

**ROCKY MOUNTAIN REGION
DISASTER MENTAL HEALTH
INSTITUTE**



Learning from the past and planning for the future

Presents

**7th Rocky Mountain Region Disaster Mental
Health Conference**

November 6 - 8, 2007

Hampton Inn

Laramie, Wyoming

RETURN TO EQUILIBRIUM

www.rmrinstitute.org/Laramie-Conference-2008.doc

<http://laramie-dmh--conference-2008.eventbrite.com>

<http://www.rmrinstitute.org/Register.html>

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.

CONFERENCE AGENDA AND PRE-CONFERENCE WORKSHOPS

RETURN TO EQUILIBRIUM

When a disaster or other critical incident occurs, people are traumatized at different levels, mostly dependent upon how directly affected they are. Much effort and much discussion revolves around returning to normal. However, "normal" has changed. It is a concept with many different meanings. It tends to be a term that is very difficult to define and, consequently implement. What was "normal" before can never be the same again. What can happen and what is constructive, and more easily defined is a "Return to Equilibrium". This involves integrating the event, its effects and its meanings into one's life and recognizing it as now part of one's life. Taking that and building a new balance in life can bring one into a new and enriched life. To use a concrete example, it is quite akin to taking an old-fashioned balance and adding or subtracting to one side or another in order to gain a balanced scale. Experience in life changes each of us whether the experience is good or bad. Integrating that experience into our life creates that new balance. It is a changed normality that results from the new balance and a return to equilibrium.

Returning to Equilibrium following a major hurricane or other natural event is different from Returning to Equilibrium following a man-made traumatic event, critical incident, terrorism event or war. However, in all cases, re-establishing a balance in life that integrates the event as part of one's life and moving forward into the future in a constructive manner is what develops our new "normality". Such a "Return to Equilibrium" is a goal of recovery.

Returning To Equilibrium is the overall theme of this Conference and the two Pre-conference Workshops.

Pre-Conference Workshops: Run Concurrently

Pre-Conference Workshops are Co-sponsored by Peak Wellness Center in Laramie. Both Workshops will take place at Peak Wellness Center.

Wednesday November 5, 2008

8 AM - 5 PM

1. The Colorado Crisis Education and Response Network's Field Response Training - Marguerite McCormack, Trauma consultant, trainer, and practitioner. 8 Hours **Fee:** \$30 Covers materials costs (manuals, certificates, etc.) Disaster Mental Health Track (**DMH**)

COURSE DESCRIPTION: [Click Here](#) [Presenter Bio](#)

Register for Workshops online at: <http://laramie-dmh-conference-2008.eventbrite.com> or call 307-399-4818. Enrollment is limited. Please register prior to October 17 to ensure a place.

8 AM - 5 PM

2. Hensley Model of Biological, Psychological, and Sociological Military Wellbeing: A Practical Approach to Prevention, Intervention, and Treatment of PTSD and Trauma-Related Guilt - LCDR Alan Hensley (USN RET), PhD Candidate, BCETS, FAAETS 8 Hours **Fee:** \$30 Covers materials costs, certificates. Returning Military Track (**RMT**)

COURSE DESCRIPTION: [Click Here](#) [Presenter Bio](#)

Register for Workshops online at: <http://laramie-dmh-conference-2008.eventbrite.com> or call 307-399-4818. Enrollment is limited. Please register prior to October 17 to ensure a place.

CONFERENCE AGENDA

Register for Conference online at: <http://laramie-dmh--conference-2008.eventbrite.com>
or call 307-399-4818. Enrollment is limited.

Please register prior to October 17 for Early Bird Savings of \$40.

Disaster Mental Health Track = **DMH**
Returning Military Track = **RMT**

Thursday – November 6

• **8:00 AM - Emphasizing Alliances: The Roles of Mental Health Professionals in All-Hazards Emergency Management.** Melinda Koenig, Psy.D., Clinical Director, Adult Psychiatry Coordinator, Mental Health Emergency Preparedness, St. Luke's-Roosevelt Hospital, New York, New York and Nicholas V. Cagliuso, Sr., MPH, Corporate Director, Emergency Management, Continuum Health Partners, New York, New York - 1 Hr **DMH**

[Abstract](#)

[Bio-Koenig](#) [Bio-Cagliuso](#)

• **9:30 AM - Federal Emergency Service Function #6: Mass Care: Mini-Workshop.** Art Storey, Voluntary Agency Liaison FEMA Region 8 - 2 Hrs **DMH**

[Abstract](#)

[Bio](#)

• **11:30 Lunch**

• **12:30 PM - FEMA Sequence of Delivery/Long Term Recovery – Mini-Workshop.** Art Storey, Voluntary Agency Liaison FEMA Region 8 - 2 Hrs **DMH**

[Abstract](#)

[Bio](#)

- **2:45 PM - Trauma and Forgiveness** Dennis B. Klein, PhD
Director Jewish Studies Program and Professor of History at
Kean University, New Jersey - 1 Hr **DMH, RMT**

[Abstract](#)

[Bio](#)

- **4:00 PM – Table Top Discussions.**

Friday – November 9

- **8:00 AM - Gender, Personality and Coping: Unraveling Gender in Post-deployment PTSD (Preliminary Results).**

LCDR Alan Hensley, (USN RET), PhD Candidate, BCETS,
FAAETS - 1.5Hrs **RMT**

[Abstract](#)

[Bio](#)

- **10:00 AM – 12:00 PM - New Wounds, New Trauma: Treating Disability and Trauma in Military Service Members and Their Families.**

Adele D'Ari, Ed.D. Licensed Clinical
Psychologist, Vice President of the Board of Give an Hour,
Arlington, Virginia - <http://www.giveanhour.org> 2 Hrs **RMT**

[Abstract](#)

[Bio](#)

- **12:00 PM - Lunch**

- **1:00 PM - Betrayal Trauma: Insidious Purveyor of PTSD.**

LCDR Alan Hensley (USN RET), PhD Candidate, BCETS,
FAAETS - 1.5 Hrs **RMT**

[Abstract](#)

[Bio](#)

- **3:00 PM - Dept of Veterans Affairs: Providing Services to Returning Combat Veterans.** Marti Salas, LCSW and Shellie Franklin, MA, LPC- 1 Hr **RMT**

[Abstract](#)

[Bio-Salas](#)

[Bio-Franklin](#)

- **4:00 PM - Panel Discussion**

Saturday – November 8

- **8:00 AM - Triage, Treatment and Tracking for a Mass Casualty Event: Behavior Health Considerations.** P.J. Havice-Cover MA LPC CACIII, Colorado Department of Human Services, Division of Behavioral Health - 2 Hrs **DMH**

[Abstract](#)

[Bio](#)

- **10:00 AM - Linking Disaster Victims to Resources: A Case Study of Equity in Post-Katrina Crisis Counseling Referrals.** Kelli R. Pribanic, MA Candidate - 1 Hr **DMH**

[Abstract](#)

[Bio](#)

- **10:30 AM - Native American Culture & Spiritualism in Healing of Military Personnel, Families & Communities.** LCDR Alan Hensley (USN RET), PhD Candidate, BCETS, FAAETS - 1.5 Hrs **RMT**

[Abstract](#)

[Bio](#)

- **11:00 AM - The Colorado Crisis Education and Response Network – (CoCern): An Introduction.** Curt Drennen, PsyD, RN, Colorado Behavioral Health Disaster Response Coordinator and Planner - 1 Hr **DMH**

[Abstract](#)

[Bio](#)

- **12:00 PM - Lunch**

- **12:45PM - National Guard Family Services.** Debbie Russell, Specialist, Wyoming Family Assistance Program and Daniella Hamilton, Wyoming Family Assistance Program.

[Abstract](#)

[Bio-Russell](#)

[Bio-Hamilton](#)

• **1:45 PM - “In The Moment Relief And Training For Responders Utilizing Dramatic Reenactment And ‘Authentic Witnessing’ For The Treatment Of Trauma In Returning Soldiers, Accident Victims And Others Traumatized By Disastrous Events“ - Mini-Workshop.**

Jamie Egolf, MSW, LCSW, Jungian Psychotherapist and Chivawn Kelley, MA - 3 Hrs **RMT**

[Abstract](#)

[Bio-Egolf](#)

[Bio-Kelley](#)

• **1:45 PM - Planning for Pandemic- Quarantine, Isolation and Social Distancing: Behavioral Health Concerns** P.J. Havice-Cover MA LPC CACIII, Colorado Department of Human Services, Division of Behavioral Health - Mini-Workshop - 3 Hrs **DMH**

[Abstract](#)

[Bio](#)

NUMBER OF Continuing Education Hours Available:

- Total of Conference Disaster Mental Health **DMH** = 13 Hours
- Total with **DMH** Pre-conference Workshop 8 Hours = 21 Hours
- Total of Conference Returning Military Track **RMT**= 11.5 Hours
- Total with **RMT** Pre-conference Workshop 8 Hours = 19.5 Hours
- Maximum Hours available from Conference = 18.5 Hours
- Maximum Hours + one Pre-conference Workshop = 26.5 Hours

ACCOMMODATIONS

A block of rooms is reserved at the **Hampton Inn** in Laramie, WY for attendees at the conference.

Phone: 307-742-0125

Web Site: <http://www.hamptoninn.com>
pick Laramie, WY

Email: carol.l.jones@hilton.com

Deadline: October 6, 2008

Check-in: 3:00 PM **Check-out:** 11:00 AM

Accommodations can be made for early check-in or late check-out with prior notice. **No Pets Allowed**

Location: 3715 E. Grand Avenue
Laramie, WY 82070

REMINDER: We have negotiated a very special room rate of \$85 per night for single room plus tax. Room Block will remain until October 6. **DON'T MISS OUT. MAKE YOUR ROOM RESERVATION NOW TO AVOID HIGHER COSTS!**
Go here for information to reserve your room:

1. Go to <http://www.Hamptoninn.com>;
2. Type in Laramie & then WY.
3. Type in dates of stay & click Find it.
4. Click on Hampton Inn Laramie.
5. In Check Availability box click Go if dates are right.
6. Enter # of rooms & # of guests.
7. Select room type.
8. Under Special Accounts, in Group/Convention code box put RMR, click Continue.

9. Continue name, address, credit card...Code in step #8 for reservations made on 1-800-Hampton or **307-742-0125**. Ask for rooms under Rocky Mountain Region Disaster Mental Health Conference (\$85/night) prior to **October 6, 2008**

You will need the code in step #8 for reservations made on 1-800-Hampton or 307-742-0125. Ask for rooms under [Rocky Mountain Region Disaster Mental Health Conference](#) (\$85/night) **by October 6, 2008**. Special rate includes breakfast with 2 hot dishes, biscuits, pastries, fruit, cereal, oatmeal, yogurt, bagels, toast, juices, coffee, tea. Also included is indoor swimming pool & hot tub, exercise room, business center & high speed wireless internet in all rooms. Hotel can be found on internet at: <http://www.hamptoninn.com> pick Laramie, WY or send email to carol.l.jones@hilton.com Check-in is 3:00 PM. Check-out is 11:00 AM. Prior notice needed for early check-in or late check-out. No pets.

ADDITIONAL: If Conference attendees book a rental car through Enterprise, then Enterprise will book them a room at the Hilton at the University of Wyoming Conference Center for \$99.00/night. The customer will have to call the local **Enterprise** number [\(307-721-9876\)](tel:307-721-9876) to make the reservations. Tell them that you are with the **Rocky Mountain Region Disaster Mental Health Institute and refer to our Corporate Account Number: [12AAB32](#)**

Transportation information

CONFERENCE LOCATION: Located near the center of the United States, getting to Laramie is relatively easy. Serviced by Interstate-80, US-287 as well as the Laramie Regional Airport and nearby Denver International Airport, Laramie is readily accessible by either automobile or air. For transportation information, go to:

Air: [Laramie Regional Airport](#), located just west of Laramie, offers daily flights to Denver International Airport.

[Laramie Regional Airport - Laramie, Wyoming](#)

[Great Lakes Airlines](#) provides three flights to Denver International Airport daily. Great Lakes Aviation currently has code share agreements with United and Frontier Airlines. An

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average of 10,000 travelers per year depart from [Laramie Regional Airport](#) For best fares go to www.flygreatlakes.com

Phone Numbers: 307-742-5296 or 1.800.554.5111

Go Here for further information, flight schedules, etc.
<http://www.laramieairport.com/commercial.html>

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

[Denver International Airport](#) is conveniently located only about 120 miles south of Laramie by car. To drive to Laramie from Denver International, take toll-road E-470 north to I-25. Exit north on I-25 north to Cheyenne. Exit west from I-25 to I-80 west to Laramie. You can also exit I-25 in Fort Collins at the Laramie exit and take US-287 north to Laramie.

Car Rentals:

Enterprise Rent-a-Car

We have made arrangements with [Enterprise Rent a Car](#) here in Laramie at special rates.

If Conference attendees book a rental car through Enterprise, then Enterprise will book them a room at the Hilton at the University of Wyoming Conference Center for \$99.00/night.

The customer will have to call the local [Enterprise](#) number [\(307-721-9876\)](tel:307-721-9876) to make the reservations. Tell them that you are with the [Rocky Mountain Region Disaster Mental Health Institute](#) and refer to our Corporate Account Number: [12AAB32](#)

Rates:

	<u>per Day</u>	<u>per Week</u>
Economy/	\$28	\$154
Compact	\$28	\$154
Intermediate	32	176
Standard	36	198
Full	40	240
Van-Min/	60	360
SUV	60	360

Enterprise will also pick you up at the hotel or airport 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**.

An additional block of rooms is available as stated at the **Hampton Inn**.

LARAMIE AREA INFORMATION

Laramie History

http://en.wikipedia.org/wiki/Laramie,_Wyoming

Area Facts

<http://www.laramie.org/facts>

Travel Info for Laramie Area

<http://www.laramie.org/travel>

Attractions in and around Laramie

<http://www.laramie.org/attractions>

SNOWY RANGE

http://www.jharp.net/sn_slide_sho.htm

U.S. Forest Service

<http://www.fs.fed.us/r2/mbr>

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Vedauwoo 14.42 miles from center of Laramie
<http://www.vedauwoo.org/intro.htm>

[Laramie Area Chamber of Commerce | Home Page | Wyoming Business ... http://www.laramie.org](http://www.laramie.org)

Map of Laramie

<http://www.google.com/maps?f=q&hl=en&geocode=&q=Laramie,+WY,+USA&ie=UTF8&layer=x&ll=41.343825,-105.59166&spn=0.0665,0.134583&z=12>

Albany County Tourism Board

<http://www.visitlaramie.org/aboutUs.html>

SOCIAL ACTIVITIES

Reception: Thursday Evening – TBD

Conference Dinner: Friday Evening – TBD

REGISTRATION FORM

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. REGISTER ONLINE: <http://www.rmrinstitute.org/Register.html>

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 5, 2008: \$210

____ Graduate Students: \$80

____ Single Day: \$105

Early Bird Fees: Register for Full Conference after September 15 but on or before October 17 2008: \$250

Graduate Students: \$115

Single Day: \$105

Regular Registration or Onsite:

Register for Full Conference after October 17, 2008: \$290

Graduate Students: \$125

Single Day: \$105

Conference Fees include lunch, breaks, and Reception

Conference Dinner (Friday): TBD

Special Training Workshops

November 5 (1 Day Workshop) \$ _____
Name of Workshop

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/Register.html> <http://www.rmrinstitute.org/lar.html> and pay through PayPal. You will receive an immediate email receipt for payment. **OR** use Google at: <https://checkout.google.com/view/buy?o=shoppingcart&shoppingcart=513702177423462>

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)

**ROCKY MOUNTAIN REGION
DISASTER MENTAL HEALTH INSTITUTE
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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)

CERTIFICATION AS CISM RESPONDER

Applicants who meet the criteria for Certification and pass the examination with a score of 75% or higher, will be listed as Certified Critical Incident Stress Management Responders in the Registry of the Rocky Mountain Region Disaster Mental Health Institute, which is the Institute's official directory and referral network. The Registry is available in hard copy and can also be accessed directly on the Internet at http://www.rmrinstitute.org/Certification_Requirements.pdf

Advantages of Certification

- Recognition of completion of a prescribed standardized core curriculum of training in Critical Incident Stress Management (CISM).
- Recognition of a specified level of experience, training and commitment to the field of Critical Incident Stress Management (CISM).
- Credential identifies you as a trained CISM Responder to Emergency Response groups, organizations, agencies, etc. (e.g., State Emergency Management, Department of Health, Homeland Security, Firefighters, Law Enforcement, EMTs, others).
- Certified CISM Responders will receive a 10% discount on all trainings offered by the Rocky Mountain Region Disaster Mental Health Institute. This discount is also applicable to the Annual Disaster Mental Health Conference.
- Certified CISM Responders will receive a certificate (suitable for framing) and a wallet card that indicates their status.
- Certified CISM Responders can choose to receive the WYO CISM NET Monthly Newsletter electronically or by mail.
- Certified CISM Responders may indicate their certification status in their signature blocks or on business cards by placing the letters "CCR" following their names. They may also choose to place the following after their names: "Certified CISM Responder".