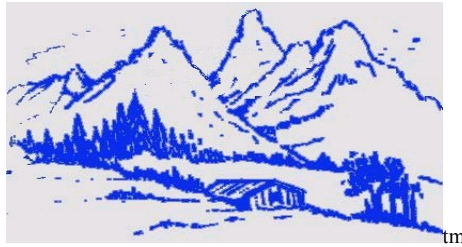


**ROCKY MOUNTAIN REGION
DISASTER MENTAL HEALTH
INSTITUTE**



Learning from the past and planning for the future

Presents

**6th Rocky Mountain Region Disaster Mental
Health Conference**

**November 8-10, 2007
Plains Hotel
Cheyenne, Wyoming**

**From Crisis to Recovery:
Resilience and Strategic Planning For the
Future**

www.rmrinstitute.org/Cheyenne-Conference-2007.pdf

ROCKY MOUNTAIN REGION DISASTER MENTAL HEALTH INSTITUTE

MISSION:

The Rocky Mountain Region Disaster Mental Health Institute is an independent, nonprofit, 501(c) (3) corporation whose mission is to promote the development and application of practice, research, and training in disaster mental health, Critical Incident Stress Management, traumatology and other emergency response interventions and the promotion of community awareness, resilience and recovery. This includes hazards vulnerability and mitigation research, planning and training for first responders, mental health professionals, chaplains and related personnel.

PURPOSE: The purpose of the Institute is to provide a forum for presentation of research results, education, training and consultation in Disaster Mental Health Services (DMHS) and Critical Incident Stress Management (CISD/CISM), advances in delivery of DMHS and CISD/CISM, discussion and sharing of information, ideas and plans, development of a DMHS and CISD/CISM research and service delivery network, presentation of Continuing Education training for mental health professionals, first responders and chaplains, training for newly recruited DMHS and CISD/CISM volunteers and first responders, and publication of program proceedings and papers as appropriate for dissemination to DMHS and CISD/CISM professionals and first responders locally, regionally and nationally.

SIGNIFICANCE: Mental Health Services before, during and following disasters, critical incidents, crises, and terrorist activities are becoming an integral part of disaster and critical incident preparedness, mitigation, response, and follow-up. Disaster Mental Health Services is a relatively new field which has expanded significantly within the past ten years. Critical Incident Stress Debriefing and Critical Incident Stress Management have been around since the early 1980s. In order to continue to grow and meet identified needs, both will require continued development as well as focused research and training. Research will help identify how Mental Health Services can best be utilized as well as how relevant changes need to be made in practice. Networking and sharing experiences can also help develop resources.

The long-term goal includes training emergency Disaster Mental Health teams and CISM teams to conduct interventions for corporations, states, municipalities and rural communities in the Rocky Mountain region and to evaluate their effectiveness in reducing the

effects of trauma on first responders and others as well as affected communities and organizations.

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WHO SHOULD ATTEND

The conference is a must experience for anyone working in the fields of: emergency medical services and trauma units, crisis intervention, mental health, traumatic stress, emergency services, disaster mental health, military, National Guard & Reserve, schools, law enforcement, firefighters, chaplains and other first responders.

CERTIFICATES OF ATTENDANCE

All conference delegates will be provided with Certificates of Attendance. Each presentation will be listed on the reverse with the number of contact hours. It is the responsibility of the delegate to have each presenter sign off on their certificate. Your Certificate of Attendance will be printed with your name exactly as it appears on your Registration form. Please make sure that you print it clearly. A small fee of \$5.00 will be assessed to make and mail a duplicate certificate. If you register late or onsite, your certificate will be printed and mailed approximately 3 weeks post-conference.

PRE-CONFERENCE WORKSHOPS

Tuesday – November 6

7:30 AM Workshop Registration/Sign-in Table Open

8:30 AM – 5:00 PM The following Workshops are scheduled. Check at Registration Table for room locations.

YOU MUST SIGN IN EACH DAY TO RECEIVE CREDIT.

- **Pastoral Crisis Intervention**
Instructor: Chaplain Bob W. Rudichar
- **Stress Management for the Trauma Provider**
Instructor: Gordon E. Harper
- **Strategic Response to Crisis**
Instructor: George W. Doherty

Wednesday – November 7

8:00 AM Workshop Sign-in Table open

8:30 – 5:00 PM Workshops

PRE-CONFERENCE WORKSHOPS Descriptions

Pastoral Crisis Intervention

November 6-7, 2007

Instructor: Chaplain Bob W. Rudichar

Pastoral Crisis Intervention may be thought of as the combination of faith-based resources with traditional techniques of crisis intervention. Pastoral crisis intervention represents a powerful addition to traditional community and organizational psychological support resources. The purpose of this two-day workshop is to assist the participants in learning how pastoral interventions and traditional psychological crisis interventions may be effectively integrated. Chaplains, pastoral counselors, mental health professionals, ministers, and anyone interested in the use of faith-based resources in healing should find this course of interest. (*13 contact hours; 1.3 General CEUs from UMBC*)

Stress Management for the Trauma Provider

November 6-7, 2007

Instructor: Gordon E. Harper

Stress Management for the Trauma Provider is an important workshop for all who work with traumatized people. This course explores the "Stress Continuum," the levels of stress including eustress (i.e., beneficial, motivating stress), traumatic stress, burnout, countertransference, compassion fatigue or secondary PTSD, and vicarious traumatization which may occur as a result of helping others. A discussion of coping strategies for those who work with traumatized children will also be offered. Individual self-report exercises and an experiential group support session will assist the participating trauma provider in assessing their own level of stress through sharing personal experiences with others. Stress management self care techniques will be presented, experienced and discussed. This course is appropriate for all mental health professionals, emergency services personnel, and peer counselors. Upon completion, participants will be able to: Discuss motivating factors for the work we do as trauma providers; Recognize your own signs and symptoms of stress; Understand the impact of working with trauma survivors; and Discuss burnout, countertransference, compassion fatigue, vicarious traumatization, and critical incident stress. (13 Contact Hours; 13 CE Credits for Psychologists; 13 PDHs for EAPs; 13 CE Hours for Calif. MFTs & LCSWs; 13 Contact Hours for National Certified Addiction Counselors; OR 1.3 General CEUs from UMBC)* Completion of "Stress Management for the Trauma Provider" and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program.

Day 1:(8:30 a.m - 4:30 p.m.)

- Definition of the "Stress Continuum" • Profile of a Trauma Provider/Caregiver
- Exercises to assess the individual's level of eustress • Stress (unavoidable stress from everyday pressures) • Compassion stress • Burnout • Explaining situational stress in personal terms • Countertransference (trauma provider's wounds triggered by victims)

Day 2:(8:30 a.m - 4:30 p.m.)

- Stress continuum and self-assessment exercises -Compassion Fatigue/Secondary PTSD - Why trauma providers are especially vulnerable to compassion fatigue - Vicarious traumatization (therapist's inner experience resulting from empathetic engagement with client) • Developing stress resilience • Importance of social support for trauma providers • Group exploration of personal stress experience • Self-care tools to manage stress

Strategic Response to Crisis

November 6-7, 2007

Instructor: George W. Doherty, MS, LPC

Knowing what sequence of crisis intervention processes to use for which individuals or groups, at what times, and under what circumstances is crucial to all effective early intervention programs. The course will present essential information for the assessment of both crisis situations and the effects of critical incidents on people involved in those situations. Participants will learn to create an effective plan of action to assist those in crisis. Strategic planning and tactical decision making are emphasized, as are rationales for choosing one set of crisis intervention processes over another. Participants will complete a series of exercises designed to sharpen their assessment and crisis planning skills. This course builds confidence that crisis interventionists will make the right choices of interventions for the populations they are assisting under specific circumstances.

At the conclusion of this course, participants will be able to: Define strategic planning as it applies to crisis intervention; Outline the elements of the National Incident Management System and relate those elements to crisis intervention; Describe a comprehensive, integrated, systematic and multi-component crisis intervention program; Participate actively in a planning process designed to assist the participants in assessing target populations and in determining the type, timing and resources necessary to assist large numbers of people involved in a crisis; and Choose from a list the most important crisis intervention tactics to apply in a simulated complicated or large scale crisis event. *(14 Contact Hours; 14 CE Credits for Psychologists; 14 PDHs for EAPs; 14 CE Hours for Calif. MFTs & LCSWs; 14 Contact Hours for National Certified Addiction Counselors; OR 1.4 general CEUs from UMBC; Profession specific CEUs pending approval for Nurses. Please call ICISF for more details)**

Day 1: (8:30 a.m. – 5:00 p.m.)

- Crisis Intervention Strategy • What is Strategic Planning?
- Elements of Effective Planning • Steps in Developing the Plan
- Task Analysis

Day 2: (8:30 a.m. - 5:00p.m.)

- Planning Exercises • Planning Models
- Application of Tactical Components • Discussion/Guidance

TENTATIVE CONFERENCE AGENDA

The following Agenda is subject to change. Check this web page for updates and check your registration packet upon arrival for final updated version.

Thursday – November 8

- **7:30 AM** Registration Opens. Registration Table will be open until 5:30 PM.
- **9:00 AM** - Keynote
- **10:30 AM** - “Mission Impossible...Not. How to Develop a State Wide Disaster Behavioral Health Response Plan” Diane F. Fojt - Operations Director over the Regional Disaster Behavioral Health Assessment Team(s) for the State of Florida. (60 Minutes)
- **11:30 AM - Lunch**
- **12:45 PM** – “Disaster Mental Health Management & Training” April Naturale, MSW, LCSW, ACSW Mini-Workshop (Two Hours)
- **1:00 PM - IS-100** “Introduction to the Incident Command System” David King, Campbell County Emergency Manager Special Mini-Workshop (Three Hours) – Fee: \$20
- **3:00 PM** – “The Forgotten Trauma Victims: America’s Elderly” John G. Jones, Ph.D., ABPP ART-BC (60 Minutes)
- **4:00 PM - TABLE TOPS: B, F, H, S, P, Q, I**
See descriptions below (p. 16). Be sure to pick the discussion group you wish to attend on the registration form – rank first choice, second choice, etc.
- **6:00 PM** - Reception

Friday – November 9

- **7:30 AM** Registration Table open until 5:30 PM
- **8:00 AM** – “Police Suicides: The Unidentified Assailant” Rod Warne (60 Minutes)
- **9:00 AM** - S A (60 Minutes)
- **10:00 AM** - “The Owners Manual to Professionals in High Stress Occupations: Optimizing Life with Wellness and Resilience in Mind/Body/Spirit” Rhiannon Brwynn Thomas, PHD, BCETS, BCEIT - Mini-Workshop (Two Hours)

- **12:00 PM – Lunch**
- **1:00 PM - IS-700** “National Incident Management System (NIMS)” David King, Campbell County Emergency Manager Special Mini-Workshop (Three Hours) – Fee: \$20
- **1:00 PM** – “Making Workforce Protection a Priority” P.J. Havice-Cover MA LPC CACIII Mini-Workshop (Two Hours)
- **3:00 PM** – “Tourists and Disasters” Thom Curtis, Ph.D. (60 Minutes)
- **4:00 PM - TABLE TOPS: A, J, N, E, D, K** See descriptions below (p. 16). Be sure to pick the discussion group you wish to attend on the registration form – rank first choice, second choice, etc.
- **6:30 PM** – Conference Dinner/Banquet

Saturday – November 10

- **8:00** Registration Table open until Noon
- **8:00 AM** - N G (60 Minutes)
- **8:30 AM** -
- **9:45 AM** – “Ethics and Disaster Mental Health” Thom Curtis, Ph.D. Mini-Workshop (Two Hours)
- **12:00 - Lunch**
- **1:00 PM** – “FlyBoy’s Daughter” Jamie Egolf, MSW, LCSW, Jungian Therapist (60 Minutes)
- **2:00 PM** – “The Multi Cultural Imagination. Race, Colour and the unconscious” Patricia Justice, M.A. BACP snr. ccred. Counsellor and Fellow of the British Association of Counselling Mini-Workshop (Two Hours)
- **4:00 PM - TABLE TOPS: C, G, L, M, O, R** See descriptions below (p. 16). Be sure to pick the discussion group you wish to attend on the registration form – rank first choice, second choice, etc.

Additional Meetings:

- Rocky Mountain Region
Disaster Mental Health Institute

Board of Directors

- WYO CISM NET

PRESENTATIONS

- “Mission Impossible...Not. How to Develop a State Wide Disaster Behavioral Health Response Plan” (60 Minutes)

Presenter: Diane F. Fojt - Operations Director over the Regional Disaster Behavioral Health Assessment Team(s) for the State of Florida.

Most states in the U.S. have worked diligently on preparedness since 9/11, only to realize that the one part that is still missing or not well defined is the behavioral health response portion. Most state resources focus on the tangibles of disaster but we must acknowledge that the psychological footprint of disasters is always without exception of much greater magnitude, depth, and duration than the effect of any physical impact. This presentation will outline the building blocks for the development of a State Wide Disaster Behavioral Health Plan. The presenter will share first-hand experiences including political, financial and human factors that influence the development of a new system. A new model for a behavioral health deployment protocol will also be presented.

- Tourists and Disasters (60 Minutes)

Presenter: Thom Curtis, Ph.D.

Tourists often find themselves in the middle of a disaster. Sometimes their presence is accidental and unexpected such as during the aftermath of a tornado or earthquake. Others have purposely put themselves in harm's way by attempting to be near the action. In either case, tourists who survive disasters provide emergency responders and mental health professionals with interesting challenges. This presentation is illustrated with stories of accidental and intentional tourists in the aftermath of disasters. Conference participants will be encouraged to share their experiences and solutions.

- [The Forgotten Trauma Victims: America's Elderly \(60 Minutes\)](#)

Presenter: John G. Jones, Ph.D., ABPP ART-BC

With violence, tragedy, war, natural and man made, at every hand, it is very easy to become overwhelmed with the massive number of newly, seriously traumatized individuals. There simply will never be enough well trained and qualified individuals to manage all these cases. In addition, the very real traumatization, domestically, by our own hand, of the fastest growing segment of the population takes place daily, with virtually no notice, except in the rare case that makes the headlines. This paper will explore in depth this topic, and as always, with a strong emphasis on the research and neuropsychological aspects of the topic. Our nation, and we as individuals, have never treated our elderly population particularly well, and probably would not be too worried now, except that there are just too many of them! This paper will look at the looming health care disaster, long term care disaster and other disasters related to trying to deal with the coming of age of the baby boomers. The focus will be on the traumatization of the individual, the nature of the trauma and approaches to care and treatment of the traumatized individual.

- [FlyBoy's Daughter \(60 Minutes\)](#)

Presenter: Jamie Egolf, MSW, LCSW, Jungian Therapist

WWII fighter/bomber pilots were some of our best and our brightest. Many of these flyboys spent several years in the air, watching their targets flaming and the devastation they wrought. The trauma experienced silently by WWII veterans was passed across to other family members and later down to their offspring. The aim of this presentation is to illustrate the psychological devastation of war and how it manifests in families. The presenter is a psychotherapist specializing in the treatment of trauma and the daughter of one of these heroic WWII Fighter Bomber Pilots whose trauma was suffered in silence.

- [Police Suicides: The Unidentified Assailant](#)

Presenter: Rod Warne

The subject of police officers taking their own lives has been largely ignored in law enforcement agencies, yet statistics show more police officers lose their lives by their own hand than by others. Why? This Capstone Paper will explore the police culture and issues arising from the very nature that makes police officers good at what they do. It will also show how that very instinct can get in the way of officers receiving badly needed help in their personal and professional lives. This paper will also point out warning signs and suggestions to educate officers and supervisors in order to recognize and assist officers needing help before stress related disorders get to a crucial, dangerous level.

Mini-Workshops

- [The Owners Manual to Professionals in High Stress Occupations: Optimizing Life with Wellness and Resilience in Mind/Body/Spirit Mini-Workshop \(Two Hours\)](#)

Presenter: Rhiannon Brwynn Thomas, PHD, BCETS, BCEIT

Here is the owner's manual that was not handout when you or your loved one became an emergency first responder!! Awareness, anticipatory guidance, and emotional armor can indeed inform behavior and lifestyle changes contributing to anti-aging, longevity, enhanced quality of life/relationships, and career satisfaction. It is well accepted that the mind is in the body, the body is in the mind, and the whole is indeed greater than the sum of its parts. Become informed of the potential life span bio-psycho-social implications of being an emergency first responder...Focus on full impact thriving, resilience, positive posttraumatic growth... Become a power user of the mind/body/spirit connection.

- **Making Workforce Protection a Priority Mini-Workshop (Two Hours)**

Presenter: P.J. Havice-Cover MA LPC CACIII

Workforce protection in disasters is caring for our first responders. Making sense of vague references in guidance documents that require emergency planners to plan for the psychosocial needs of responders can be challenging when the needs of the public seem paramount. Because emergency responders deal with crisis on a daily basis, we assume they have seen it all and can deal with any kind of crisis. Disasters present unique situations that create stress. This presentation will introduce psychological first aid for first responders as a tool to mitigate on the job stress. Building a more resilient workforce that can continue functioning during stressful times requires planning. Teaching responders skills to mitigate stress is one way to accomplish this goal.

- **Disaster Mental Health Management & Training Mini-Workshop (Two Hours)**

Presenter: April Naturale, MSW, LCSW, ACSW

This workshop is designed to provide participants with administrative, operational, clinical and evaluation data regarding the disaster mental health response programs in New York after the 9/11/01 terrorist attacks and in the Gulf Coast post hurricanes Katrina, Rita and Wilma. The crisis counseling program's focus on high-risk populations, specifically rescue and recovery workers, as well as various immigrant and ethnic populations will be reviewed in terms of outreach strategies utilized to gain entrée into these and other closed communities. A review of the concerns for suicidal behavior post disaster will also be presented along with resources for assessing this risk.

- **The Multi Cultural Imagination. Race, Colour and the unconscious. Mini-Workshop (Two Hours)**

Presenter: Patricia Justice, M.A. BACP snr. ccred. Counsellor and Fellow of the British Association of Counselling

Without touch we can't connect - Without skin we can't touch. As counsellors or workers in the field of disaster recovery (apart from emergency teams), we are bound by a code of ethics that physical

touch is forbidden. But what does 'touch' mean to various cultures and races that we work with? This is even more appropriate in disaster work as the 'traumatized area' is more than likely to include many races and creeds. As workers we also must be aware of our needs and limitations with touch. A very human response is to hold or hug someone who is in severe distress. Is this appropriate? How will it be received or interpreted? Is it allowed? Have you ever touched a different colour skin, an aging skin, wiped away a black man's tear? What does your multicultural imagination say - more importantly what does it feel and convey to us, consciously and unconsciously. Touch however is not purely a physical sense. It certainly goes far beyond that and into a spiritual and psychological part of ourselves. Do we need language to convey a very basic non-verbal communication? How do we really relate with the 'other'? How to trust what we sense and sensing what you trust. Messages are conveyed from the body - for instance through movement and touch, they are central in both the healing process and re-establishing the sense of self when this has been shattered in a disaster. I will be relating this primarily to my work in Thailand and Sri Lanka following the catastrophic tsunami that hit the area on December 26th, 2004.

- **Ethics and Disaster Mental Health
Mini-workshop (Two Hours)**

Presenter: Thom Curtis, Ph.D.

Disaster Mental Health professionals are regularly confronted with a myriad of ethical dilemmas. While most belong to professions with established codes of ethics, they often find themselves faced with situations that do not fit neatly into existing guidelines. This workshop will focus on the importance of ethical decision making and encourage participants to discuss their experiences in crisis situations. It will also explore the importance of proper training, supervision, credentialing and informed consent.

Special Training Workshops

The following two trainings will be required nationally, statewide and locally for [all persons](#) (First Responders, Mental Health and others) who respond at any level to disasters and/or critical incidents in the future. This is an opportunity to take and complete them and receive the certificates and record them as completed. Both courses are also required as part of the CISM Certification within Wyoming offered by the Rocky Mountain Region Disaster Mental Health Institute.

- **IS-100** Introduction to the Incident Command System
Special Mini-Workshop (Three Hours) – Fee: \$20

Presenter: David King

ICS 100, Introduction to the Incident Command System, introduces the Incident Command System (ICS) and provides the foundation for higher level ICS training. This course describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System (NIMS).

- **IS-700** National Incident Management System (NIMS)
Special Mini-Workshop (Three Hours) – Fee: \$20

Presenter: David King

On February 28, 2003, President Bush issued Homeland Security Presidential Directive-5. HSPD-5 directed the Secretary of Homeland Security to develop and administer a National Incident Management System (NIMS). NIMS provides a consistent nationwide template to enable all government, private-sector, and nongovernmental organizations to work together during domestic incidents.

This course introduces NIMS and explains the purpose, principles, key components and benefits of NIMS.

What will I be able to do when I finish this course?

- Describe the key concepts and principles underlying NIMS.
- Identify the benefits of using ICS as the national incident management model.
- Describe when it is appropriate to institute an Area Command.
- Describe when it is appropriate to institute a Multi-agency Coordination System.
- Describe the benefits of using a Joint Information System (JIS) for public information.
- Identify the ways in which NIMS affects preparedness.
- Describe how NIMS affects how resources are managed.
- Describe the advantages of common communication and information management systems.
- Explain how NIMS influences technology and technology systems.
- Describe the purpose of the NIMS Integration Center

ADDITIONAL PRESENTATIONS WILL BE ADDED As APPROVED

TABLE TOP DISCUSSIONS

Table Top Discussions are an informal time of roundtable discussions and networking opportunities. These discussions help people connect with each other and share ideas, information and experiences. Each table will have a different discussion topic to focus on, a facilitator, and a limited number of participants. Plan to be part of these lively and informative discussions. Be sure to mark your first three choices for each day on the registration form

- A. Results, outcome and implications of Traumatic Brain Injury (TBI) on returning military, families, friends and communities. How do we approach it and deal with it?
- B. Cultural concerns in Disaster Mental Health and CISM locally, statewide, nationally and internationally.
- X. Critical incidents in the workplace. How do we plan for and respond to them?
- Δ. Strategic planning. How do first responders and mental health professionals plan for responding to future events and learning from past ones. Using a strategic planning approach, how do we identify potential threats, identify target populations and groups? At what point in time do we intervene and when do we use what types of crisis interventions with which identified target groups? What resources are available for which identified threats? How do we do such planning, how often, and how do we exercise such plans prior to events? Following events, how do we ensure that we learn from the events and incorporate what we learn into future planning? How do we include response, resilience, recovery and follow-up into our planning?
- E. Effects of traumatic events and critical incidents on children. How are children of different ages affected? What effects does vicarious exposure have with children? What differences are there between rural and urban children? What are the effects of war and parental deployments?
- Φ. Religious and Spiritual considerations in responding to disasters and critical incidents. What is the role of chaplains and is there a difference in role between chaplains and other clergy members. What is important about responses following disasters, critical incidents, etc.? What is the role of cultural considerations?
- Γ. Dealing with crises in schools and universities. Responses to shootings, hostage situations, lockdowns, and other traumatic events. Who is in charge and who responds?
- H. Cultural concerns when responding locally, nationally, internationally. What ethical and other considerations are important and necessary for all responders to be aware of

before offering services? What about physical, spiritual, language and other culturally related factors? Are there differences between urban and rural cultures?

- I. Identifying natural and man-made hazards for near and far future. What natural hazards are likely in the near future locally, nationally and internationally? What man-made hazards are likely? Distinguish between short term and long term hazards. Is global warming real? How do we plan for such events?
- ∅. Effects of Iraq and Afghan Wars on communities, families and children. How do we respond to, plan for and work with families and communities as we experience return of our deployed military personnel? What can we expect as loved ones return to the community and families? How do we assist in re-integrating returning military back into civilian life? What resources are available?
- K. How do we deal with suicide prevention, intervention and postvention? Why is suicide a major problem? Who are at most risk and why? Can we effectively intervene and prevent it? How? What are some warning signs? Police Suicides, Are there differences due to occupations, ages, events, locations, etc?
- Λ. Role of Mental Health with Homeland Security. Where does mental health fit in and what issues do they address?
- M. Role of Mental Health with FEMA. What does mental health do before, during and following disasters? What are some of the issues that face mental health responders in each of these time frames?
- N. Community and Mental Health response with military, National Guard and their families. What role do mental health professionals play? In rural communities, what resources are available for returned veterans, military, National Guard and their families? How can mental health professionals and other responders interact with and facilitate services that are available through Family Assistance Centers, VA, veterans groups and others?
- O. Mental Health role in response to Avian Flu. How do mental health professionals plan for such an event? Whom do they network with and interact with? Do they have a role with healthcare providers, public health, hospitals, and others? How do they become involved?
- Π. Role of Mental Health Professionals in the National Incident Management System and Incident Command. Where does mental health fit in? Who do they report to? What are their specific duties? What training, credentials and background do they need? How do they become part of the “team”?
- Θ. How do communities, first responders and Mental Health Professionals prepare, plan for and respond to terrorist

threats and attendant stressors? What are some of these threats and responses?

- P. Planning for biological, chemical, nuclear and disease hazards. How do we avoid overwhelming responders and facilities with “worried well”? What role do Mental Health Professionals and first responders play? How do mental health professionals become involved? What training and credentials are needed? How can mental health and first responders work together?
- Σ. What crises do we face in rural areas at present and in the future? How are rural areas different from urban ones in responding to traumatic events, CISM, planning and resources? Are there differences between rural areas in the east, south and west? What are some of these and how do they affect responses? Why is it important to understand the rural culture one responds to prior to doing so?

PRESENTERS

George Doherty has held positions as counselor/therapist, Masters Level psychologist, consultant, educator, & disaster mental health specialist and is a former U.S. Air Force Officer. President of O’Dochartaigh Associates since 1985. President & CEO - Rocky Mountain Region Disaster Mental Health Institute. Past Adjunct instructor - University of Wyoming. Psychologist for Rural Clinics Community Counseling Center (State of Nevada) Ely, NV, & Adjunct Instructor Northern Nevada Community College. Current Adjunct Faculty member Warren National University; Certified Instructor - International Critical Incident Stress Foundation (ICISF); POST Certified Instructor. Associate Member - American Psychological Association; Member: American Counseling Association, American Academy of Experts in Traumatic Stress, Association of Traumatic Stress Specialists, Traumatic Incident Reduction Association (TIRA). Life Member - Air Force Association, Life Member - Military Officers Association of America, Life Member - Penn State Alumni Association, & Alumni Admissions Volunteer - The Pennsylvania State University. Served as USAF Officer (Connally Navigator). Eleven years with Civil Air Patrol (an Air Force Auxiliary) as Squadron Commander, Deputy Wing Commander, Air Operations Officer & Master Observer. Level II Member - International Critical Incident Stress Foundation; Research Advisor & Research Fellow American Biographical Institute; Book Reviewer & Editorial Advisory Board Member - PsychCritiques (APA Journal). Member: Albany County Suicide Prevention Task Force; Wyoming Department of Health Emergency Preparedness Advisory Committee. ICISF Certificate of Specialized Training in the field of Mass Disaster and Terrorism.

Publications include: "Responders to September 11, 2001: Counseling: Innovative Responses to 9/11 Firefighters, Families, and Communities"; "Understanding Oslo in Troubled Times" (2006) - A Review of "The Oslo Syndrome: Delusions of a People Under Siege"; "Stress Management, Wellness, and Organizational Health" (2006) - A Review of "Research Companion to Organizational Health Psychology"; "The Environmental Crisis, Globalization, and the Changing Culture" (2005) - A Review of "Rethinking Freire: Globalization and the Environmental Crisis"; "Mental Health and the New Technologies" (2005) - A Review of "The Mental Health Professional and the New Technologies: A Handbook for Practice Today"; "Leadership Competency and Conflict" (2007)- A Review of "Becoming a conflict competent leader: How you and your organization can manage conflict effectively for us"; "Leadership: Lessons from the Ancient World" (2007) - A Review of "Leadership lessons from the ancient world: How learning from the past can win you the future"; "Crisis Intervention Training for Disaster Workers," online course for continuing education through PsychCeU, "The Trauma of Cultural Diversity", 2003; "A Review of: American Hazardscapes", Population and Environmental Psychology Bulletin, (Winter) 2003; "A Review of: Problems and Issues of Diversity in the United States," Population and Environmental Psychology Bulletin, 2001; "Cross-Cultural Counseling in Disaster Settings," Australasian Journal of Disaster and Trauma Studies, 1999; "Towards the Next Millennium: Disaster Mental Health-Learning from the Past and Planning for the Future," Traumatology-e, 1999. Edited publications include: "Proceedings of the 5th Rocky Mountain Region Disaster Mental Health Conference" (2007); "Conference Proceedings: Disaster Mental Health Conference: Estes Park, CO" (2005); Special Issues of Traumatology-e on "Disaster Mental Health" (1999); Special Issue of Traumatology-e on "Crisis in Rural America" (2004).

Jamie Egolf is a Jungian Psychotherapist and Consultant, Laramie, Wyoming; MSW, Catholic University of America, Washington, DC; Interregional Society of Jungian Analysts; Papers: *The PreMarital Inventory*; *Dreaming Superman*, University Melbourne's Superhero Conference, 2005, published in *Superheroes: From Hercules to Superman*, 2007; presented *Desire and Sensuality in the Music and Relationships of Claude Debussy: A Look at the Split in the Archetypal Feminine* at the 2007 Creativity and Madness Conference in Santa Fe; presented *Geysers, Grizzlies, and Paint Pots: Finding the Deep Self in the Yellowstone/Wyoming Wilderness and the Wilderness of the Psyche*, Foundation for Mythological Studies' Nature and Human Nature Conference, 2007.

Diane F. Fojt is the CEO of Corporate Crisis Management, Inc. ~ a women-owned company specializing in assisting organizations to prepare for and manage critical incidents or traumatic events through on-site incident management, consultation, and training. She is internationally recognized as a workplace trauma response consultant, with more than 30 years experience in the field stress management, training and industrial counseling within the corporate, public and voluntary sectors. Diane is co-author of Florida's Disaster Behavioral Health Response Plan and functions as the state's operations director for the Regional Disaster Behavioral Health Response Team. Diane is a member of the Florida Crisis Consortium and provides consultation and planning strategies for disaster behavior health response. Ms. Fojt has commented on responding to individuals exposed to traumatic events and disasters in the national press, broadcast media and in technical publications. My role during a disaster is as Operations Director over the Regional Disaster Behavioral Health Assessment Team(s) for the State of Florida.

Gordon Harper was born and raised in Cheyenne, Wyoming. He has a BA Mus Ed from the University of Sioux Falls. He has been an Ordained Minister for 35 years and founded and served his current church for 14 years. He was a Secondary School Teacher for 7 years and taught at Laramie County Community College (LCCC) for 4 years. Gordon has been a volunteer Hospital Chaplain for 17 years and is a co-founder of the current program in Gillette. He serves as Chaplain Representative for the Campbell County Memorial Hospital Ethics Committee. He has served as Volunteer Fire Service Chaplain, is a Member - Fire Chaplains, Member - American Association of Christian Counselors, Member - Campbell County CISM Response Team (Co-coordinator for Training), Member - International Critical Incident Stress Foundation (ICISF), and is an ICISF Certified Instructor.

P.J. Havice's current work at the Colorado Division of Mental Health is technical advisor, planner and instructor for disaster behavioral health issues. She is a Federal Reservist with the National Disaster Medical System as mental health and public information officer (PIO). Recent federal deployments have been to Florida 2004, hurricane Katrina in Houston at the Astrodome, in New Orleans and the southern parishes with a mobile medical unit and as one of the Federal chief mental health officials for the medical command post in overseeing seven mobile medical sites, the Family Assistance Center and the Morgue at St. Gabriel.

John G. Jones has a BA, MA and PH.D. He has been a licensed Psychologist for over 40 years. He has had extensive experience working with traumatized patients, both within the military, at the Veterans' Administration Hospital and in civilian settings. He has taught at various universities, and is currently teaching a course in Geriatric Psychology at Angelo State University, San Angelo, TX. He has worked exclusively with the geriatric population for the last 6 years.

He has presented multiple papers on this topic, including a paper each year for the last five years at the Texas Psychological Association Conference.

Patricia Justice runs the Docklands Counselling & Psychotherapy Services in the East End of London and works with many EAP's (Employment Assistance Programmes) and trains Government Health & Safety Inspectors in dealing with major incidents. She is a supervisor and also teaches on various counseling related courses. As Vice Chair of the Personal Relationship & Group Work Division of the British Association of Counselling & Psychotherapy this division represents Practitioners in Private Practice. Involved both personally and professionally following the I.R.A. Docklands Bomb in 1996 she then specialized in working with traumatized individuals and bereaved families. This involved her in many UK and International critical incidents. Previous papers published relate to these and her experience with diverse cultures, gives her a unique perspective for her ongoing work, currently with tsunami survivors and in the recent London bombings. 1

David King has been the coordinator for the Campbell County Emergency Management Agency since October of 1997. His career has been varied, beginning as a newspaper photographer, darkroom technician and part-time sports reporter while in high school at Torrington, followed by 27-years in broadcast radio, working as a disc jockey, news reporter, news director and station manager at stations in Torrington, Laramie and Gillette, Wyoming, Lincoln and Scottsbluff, Nebraska. He has been a member of the Campbell County Volunteer Fire Department since 1996, is certified as a Firefighter II in the State of Wyoming, a Hazardous Materials Technician and member of the CCVFD's Hazardous Materials Response Team. He has been certified as a Basic Emergency Medical Care - First Responder by the Wyoming Department of Health since 1996. David is a FEMA certified instructor for 300 & 400 level ICS training in addition to a number of other FEMA/Department of Homeland Security training courses. He took his first ICISF training in February of 1999 and was one of the founding organizers of the Campbell County CISM team. He is currently member of the Board of Directors for the Rocky Mountain Disaster Mental Health Institute. David is married and his wife, Cheryl is also a member of the Campbell County CISM team. They have a daughter and son and three granddaughters.

April Naturale is a licensed, clinical social worker and a Ph.D. candidate at New York University where she is studying the effects of secondary traumatic stress in trauma counselors who respond to disasters. Ms. Naturale served as the Director of Network Development for the National Suicide Prevention Lifeline and is the former Statewide Director for Project Liberty, the New York State Office of Mental Health's response to the World Trade Center attacks of 9/11/01. She provides disaster management and planning, consultation and training nationally as well as internationally and serves as a governing board member of Psychology Without Borders.

Chaplain Bob W. Rudichar is the Chaplain Services Coordinator for Campbell County Memorial Hospital, Gillette, Wyoming, also serving as pastor at Cornerstone Church of God. He has 26 years of pastoral experience combined with 17 years in Chaplaincy. He is endorsed by the Church of God Chaplains Commission, Cleveland, Tennessee, is a member of the International Association of Christian Chaplains and an approved instructor and member with the International Critical Incident Stress Foundation, Ellicott City, Maryland. Bob also serves as the Team Coordinator and Co-Training Coordinator with the Campbell County CISM Team in Gillette. Member - WYO CISM NET. Member - Rocky Mountain Region Disaster Mental Health Advisory Board. Member – Rocky Mountain Region Disaster Mental Health Board of Directors.

Rhiannon Brwynn Thomas, Ph.D., B.C.E.T.S., B.C.E.I.T., is founder of the International Center for Resilience in Occupational Stress & Trauma (ICROST) and co-author of *Empathy in the Treatment of Trauma & PTSD* (Wilson & Thomas, 2004). She is a Diplomate of the American Academy of Experts in Traumatic Stress (AAETS); the International Academy of Behavioral Medicine, Counseling and Psychotherapy (IABMCP); and member of the Psychology Section of the International Association of Chiefs of Police (IACP). With over fifteen years' experience, she is board certified in behavioral medicine, traumatic stress and illness trauma. She is a certified trainer for the International Critical Incident Stress Foundation (ICISF), holding Certificates of Specialized Training in Mass Disaster & Terrorism, Emergency Services, Schools & Children Crisis Response, and Substance Abuse Crisis Response, and is a clinical member of the Broward County, Region X, Critical Incident Stress Management (CISM) Team. Dr. Thomas is published in areas of occupationally-related stress response syndromes (OSRS), critical incident stress, vicarious trauma, empathic stress, posttraumatic stress (PTSD), psychoneuroimmunology (PNI), behavioral medicine, and neuropsychology. By invitation of the International Critical Incident Stress Foundation (ICISF), she co-developed and chaired the ICISF 8th World Congress symposium on occupational stress and trauma for journalists and media -- *Covering the News in Harm's Wake: Coping in the midst of crisis, In the aftermath of trauma*. By invitation of the International Society for Traumatic Stress Studies (ISTSS), she chaired the 14th Annual World Conference symposium -- *PTSD & Spirituality*. By invitation of the DFS Deutsche Flugsicherung Air Traffic Control and the European Office of the International Critical Incident Stress Foundation, Frankfurt, Germany she developed and presented the 3rd Annual European Air Traffic Controller CISM Forum symposium -- *Air Traffic Control: Empathy and Self-Care in Crisis Intervention*.

Rod Warne is a Wyoming native and a retired law enforcement officer with 36 years experience in Air Force, city, state, and county law enforcement agencies. Rod grew up in a law enforcement family while his father served as a Wyoming Highway Patrolman. He and his wife Glenda, have one son, who is a third generation peace officer. Rod holds certifications as a Wyoming P.O.S.T. Professional Peace Officer and certified guest lecturer. He teaches stress management to all of the basic Wyoming Law Enforcement Academy classes. He is an Assistant Chief with the Campbell County Fire Department and a member of the Campbell County Critical Incident Stress Management Team. Additionally, he is a Wyoming certified Fire Officer II, E.M.T., Hazardous Materials Technician, and Fire Instructor II. He has a B.S. in Criminal Justice from Bellevue University, Bellevue, NE, and he is a member of the International Critical Incident Stress Foundation and American Academy of Experts in Traumatic Stress. He was one of the first trained peer debriefers for WyoAssist, the original statewide CISM team trained by the Utah State Team.

ACCOMMODATIONS

THE HISTORIC PLAINS HOTEL

- Sleeping room accommodations to fit your needs from November 7 – 10, 2007 at \$60 for single occupancy and \$70 for double occupancy. Suites and parlours will be available to the group at \$79 for single or double occupancy.
- Please e-mail Debbie@theplainshotel.com or call **866-2PLAINS** and ask for the “**National Disaster**” rate for individual sleeping room needs.
- The Plains Hotel is within walking distance to several local restaurants, activities, and museums. This includes their very own **Capitol Grille Restaurant** serving breakfast, lunch and dinner and features Wyoming beef and lamb, fresh seafood and full bar service. Also, The **Trail Coffee Shoppe and Bakery**, features great coffees and unique pastries. For an overview of the Plains Hotel, go to:
<http://www.theplainshotel.com/pressreleases/factsheet.html> or read about other activities that take place at:
<http://www.theplainshotel.com/pressreleases/factsheet.html> Go here for a delightful brief history of the Plains Hotel and early Cheyenne: <http://www.theplainshotel.com/pages/hotel.html>

All offers and rates mentioned above are guaranteed through November 30, 2007.

The Plains encourages you to take a tour of their beautiful property and experience downtown Cheyenne and the Old West.

Transportation information

CONFERENCE LOCATION: Located near the center of the United States, getting to Cheyenne is relatively easy. Serviced by two interstate highways, as well as the Cheyenne Regional Airport and nearby Denver International Airport, Cheyenne is readily accessible by either automobile or air. For transportation information, go to:
<http://www.cheyenne.org/static/index.cfm?contentID=9>

Air: [Cheyenne Regional Airport](#), located just north of downtown Cheyenne, offers daily flights to Denver International Airport.
200 E. 8th Ave.
Cheyenne, WY 82001 307-634-7071

[Great Lakes Airlines](#) offers connections to United Airlines and Frontier Airlines 307-635-6623

[Denver International Airport](#) is conveniently located only 90 minutes south of Cheyenne by car. To drive to Cheyenne from Denver International, take toll-road E-470 north to I-25. Exit north on I-25 north to Cheyenne.

Shuttle Service [Shamrock Express](#) offers shuttling between Denver International Airport and Cheyenne
866-482-0505 or 307-638-394

Car Rentals:

Enterprise Rent-a-Car

We have arranged the following rates with **Enterprise Rent-a-Car** in Cheyenne/Laramie for attendees at the Conference. Reference Account #12AAB32 to gain these rates. Call 307-721-9876 to make your reservation.

| | <u>per Day</u> | <u>per Week</u> |
|--------------|----------------|-----------------|
| Economy | \$28 | \$154 |
| Compact | 30 | 165 |
| Intermediate | 32 | 176 |
| Standard | 36 | 198 |
| Full | 40 | 240 |
| Premium | 48 | 264 |
| Van-Mini | 60 | 360 |
| SUV | 60 | 360 |
| Lg SUV | 95 | 570 |
| Truck | 60 | 360 |

Enterprise will also pick you up at the hotel if needed. Renting a vehicle will give you a chance to explore the surrounding countryside during your free time or, if you extend your stay for a day or two before or after the Conference, you can see some of Wyoming.

Map of Cheyenne

<http://www.google.com/maps?q=Cheyenne,+WY,+USA&sa=X&oi=map&ct=title>

AREA ATTRACTIONS AND INFORMATION

Welcome to Cheyenne, Wyoming

Official site of the **Cheyenne** Area Convention and Visitors Bureau.
Find things to do, places to stay and an online travel planner.

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

[More Great Attractions](#) -

www.cheyenne.org/sitelink/index.cfm?contentID=36

[Site Map](#) - www.cheyenne.org/sitemap/index.cfm

[The Cheyenne Area CVB Photo Tour](#) -

www.cheyenne.org/.../phototour/index.cfm

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ARTS <http://www.cheyenne.org/listings/index.cfm?catID=2>

DAY TRIPS OF INTEREST

<http://www.cheyenne.org/static/index.cfm?contentID=13>

DINING, RESTAURANTS and NIGHT LIFE

<http://www.cheyenne.org/listings/index.cfm?catID=6>

SOCIAL ACTIVITIES

Reception: Thursday Evening – 6:00 PM

Conference Dinner/Banquet: Friday Evening – 6:30 PM

REGISTRATION INFORMATION PLEASE PRINT CLEARLY OR TYPE All following pages must be completed in order for registration to be successful. Please print forms, fill out and submit.

Space in Pre-conference workshops and Table Top Discussions is limited. Please register early to ensure your place.

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY, STATE _____ ZIP _____

PHONE _____

EMAIL _____

ORGANIZATION _____

PRIMARY OCCUPATION _____

Institute Member? () NO () YES

() CHECK HERE IF YOU REQUIRE SPECIAL ARRANGEMENTS TO ACCOMMODATE A DISABILITY

MAIL REGISTRATION TO:

Rocky Mountain Region
Disaster Mental Health Institute
Box 786
Laramie, WY 82073-0786 or Call: (307) 399-4818

CONFERENCE FEES:

_____ **Best Deal:** Register For full conference on or before September 15, 2007: \$210

_____ Graduate Students: \$110

_____ Single Day: \$100

_____ **Early Bird Fees:** Register for Full Conference after September 15 but on or before October 26 2007: \$230

_____ Graduate Students: \$130

_____ Single Day: \$115

Regular Registration or Onsite:

___ Register for Full Conference after October 26, 2007: \$270

___ Graduate Students: \$160

___ Single Day: \$125

Full Conference Fees include lunch, breaks, and Reception

___ **Conference Dinner (Friday):** \$18

Special Training Workshops

___ IS100 Introduction to Incident Command November 8: \$20

___ IS700 National Incident Management System November 9: \$20

Pre-Conference Workshops

___ Pastoral Crisis Intervention November 6-7: \$160

___ Stress Management for the Trauma Provider
November 6-7: \$160

___ Strategic Response to Crisis November 6-7: \$160

TOTAL FEES: _____

If you have registration questions, please call for further information:
307-399-4818 or email: rockymountain@mail2emergency.com

Please enclose full payment with registration form. Check method of payment below. **If paying by Credit Card, please go to website:** <http://www.rmrinstitute.org/Cheyenne-Conference-2007-pay.html> and pay through PayPal. You will receive an immediate email receipt for payment. **OR** use Google at: <http://2007annualdmhconference-widget.eventbrite.com/>

___ Check for \$_____ (Make payable to: **RMRDMHI**)

___ Credit Card through PayPal ___ Credit Card through Google

___ If paying by PO or Voucher, please make out to **RMRDMHI**
(Please have copy of PO or Voucher accompany registration form)

TABLE TOP DISCUSSIONS

Please indicate which Table Top Discussions you wish to participate in. Rank your choices. Space is limited in each. If your first choice is full, indicate second and third choices.

Thursday, November 8:

B___ F___ H___ S___ P___ Q___ I___

Friday, November 9:

A___ J___ N___ E___ D___ K___

Saturday, November 10:

C___ G___ L___ M___ O___ R___

ROCKY MOUNTAIN REGION DISASTER MENTAL HEALTH INSTITUTE BOARD OF DIRECTORS

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ONLINE COURSE CEUs APPROVED

Crisis Intervention Training For Disaster Workers (Online Course) 12 CE http://www.psychceu.com/CISM/cism_index.asp

The purpose of this course is to provide training for mental health professionals who work with victims of disaster related stress and trauma. This course prepares the disaster mental health professional to relate with disaster victims and co-workers. The warning signs and symptoms in both disaster victims and workers are explored together with stages, strategies and interventions for recovery.

This course will introduce you to disasters, the community response, the role of first responders, and the role of Disaster Mental Health Services and Critical Incident Stress management responders and teams. It will provide a brief overview of Disaster Mental Health Services and Critical Incident Stress Management and their roles in responding to the needs of both victims and disaster workers. The role of critical incident stress management will be presented and discussed both for disasters and for critical incidents. This includes discussion about war, terrorism and the follow-up responses by mental health professionals. This course is designed to help participants identify appropriate methods for activating Disaster Mental Health Crisis Intervention Teams (CIT) for disaster mental health services for victims, co-workers, and self.

The content of this course includes general theory and models of Disaster Mental Health, Critical Incident Stress Management, crisis intervention techniques commonly used in these situations, supportive research, and practice of approaches used in responding to the victims, workers and communities affected by disasters, critical incidents and terrorism threats.

LEARNING OBJECTIVES After taking this course, participants will be able to:

- Describe what disasters are and how they affect people and their communities.
- Identify how the community, including voluntary and community organizations, government, business, and labor, work together to prepare for, respond to, and recover from disasters.
- Identify activities in preparing for, responding to, and recovering from disasters.
- Describe the mental health services provided to people affected by disaster.
- Identify how disaster mental health professionals provide these services.
- Describe the roles mental health professionals play in Disaster Services and Critical Incident Stress Management.
- Identify the skills and abilities you have that you would like to apply as a volunteer with Disaster Services and Critical Incident Stress Management as a team member.
- Define 'crisis intervention' as it relates to disaster situations and critical incidents.
- Identify the stages of disaster recovery and problems associated with each stage.
- Identify the signs and symptoms of disaster induced stress and emotional trauma.
- Discuss and be able to recognize disaster's and critical incident's effects and impacts on victims and workers, including posttraumatic stress.
- Identify common strategies for coping with disaster and critical incident related stress.
- Demonstrate basic disaster mental health professional responses to disaster related crisis situations/scenarios

CEUs are approved for this course by the following through PsychCEU:

- Board of Registered Nursing (#13620)
- California Board of Behavioral Science (#1540)
- Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling (BAP #753)
- NAADAC - The Association for Addiction Professionals (#478)
- National Association of Social Workers (#886382116)
- National Board for Certified Counselors (#6055)
- Ohio Counselor and Social Work & Marriage and Family Therapist CPE (#RCS110610 RTX010701)
- Texas State Board of Examiners of Professional Counselors (#52526)
- The Texas Board of Social Work Examiners (#CS3473)

**Rocky Mountain Region
Disaster Mental Health Institute
Box 786
Laramie WY 82073-0786**