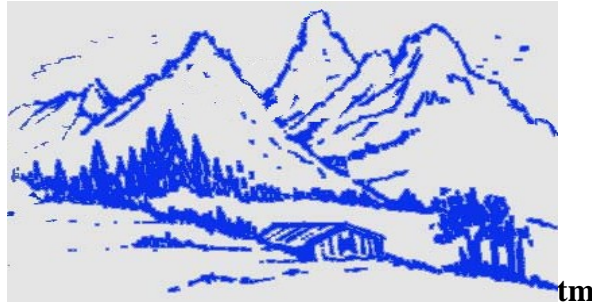


# ROCKY MOUNTAIN REGION DISASTER MENTAL HEALTH INSTITUTE



*Learning From The Past and Planning For The Future* <sup>tm</sup>

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## INSTITUTE BOOKS

The Rocky Mountain Region Disaster Mental Health Institute, together with our publisher - Loving Healing Press in Ann Arbor, MI, regularly publishes books on Disaster Mental Health and related topics on CISM, Trauma, etc. We also publish, on a yearly basis, the Proceedings from our Annual Disaster Mental Health Conferences. These include papers and articles by the presenters at our conferences. All are available for order through Amazon.com, Loving Healing Press or through the Institute. By ordering here directly through the Institute, you can save a little money and the Institute benefits directly from your purchase. The Rocky Mountain Region Disaster Mental Health Institute is a 501 (c) (3) non-profit organization. All proceeds that are received by the organization through book sales, donations, and grants go toward the running of the Institute, training programs, and salaries for those who run the Institute. For our sponsored teams (e.g., CISM Teams), they are made up of volunteers and services are free to user groups. When needed and possible within budgets, we do provide travel and related expenses.

Below are brief descriptions of each of our books available for purchase. They can be ordered online and paid for by credit card (PayPal) online ( <http://www.rmrinstitute.org/books.html> ) or a check can be sent for the purchase to the Institute made out to: RMRDMHI. If ordering in larger amounts for groups, organizations, libraries, workshops, university or college courses, etc., please call 307-399-4818 for more information and costs or send email to: [rmrinstitute@wyoming.usa.com](mailto:rmrinstitute@wyoming.usa.com) . We can provide a savings for orders of 10 or more books.

**RETURN TO EQUILIBRIUM: Disaster Mental Health and Returning Military and Families - Proceedings of the 7th Rocky Mountain Disaster Mental Health Conference** Laramie, WY November 6-8, 2008 SPECIAL PRICE until March 31, 2009: \$15 + S&H. After March 31: \$25 + S&H To order and pay online by credit card through PayPal secure site, go to: <http://www.rmrinstitute.org/books.html> To view on Amazon.com, go to: <http://www.amazon.com/Return-Equilibrium-Proceedings-Mountain-Conference/dp/1932690867>

Much discussion follows disasters and critical incidents about returning to normal, but "normal" is never the same again. "Return to Equilibrium", involving integrating the event, its effects, meanings and recognition as part of one's life can build a new balance and create a new enriched life. Good or bad, experience changes us. Integrating experience into our life creates a new balance. Re-establishing balance in life integrates the event as part of one's life, constructively developing a new "normality". "Return to Equilibrium" is a goal of recovery.

Military personnel (Regular, Reserve, National Guard) are deployed in Afghanistan and Iraq for various lengths and number of tours, leaving jobs, family and college for extended periods to serve our country. While deployed, they are in harm's way 24/7. Some are severely wounded physically. Many others are wounded emotionally and behaviorally. Family members are all affected by deployments. They are supported through Family Services groups during deployment. Veterans and families receive assistance upon return into the community. Veterans organizations provide additional support. Increasing numbers of Veterans return with PTSD, anxiety, depression, somatic problems and Traumatic Brain Injury (TBI), directly affecting relations among spouses, children, friends, relatives and fellow employees in our communities. Particularly disturbing is the number of suicides occurring among military personnel. Most affected is the returning veteran. Adjusting to changed lives and re-adjusting to families and community is not always smooth. How can communities better understand these adjustments, support returning veterans and become involved in re-integrating them back into communities? What resources are available? What is the role of mental health professionals? Who do they network and interact with? Do they have a role with other healthcare providers, public health, hospitals, veterans organizations, veterans administration, military support groups, etc? How can these groups strategically plan how to address and respond to needs in a combined effort? What issues need to be addressed?

## **INTRODUCTION**

- **Returning to Equilibrium: Community Mental Health Response to Disasters, Critical Incidents, and Returning Military** by George W. Doherty, MS, LPC

## **Part I - DISASTER MENTAL HEALTH**

- Placing Emphasis on Alliances in All-Hazards Emergency Management by Melinda Koenig, PsyD
- Disaster Mass Care: Emergency Support Function #6 by Art Storey
- Federal Emergency Management Agency's Sequence of Delivery by Art Storey
- Community in Times of Disaster by Bruce L. Andrews, MS, CCMHC, LPC, LMFT, NCC
- The Colorado Crisis Education and Response Network (CoCERN): A Model for Multi-Agency Coordination of Disaster Mental Health Services Utilizing the Incident Command System by Curt Drennen, PsyD, RN
- Mass Casualty Behavior Triage (MCBT): A Model for Efficient, Rapid, Mass Casualty Disaster Behavior Triage by P.J. Havice-Cover, LPC, CACIII, CEM, and Curt Drennen, PsyD, RN
- In the Dark Times: The Use of Dramatic Reenactment and Authentic Witnessing in the Treatment of Trauma by Jamie Egolf, MSW, LCSW and Chavawn Kelley, MA
- Planning for Pandemic: Quarantine, Isolation, and Social Distancing: Behavioral Health Concerns by P.J. Havice-Cover, LPC, CACII, CEM and Curt Drennen, PsyD, RN

## **Part II Returning Military and Families**

- Invisible Wounds: Treating Military Service Members and Their Families by Adele D'Ari, EdD
- Gender, Personality, and Coping: Unraveling Gender in Military Post-Deployment Wellbeing (Preliminary Results) by LCDR Alan L. Hensley, USN (Retired)
- Betrayal Trauma: Insidious Purveyor of PTSD by LCDR Alan L. Hensley, USN (Retired)
- Native American Culture and Spirituality in Counseling Native American Veterans, Families, and Communities by LCDR Alan L. Hensley, USN (Ret.), BCETS, FAAETS
- National Guard Family Services: Wyoming Family Assistance Centers Program by Debbie Russell and Daniella Hamilton
- Department of Veterans Affairs: Services to Returning Combat Veterans by Shellie Franklin, MA, LPC and Marti Salas, LCSW

## **Summaries of Additional Presentations**

- Linking Disaster Victims to Resources: A Case Study of Equity in Post-Katrina Crisis Counseling Referrals by Kelli R. Pribanic, MA candidate
- Trauma and Forgiveness by Dennis B. Klein, PhD

**Proceedings of the 6th Rocky Mountain Disaster Mental Health Conference: From Crisis to Recovery: Resilience and Strategic Planning For the Future -**

Cheyenne, WY November 8-10, 2007 \$25 + S&H To order and pay online by credit card through PayPal secure site, go to: <http://www.rmrinstitute.org/books.html>

To view on Amazon.com, go to: [http://www.amazon.com/Proceedings-Mountain-Region-Disaster-Conference/dp/1932690565/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1234813365&sr=8-1](http://www.amazon.com/Proceedings-Mountain-Region-Disaster-Conference/dp/1932690565/ref=sr_1_1?ie=UTF8&s=books&qid=1234813365&sr=8-1)

Audio Interview is on InsideScoop Live and is located at:

<http://www.insidescooplive.com/author-pages/Doherty-George-reading-interview.html>

Events around the world continue to present challenges for first responders and mental health professionals. Natural and man-made disasters continue. Evidence seems to increase concerning other impending events. Potential events that can impact people include global warming with increasing evidence of the potential effects this may have throughout the world. Avian Flu remains a threat as does other forms of biological terrorism. Other events that involve tsunamis, floods, hurricanes and earthquakes continue. The tsunami in the Solomon Islands had a significant impact on that area of the world. The wars in Afghanistan and Iraq continue to impact those countries, the middle east and the United States. Preparing our communities and families not only for deployments and support of those deployed and their families, but also for the aftermath and return of our military and National Guard personnel into our communities is important for all of us. What can we expect from all of these, how do communities, first responders and mental health professionals handle these? What role does mental health play? 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? An additional variable that is very important in responding includes cultural knowledge and sensitivity. How does one prepare to respond appropriately within a culture not one's own, whether locally, nationally, or internationally?

Disasters and critical incidents occur locally as well. How do local communities identify and prepare for hazards within their communities? What role does mental health prepare for and play with Red Cross, CISM, first responders, victims, Homeland Security, Military, National Guard, families, emergency management, etc., Shootings, wildfires, traffic accidents, hazmat spills, local flooding, severe weather, and other events impact local communities? How do we plan for and respond to these? How do communities, first responders and mental health professionals prepare and plan for response to terrorist threats? How do we deal with traumatic events and how can we help mitigate PTSD,

especially among first responders and military? What are the continuing effects of traumatic events and critical incidents on children? How are individuals affected by vicarious exposure to critical incidents and traumatic events?

How do we effectively plan for biological, chemical and disease hazards? For example how do we avoid overwhelming responders and facilities with the worried well? What is the role of mental health professionals within the Incident Command system?

### **Chapter 1 – Traumatic Stress in the Workplace**

- Police Suicides: The Unidentified Assailant by Rod Warne
- Behavioral Health in Emergency Preparedness – Making Workforce Protection a Priority by P.J. Havice-Cover, MA, LPC, CACIII

### **Chapter 2 – Planning Disaster Response**

- From Crisis to Recovery: Resilience, Response and Planning by George W. Doherty, MS, LPC
- Choosing Your Own Adventure: Strategic Planning In Disaster by Sherry Jones, RN, EMTP
- Developing a Statewide Disaster Behavioral Health Plan by Diane F. Fojt, MSc., REMT-P., CFT AND Janet Wagner, CMA

### **Chapter 3 – Ethics**

- Ethical Decision-making in the Provision of Disaster Mental Health Services by Thom Curtis, PhD

### **Chapter 4 – Cultural Issues and Trauma Recovery**

- The Importance of Touch and Non-Verbal Communication in the Recovery Process: An Intercultural Prospective by Patricia Justice, M.A., BACP

### **Chapter 5 – Special Populations and Trauma Response**

- Flyboy's Daughter by Jamie Egolf, MSW, LCSW
- The Forgotten Trauma Victims: America's Elderly by John G. Jones, PhD, ABPP, ART-BC
- Tourists, Terrorism, and Disaster by Thom Curtis, PhD

### **Chapter 6 – Demobilization Support**

- Reunion and Re-integration with the Family After Deployment by Debbie Russell, FAC Supervisor and Daniella Hamilton, FAC Representative – DOD Family Assistance Center, WY

## Chapter 7 – Summary of Additional Presentations

- The Owners Manual for Professionals in High Stress Occupations by Rhiannon Brwynn Thomas, PhD, BCETS, BCEIT
- Introduction to the Incident Command System by David King, Emergency Manager, Campbell County, WY

### **Proceedings of the 5th Rocky Mountain Disaster Mental Health Conference: Taking Charge In Troubled Times: Response, Resilience, Recovery and Follow-up - Casper, WY November 8-11, 2006**

\$25 + S&H To order and pay online by credit card through PayPal secure site, go to:

<http://www.rmrinstitute.org/books.html> To view on Amazon.com, go to:

[http://www.amazon.com/Proceedings-Mountain-Region-Disaster-Conference/dp/1932690379/ref=sr\\_1\\_9?ie=UTF8&s=books&qid=1234813210&sr=8-9](http://www.amazon.com/Proceedings-Mountain-Region-Disaster-Conference/dp/1932690379/ref=sr_1_9?ie=UTF8&s=books&qid=1234813210&sr=8-9)

Recent years have seen an extraordinary number of major disasters, critical incidents and other events that have had major impacts on our world. The 2004 tsunami, hurricanes Rita and Katrina, and the wars in Iraq and Afghanistan affect millions of lives daily. Potential events such as Avian Flu pandemic, global warming and the increasing threats of spreading unrest in the Middle East are concerns that weigh heavily on us all.

November 8-11, 2006, the Rocky Mountain Region Disaster Mental Health Institute held their Annual Disaster Mental Health Conference. The theme of the Conference was “TAKING CHARGE IN TROUBLED TIMES: Response, Resilience, Recovery and Follow-up”. This edition contains the major papers presented at the conference and summaries of additional presentations. They address some of the major crisis events confronting our societies in recent years, namely, large disasters such as hurricanes Katrina and Rita; case studies such as Abu Ghraib, and traumatic events such as a night club suicide bombing, the role of cultural sensitivity and ethics in disaster settings, resilience, and the importance of planning, education and taking care of our first responders and mental health professionals. An additional concern includes information about preparation of communities and families for deployment and return of military personnel. The importance of planning for how mental health personnel can respond in the event of an Avian Flu Pandemic is also discussed. Presenters are drawn from researchers and responders from Wyoming, the United States, and the United Kingdom.

## **Introduction**

Taking Charge in Troubled Times: Response, Resilience, Recovery and Follow-up by George W. Doherty, MS, LPC

## **Chapter 1 – Case Studies in Disaster and Large Scale Trauma**

- Why Good People Go Bad: A Case Study of the Abu Ghraib Prison Abuse Courts-Martial by LCDR Alan L. Hensley, USN (Retired) BCETS, FAAETS
- Life After a Terrorist Attack: Resiliency of Israeli Suicide Bombing Victims by Thom Curtis, PhD and Joshua Faudem

## **Chapter 2 – Cultural Issues and Trauma**

- Role of Culture and Cultural Sensitivity in Disaster Response: A Roundtable Discussion by LCDR Alan L. Hensley, USN (Retired) BCETS, FAAETS
- Culture and Ethics in the Eye of the Storm: Engaging Katrina Survivors in Pennsylvania by Kenneth Glass, PhD and Tasha Graves, M.S.

## **Chapter 3 – On Trauma and Recovery**

- Resolving Distress: The Medical Myth by John Durkin, Msc
- The Dissociation of Abigail: A Psychodynamic and Behavioral Assessment by LCDR Alan L. Hensley, USN (Retired) BCETS, FAAETS

## **Chapter 4 – Planning Disaster Response**

- Pandemics and Biological/Chemical Terrorism Attacks: A New Role for Disaster Mental Health by Thom Curtis, PhD

## **Chapter 5 – Compassion Fatigue**

- Care for the Caretaker by Patricia Justice, BACP Fellow

## **Chapter 6 – Trauma Education**

- ICISF Online Learning Project by Richard J. Conroy, MS

## **Chapter 7 – Demobilization Support**

- Preparing Communities for Deployment and Return of Military Members and their Families by Debra Russell, Family Assistance Center Supervisor, Wyoming National Guard and Reserve

**Proceedings of the 4th Rocky Mountain Disaster Mental Health Conference: Disaster Mental Health, Crisis Interventions And Critical Incident Stress Management: Current Status and Future Directions - Estes Park, CO**  
**October 20-22, 2005** \$25 + S&H To order and pay online by credit card through PayPal secure site, go to: <http://www.rmrinstitute.org/books.html>

The world has been exposed to many events and incidents recently that were and continue to be traumatic in their effects on all involved either as primary responders and/or as secondary ones or even vicariously. Victims of these events continue to be affected as well. The year 2005 began with a tsunami in the Indian Ocean. It was a year with a record number of Atlantic hurricanes, at least three of which wreaked havoc on major population centers. The war in the Middle East continued. Returning veterans are facing new challenges upon re-entry into their home communities. The movement of "Bird Flu" around the world and its potential for a possible pandemic has prompted health officials to seek preparation with communities for how to deal with such an event should the virus mutate so that human-to-human transmission occurs. How to involve mental health professionals is important. The topic of global warming still presents concerns. Cultural sensitivity is an additional factor of continuing concern in planning how best to respond to disasters and critical incidents locally, nationally and internationally. What will be the traumatic effects of hurricanes Rita and Katrina one year later among responders, victims and especially among those who remain in other parts of the country? How does resilience affect recovery from disasters and critical incidents. What are the continuing effects on children? How do local communities identify and prepare for hazards in their communities? What role does mental health prepare for and play with Red Cross, CISM, first responders, victims, Homeland Security, Military, and emergency management?

These Proceedings begin with an article by Rachayeeta Pradhan on women's mental health post-disaster. In this paper she outlines and discusses stresses that women face following disasters in patriarchal societies and the differential stresses that men and women encounter while trying to meet the expectations placed on them based on their roles in society. She discusses these and other effects present following the tsunami in India.

Sheryl Brickner's article addresses symptoms children experience, how these symptoms are expressed depending on developmental stages, a brief explanation of trauma's effect on the brain and some therapeutic tools to effectively ameliorate these symptoms and help children move toward healing.

John Durkin explores the topic of debriefing following critical incidents and disputes the challenges made on it as an effective crisis-intervention tactic following a series of studies carried out in the United Kingdom under the Cochrane Review. He suggests that for those who have experienced crisis-intervention, and CISDs in particular, as emotionally positive experiences it may be confusing to hear of "experts" criticizing its effects. In his discussion, he critiques the studies purported to challenge the efficacy of the CISD technique.

Nancy Day introduces the technique of Traumatic Incident Reduction (TIR) as a method for dealing with traumatic events post-trauma. Her brief discussion and introduction is followed by an article by Robert H. Moore on Traumatic Incident Reduction: Primary Resolution of the Post-Traumatic Stress Disorder. In this article, Dr. Moore discusses the use of TIR in treating PTSD and other traumas. It is presented as a follow-up approach that can be used following use of critical incident stress management as psychological first aid and TIR being on the therapy end of the continuum.

In Cross-Cultural Intervention Techniques Post Tsunami, Patricia Justice presents a paper in which she discusses her responses to the tsunami in Thailand with children. Her presentation also includes photos taken by her of the village where she worked. She spent time working with children and families in both Thailand and Sri Lanka.

The final paper, Tsunami: Where Do We Go From Here, by Doherty discusses some cultural and organizational factors that need to be considered in responding in cultures not one's own.

The last section of this volume includes summaries of additional presentations made at the 2005 conference. It begins with summaries of the three keynote addresses. Following these, a summary of the presentation by Sarah Gundle is presented on the use of poetry in a group approach to the treatment of trauma. Anita Berardi Maher discussed her experiences in Banda Aceh in Sri Lanka following the tsunami. She addressed the organizational and morale difficulties encountered by responders. Susan McGroarty discussed Group Dynamics in a Deployed Trauma Team. She examined deployment situations as a particular case of high risk for parallel process compassion fatigue. Finally, David Smith addressed suicide prevention and presented information on the Gatekeeper Program.

## **CRISIS INTERVENTION TRAINING FOR DISASTER WORKERS**

George W. Doherty, MS, LPC \$25 + S&H To order and pay online by credit card through PayPal secure site, go to: <http://www.rmrinstitute.org/books.html>

To view on Amazon.com, go to: [http://www.amazon.com/Crisis-Intervention-Training-Disaster-Workers/dp/1932690425/ref=sr\\_1\\_7?ie=UTF8&s=books&qid=1234813748&sr=8-7](http://www.amazon.com/Crisis-Intervention-Training-Disaster-Workers/dp/1932690425/ref=sr_1_7?ie=UTF8&s=books&qid=1234813748&sr=8-7)

This book provides information about training for mental health professionals and first responders who work with victims of disaster related stress and trauma. It helps prepare them to relate with disaster victims and co-workers. Warning signs and symptoms are explored together with stages, strategies and interventions for recovery.

The book will introduce you to disasters, the community response, the roles of first responders, Disaster Mental Health Services and Critical Incident Stress Management (CISM) responders and teams. It provides a brief overview of these and their roles in responding to the needs of both victims and disaster workers. The role of CISM is

presented and discussed both for disasters and other critical incidents. This includes discussion about war, terrorism and follow-up responses by mental health professionals. The book is designed to help readers identify appropriate methods for activating Disaster Mental Health Crisis Intervention Teams for disaster mental health services for victims, co-workers, and self.

The content includes general theory and models of Disaster Mental Health, CISM, 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 and events.

**SPECIAL OFFER:** Order all 5 Books for \$100 and save. To order and pay online by credit card through PayPal secure site, go to:  
<http://www.rmrinstitute.org/books.html>

## **INTERVIEWS AND REVIEWS**

**Click on the links below to access a live interview and reviews and comments of recent publications and contents of the 6th Rocky Mountain Region Disaster Mental Health Conference (Cheyenne, WY, 2008). The interviews also discuss an overview of the field of disaster mental health and CISM. Feedback and comments are welcome.**

Audio Interview is on InsideScoop Live and is located at:  
<http://www.insidescooplive.com/author-pages/Doherty-George-reading-interview.html>

Please feel free to link to it or download the mp3. This interview is now posted on iTunes as well as 30+ podcast directories.

The interview will also be broadcast on [www.blogtalkradio.com](http://www.blogtalkradio.com) on Monday, April 28<sup>th</sup>, 2008 at 3 p.m. CST.

**Interview Transcript** – Reader Views  
<http://www.readerviews.com/InterviewDohertyProceedings6th.html> Please forward the link for the interview or hard copies to interested friends, colleagues and others.

**Babelation**  
**Touching the Victims of Disasters**