing the KAHBH Standard Operating Procedures and Training Manual, KAHBH Plan, and Kansas Emergency Operations Plan Annex, and developing the KAHBH website.

To aid in the preparation of our team members for disaster response, we have developed core and specialty trainings focusing on disasters and disaster response. The information in our trainings follows the FEMA/SAMHSA CMHS Crisis Counseling Program as the primary model. This model is based on "best practice" nationally recognized material. The trainings will be held state-wide and will involve each of the



An aid tent in Mississippi after Hurricane Katrina. KAHBH would help to organize resources like this in the event of a Kansas disaster. -photo by Vickie Hull, former KAHBH stakeholder

KAHBH network members and CMHC coordinators. The goal is to have individuals all across the state who are trained to respond to the behavioral health needs of individuals in disasters and are indigenous to the areas in which they will respond.

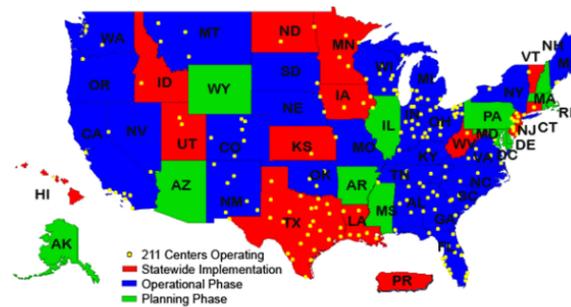
The trainings typically consist of 1-4 CMHC Coordinators and their network teams. To date, we have conducted 10 trainings around Kansas with approximately 245 people completing the KAHBH Core Training. We have additional trainings planned in the fall for the Association conference and the Kansas All-Hazards Behavioral Health Symposium, October 17-18 in Salina. Later in the fall, the KAHBH Core Training will be available as an on-line training through KS-Train.

We have also developed multiple trainings on special populations (elderly, emergency re-

sponders, children, developmentally and physically disabled, severe mental illness, people in correctional facilities, college students in dorms/away from home, people with high traumatic exposure, people in poverty and homeless, roles of women in community, men and women, multicultural issues, farmers/ranchers/agricultural workers/rural populations). These additional trainings will eventually be available to our network members through the web-based training.

The KAHBH team has also developed a comprehensive Standard Operating Procedures and Training Manual to accompany our trainings. In addition, we have developed behavioral health services excerpts to the Kansas Emergency Operations Plan which has been submitted to KDEM for approval, and a KAHBH Plan, which is currently being reviewed by SRS Mental Health Administrators in Topeka.

Materials and information can be found at the KAHBH website:  
<http://www.ksu.edu/kahbh/>



The 2-1-1 Directory is composed of 190 active systems in 38 states, Washington DC, and Puerto Rico.

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This directory serves approximately 165 million Americans, which accounts for over 55% of the US population. There are 190 active 2-1-1 systems covering all or part of 38 states (including 13 states with 100% coverage) plus Washington DC and Puerto Rico

### 3. American Red Cross (ARC)

Providing disaster relief since 1881, the ARC provides comfort, shelter, food, and emergency items during times of disaster. The purpose of ARC Disaster Mental Health is to provide crisis mental health services to victims of disasters and also to Red Cross volunteers and paid staff working the disasters.

Those responding must: be clinically licensed in the state of Kansas; participate in 9 hours of training (3 are web-based, self-study); be available to travel for a 2-week assignment or serve on a local basis as available; when serving, provide crisis counseling only, offer information, and help educate people on the emotional impacts of disasters and how to cope with them; provide referrals to the communities' existing mental health providers.

### 4. Critical Incident Stress Management (CISM)

CISM interventions range from

pre-crisis phase through acute crisis phase and into post-crisis phase. CISM was originally formulated to assist first responders to cope with the psychological effects of disaster response.

CISM has been broadened in scope and has been applied to individuals, small functional groups, large groups, families, organizations, and even communities. Responders are specifically trained in the CISM Model.

There are 23 regional organizations represented in this group, including but not limited to: CMHCs, Interfaith Ministries, the Salvation Army, the KS Highway Patrol, the Topeka Fire Department, and the University of Kansas Medical Center (KUMC).

### 5. Emergency System for Advance Registration of Volunteer Health Professionals (ESAR-VHP)

ESAR-VHP is a standardized, volunteer registration system to facilitate both in-state and interstate movement of volunteer health professionals to assist with emergencies and disasters.

All licensed mental health pro-

professionals in Kansas who are eligible can be included in a volunteer directory through the Behavioral Sciences Regulatory Board (BSRB).

This initiative is currently in the planning and initial implementation stage. It is under the direction of the Kansas Department of Health and Environment.

### Future Directions

If qualified, individuals can potentially become emergency mental health responders for all of these groups. Then, when a particular emergency occurred, they could decide which group they wanted to represent (e.g. KAHBH vs. ARC).

Each of these groups may require different training and credentials. Currently, there is no designated person or agency to direct the independent functioning of these groups. However, KAHBH has begun the process of developing relationships and becoming more familiar with these related entities to support progress with this need. Much work is needed to coordinate these groups during an all-hazards event. Behavioral Health entities must develop a clear role, within a chain of command, that is supported by state and county preparedness plans led by key partners (e.g. emergency management and public health agencies).

### For more information:

**Kansas Division of Emergency Management:**

<http://www.accesskansas.org/kdem/>

**Kansas Department of Health and Environment:**

<http://www.kdheks.gov/>

**Kansas Department of Social and Rehabilitation Services:**

<http://www.srskansas.org>

**American Red Cross:**

<http://www.redcross.org/>

**The National 2-1-1 Directory:**

<http://www.211.org/>

## STATEWIDE STAKEHOLDERS: PROVIDING THE PIECES TO THE KAHBH PUZZLE

### COMMUNITY MENTAL HEALTH CENTER COORDINATORS

By Dr. Briana Nelson Goff, KSU

The goal of KAHBH is to provide state-wide organization and coordination for behavioral health response to disasters and other all-hazards events. An integral part of this involves the recruitment of a state-wide network of KAHBH team members. To do this, we identified a KAHBH coordinator at each of the 29 Community Mental Health Centers in Kansas.

This contact person was responsible for identifying and collecting the names of at least 10 behavioral health professionals and other local community members to be included in the KAHBH network. Our goal is to have a network of 200+ individuals from across Kansas.

The 29 KAHBH CMHC Coordinators have been actively involved with recruiting network

members from their local area, helping to coordinate members attending the KAHBH Core Training, networking with local emergency managers and other all-hazards/disaster response personnel to develop working relationships at the local level, and of course, many have been responding to local disaster events. Our KAHBH CMHC Coordinators are critical to the success of the KAHBH Program.

### KAHBH STAKEHOLDERS

The KAHBH Program includes a group of individuals from around Kansas who serve as the "board of directors" for the KAHBH Program. When the program began in January 2005, 16 individuals comprised the original Stakeholders Group. These individuals consisted of people who had been involved in all-hazards response in their local areas, in Kansas, and at the national level for several years, many who were instrumental in initiating the KAHBH Program.

This summer, the stakeholders group was expanded to 24

members to increase the diversity and representation of other professional groups invested in all-hazards behavioral health in Kansas.

The stakeholders group consists of professionals from various agencies from across the state. Members include individuals from American Red Cross, Kansas Department of Health and Environment (where the primary funding for the program comes), Kansas Department of Emergency Management, Kansas Department of Social and Rehabilitation Services/Mental Health

(who is the Mental Health Authority in Kansas and is the agency that works with SAMHSA and FEMA in a Presidentially declared disaster), University of Kansas Dept. of Preventative Medicine and Public Health, and various Community Mental Health Centers.

The KAHBH Stakeholders meet quarterly throughout the year at various locations in Kansas. The KAHBH Stakeholders are a working group who oversee the progress of the program and provide direction for the future of the KAHBH program.

### BEHAVIORAL HEALTH PREPAREDNESS ENTITIES IN KANSAS

By Dr. Suzanne Hawley, KUSM-W and Sharon Powell Quincy, ARC

There are five primary groups in Kansas that organize volunteers for mental health disaster response.

#### 1. Kansas All Hazards Behavioral Health (KAHBH)

KAHBH provides state-wide organization and coordination for behavioral health response to disasters and other all-hazards events.

The primary focus of KAHBH is to prepare and organize behavioral health responders in a Presidentially-declared disaster. Responders in such an event do not need to be licensed mental health professionals, just to have completed KAHBH training.

#### 2. National 2-1-1 Collaborative

This program is led by the United Way and the Alliance of

Information and Referral Systems (AIRS). This telephone directory number allows callers to obtain information about volunteer opportunities for disaster relief.

The 2-1-1 number became active in Kansas in early 2006 in limited areas and is expected to expand access across the state over the next year or two.

(Continued on next page)

## KAHBH CORE TRAINING

By Dr. Briana Nelson Goff, KSU

The Kansas All-Hazards Behavioral Health (KAHBH) Program developed its Core Training based upon material developed by the FEMA/SAMHSA CMHS Crisis Counseling Program. This program has an over 30-year history and is considered 'best practice,' nationally recognized material. One of the primary tasks for 2006 was to conduct the KAHBH Core Training across the state of Kansas. To date, KAHBH has completed 10 trainings, which have been conducted in Wellington, Emporia, Osawatomie, Riverton, Garden City, Salina, Hays, Leavenworth, Lawrence, and Hutchinson. A total of 245 behavioral health and other professionals have been trained and are prepared to respond to a Presidentially declared disaster in Kansas.

The training consists of eight

modules, which include: (1) Disaster Classifications and Phases; (2) Traumatic Reactions to Disasters; (3) Providing Support During Disasters; (4) Considerations for Special Populations, Cultural Competence, and Ethical Issues; (5) The FEMA/SAMHSA CMHS Crisis Counseling Assistance and Training Program; (6) The KAHBH Program: Preparedness, Response, and Recovery for Kansas Communities; (7) Behavioral Health and the All-Hazards Response System; and (8) KAHBH Community Outreach Teams: Structure, Procedures, and Documents.

The goal of KAHBH is to have trained responders in nearly every community or area of Kansas so that in the event of a Presidentially declared disaster, there are individuals

who are indigenous to that community who can respond to the behavioral health needs of the people affected by the disaster. All KAHBH Network members complete the KAHBH Core Training in order to provide all-hazards crisis

counseling activities in a Presidentially declared disaster, according to the FEMA/SAMHSA program guidelines.

The Core Training will be conducted at the Association meeting in September and the Kansas All-Hazards Behavioral Health Symposium, October 17-18<sup>th</sup> in Salina. By late fall 2006, the KAHBH Core Training will be available on-line through KS TRAIN. Also available online will be a series of trainings focusing on special populations, such as children, frail elderly, individuals with disabilities, and related groups.

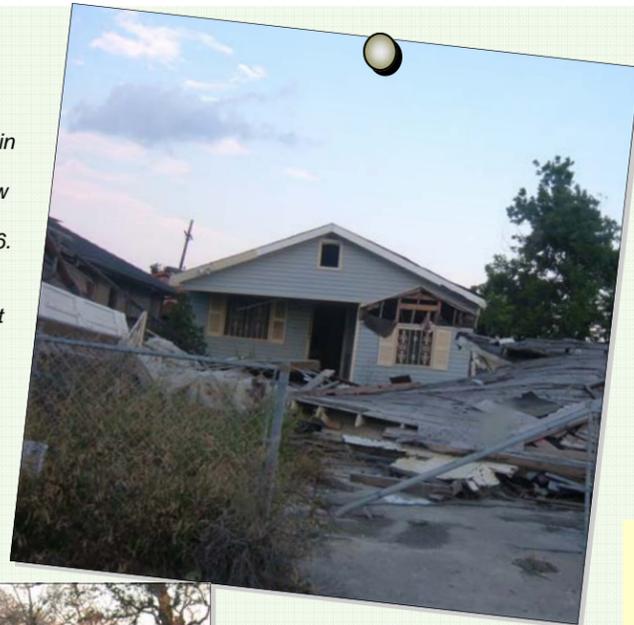
For more information about the KAHBH Core Trainings, please contact the KAHBH Program at [kahbh@ksu.edu](mailto:kahbh@ksu.edu).



A sign outside Buccaneer State Park in Waveland, Mississippi, October 2005. -Tom Pletcher, COMCARE.



*Katrina's wrath was still evident in the destruction remaining in New Orleans' Ninth Ward, May, 2006. -Becky Rinehart, SRS (left) and Wes Jones, East Central Kansas MHC (right).*



*Destroyed property in Mississippi, November, 2005. -Vickie Hull, former KAHBH stakeholder.*



*Left: Members of the Kansas team at the Spirit of Recovery Summit, May, 2006. Pictured from left to right: Barry Autrey, KDHE; Tom Pletcher, COMCARE; Wes Jones, East Central Kansas Mental Health Center; Sharon Powell Quincy, the Red Cross; Charlotte Teichman, the Guidance Center; Briana Nelson Goff, KAHBH; and Stacy Chamberlain, SRS-AAPS.*

*Right: Members of the Kansas team prepare for a driving tour through the affected areas.*

*Photos by Becky Rinehart, SRS.*



# THE SPIRIT OF RECOVERY

## BUILDING ON THE LESSONS OF KATRINA, RITA, AND WILMA

*By Dr. Briana Nelson Goff, KSU*

Over the past year, the United States has experienced an unprecedented number of disasters, including the hurricanes that devastated the Gulf Coast States, school shootings, and suicide clusters. The Substance Abuse and Mental Health Services Administration (SAMHSA), an agency of the U.S. Department of Health and Human Services, continues to emphasize the importance of all-hazards disaster behavioral health preparedness.

From May 22-24, 2006, SAMHSA convened a national summit, The Spirit of Recovery: All-Hazards Behavioral Health Preparedness and Response: Building on the Lessons of Katrina, Rita, and Wilma, in New Orleans, LA, as a followup to previously held trainings to involve States,

Territories, and the District of Columbia in the planning process. This meeting allowed States/Territories to assess the progress made on disaster behavioral health plans and help address existing barriers and needs. Specific goals of the summit were to: 1) Review lessons from Hurricanes Katrina, Rita, and Wilma; 2) Identify opportunities for consolidation of the ongoing response to behavioral health issues resulting from the 2005 hurricanes; and 3) Strategize all-hazards preparedness efforts for future disasters.

Each State/Territory was invited to form a team of up to 10 people, consisting of mental health and substance abuse commissioners, disaster behavioral health coordinators, health department disaster coordinators, emergency management disaster coordina-

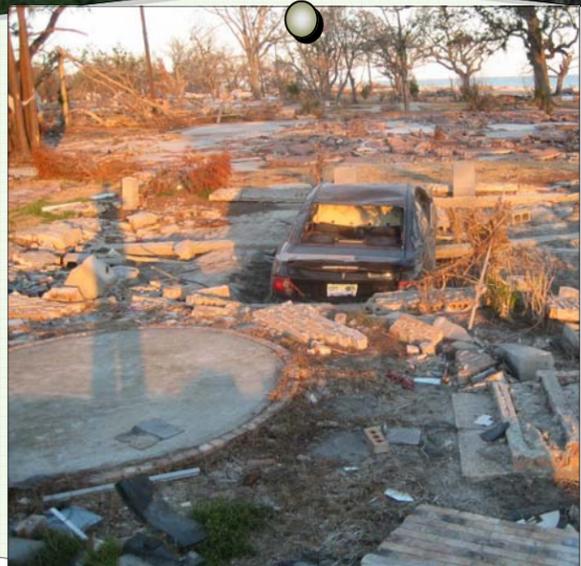
tors, and other key partners (e.g., voluntary agency leads, faith-based organizations, consumer/survivor representatives, community associations). Stakeholders from national associations and Federal partners were invited in order to establish a setting conducive to collaboration on all levels.

Members of the Kansas delegation who attended included the following: Briana S. Nelson Goff, KAHBH Program Coordinator; Charlie Griffin, KAHBH Program Co-Coordinator and Project Director of the Kansas Rural Family Helpline; Rebecca Rinehart, SRS/Health Care Policy/ Mental Health; Stacy Chamberlain, SRS/Health Care Policy/ Addiction and Prevention Services; Barry Autrey, Center for Public Health Preparedness, Kansas Department of Health and En-

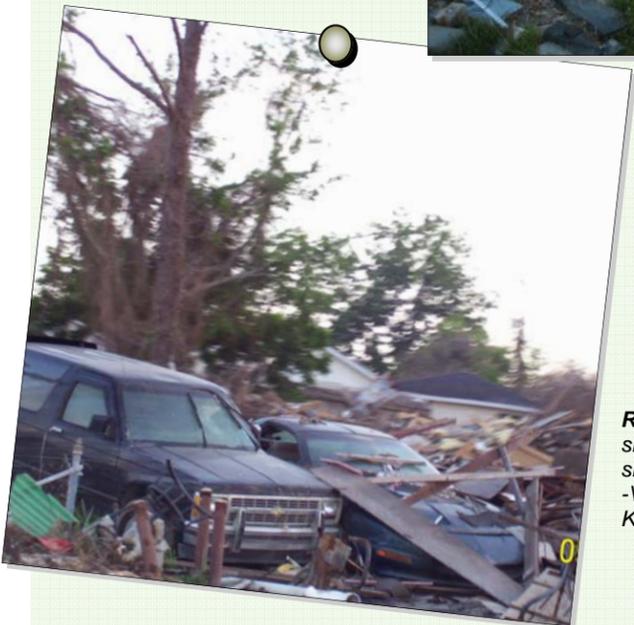
vironment; Wes Jones, Mental Health Center of East Central Kansas; Sharon Powell Quincy, State Relations Disaster Liaison - Kansas, American Red Cross; Tom Pletcher, COMCARE of Sedgwick County; and Charlotte Teichmann, Center for Counseling & Consultation.

Most of the delegates who attended the SAMHSA Summit are KAHBH Stakeholders. The team found it helpful to learn where Kansas is in comparison to other states, lessons learned in all-hazards preparation and response, and future steps and objectives for the KAHBH program to implement. The delegation also was able to tour some of the affected areas in New Orleans, including the Lower 9th Ward.

*Below: the destruction in the Lower Ninth Ward of New Orleans, May, 2006. -Becky Rinehart, SRS.*



*Destroyed property in Mississippi, November, 2005. -Vickie Hull, former KAHBH stakeholder.*



*Right: a refugee shelter in Mississippi, October 2005. -Vickie Hull, former KAHBH stakeholder*

