

# WYO CISM NET



November 2008

## A Newsletter For Critical Incident Responders In Wyoming

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### Highlights of 7<sup>th</sup> Annual Conference 2008: RETURN TO EQUILIBRIUM

**Proceedings of the 5<sup>th</sup>  
Rocky Mountain Region  
Disaster Mental Health  
Conference 2006**  
(Paperback)

<http://www.amazon.com/exec/obidos/ASIN/1932690379/>

**Kindle Page:**

<http://www.amazon.com/Proceedings-Mountain-Disaster-Conference-RMRDMHI/dp/B000ZM0VIE>

**Proceedings of the 6<sup>th</sup>  
Rocky Mountain Region  
Disaster Mental Health  
Conference 2007**

<http://www.amazon.com/Proceedings-Mountain-Region-Disaster-Conference/dp/1932690565/>



**Kelli R. Pribanic, MA  
Candidate, University of  
Wyoming**

The 7<sup>th</sup> Disaster Mental Health Conference took place in Laramie November 6-8. It was preceded by two workshops that dealt with the Colorado Crisis Education and Response Network's Field Response Training; and the Hensley Model of Biological, Psychological, and Sociological Military Wellbeing.

DAY 1 – The conference began with an excellent introduction and direction setting presentation and discussion by Melinda Koenig, PsyD (Clinical Director, Adult Psychiatry Coordinator, Mental Health Emergency Preparedness, St. Luke's-Roosevelt Hospital, New York, NY). Her presentation "Emphasizing Alliances: The Roles of Mental Health Professionals in All-Hazards Emergency Management" set the tone for the conference and, especially, the first day.

On a very practical level, Art Storey, Voluntary Agency Liaison FEMA Region 8, discussed the Federal Emergency Service Function #6, under which Disaster mental health functions. The second half of his presentation focused on the FEMA Sequence of Delivery and Long-Term Recovery. These topics had a very lively discussion involving the focus, recruitment, training and responses of mental health professionals to disasters and critical incidents. The lack of active involvement of mental health personnel and the shortages of trained and qualified mental health professionals in these areas was discussed with active suggestions that more emphasis on these areas be encouraged and promoted.

Kelli Pribanic, MA Candidate at the University of Wyoming provided an engaging presentation and discussion on her research findings and work in her home state of Mississippi "Linking Disaster Victims to Resources: A Case Study of Equity in Post-Katrina Crisis Counseling Referrals". Kelli is a native of Pascagoula, MS and is working and collecting data and information on recovery efforts in Gulfport, MS. Her presentation and information provided a specific example of an ongoing response program and effort directed at an area impacted by Katrina that has gained little publicity.

**ONLINE COURSES  
AVAILABLE FOR  
CONTINUING  
EDUCATION CREDIT:**

The following courses are available online:

[Crisis Intervention Training for Disaster Workers](http://www.psychceu.com/CISM/cism_index.asp) You can preview the course and access where to sign up by going to: [http://www.psychceu.com/CISM/cism\\_index.asp](http://www.psychceu.com/CISM/cism_index.asp)

12 CE Hours

[From Crisis to Recovery: Strategic Planning for Response, Resilience and Recovery](http://www.psychceu.com/Doherty/crisis_index.asp)

[http://www.psychceu.com/Doherty/crisis\\_index.asp](http://www.psychceu.com/Doherty/crisis_index.asp)

12 CE Hours



Melinda Koenig, PsyD, Clinical Director, Adult Psychiatry Coordinator, Mental Health Emergency Preparedness, St. Luke's-Roosevelt Hospital, New York, NY

BELOW: Art Storey, Voluntary Agency Liaison, FEMA Region 8



DAY 2 – Friday's presentations and discussions focused on our returning Military Veterans and the resources available in our communities as well as how our mental health professionals and other responders can effectively work together with already existing resources and assist both communities and returning veterans re-integrate into the community, families and the workplace.

LCDR Alan Hensley, USN RET (PhD Candidate, BCETS, FAAETS) Presented valuable insights, backgrounds and very useful information about what many veterans are facing after their experiences in both Afghanistan and Iraq. LCDR Hensley was in both Afghanistan and Iraq and was involved in many other areas of the world during his career as a Naval Intelligence Officer. His presentations and discussions focused on Gender, Personality and Coping: Unraveling Gender in Post-deployment PTSD; Betrayal Trauma: Insidious Purveyor of PTSD; and Native American Culture and Spiritualism in Healing of Military Personnel, Families and Communities. His presentations, discussions and approaches contributed greatly to the understanding of those in attendance and covered areas ranging from triage and diagnoses to causations to treatment modalities. His discussions and presentation of an assessment tool to be used 30 days prior to deployment, 90 days following return and, again, one year following return provided an innovative and, potentially very valuable, method for assessing and understanding changes in personnel as a result of exposures in war settings. His model and assessment tool will have an impact as they are currently under consideration by both the military and the Veterans Administration. He has been selected to present his model and preliminary results at the Annual Meeting of the American Counseling Association in Charlotte, North Carolina March 19-23, 2009.

The Keynote presentation on Friday was presented by Adele D'Ari, EdD. She is a Licensed Psychologist and Vice President of the Board of Give An Hour in Arlington, VA (<http://www.giveanhour.org>). Give an Hour is asking mental health professionals nationwide to literally give an hour of their time each week to provide free mental health services to military personnel and their families. Target population is the U.S. troops and families who are being affected by the current military conflicts in Afghanistan and Iraq. Dr. D'Ari discussed "New Wounds, New Trauma: Treating Disability and Trauma in Military Service Members and Their Families". Information about how to become involved and to volunteer is available on the Give An Hour web page. She was very impressed with the potential for this program to be made available in the rural areas of states like Wyoming in particular.

Marti Salas, LCSW and Shellie Franklin, MA, LPC from the Department of Veterans Affairs in Cheyenne provided valuable information concerning Providing Services to Returning Combat Veterans. Shellie Franklin talked about her experiences working with military personnel while stationed in Kuwait and other areas while deployed as a mental health professional with the Wyoming National Guard. Services and other information about the work that the VA is doing and how communities and mental health professionals and other responders can work together were discussed. Information was provided about the Vet Centers and Veterans Outreach programs available in Wyoming. Marti Salas provided information about Federal Benefits for Veterans and Dependents.

Finally, a panel discussion with all the day's presenters provided opportunities for attendees and presenters to discuss and share further information, respond to various concerns and questions and explore ways of working together.

DAY 3 – The focus on Day three continued to be on Returning Veterans and our communities, as well as information about disaster planning and responses.

The Keynote presentation for the day was presented by Dennis B. Klein, PhD. He is the Director of the Jewish Studies Program and is Professor of History at Kean University in Union, New Jersey. His address was on Trauma and Forgiveness. Dr. Kean's travel and other expenses and presentation was co-sponsored by the

Departments of Social Work, Sociology, Psychology, Religious Studies, and History at the University of Wyoming and also by St. Matthew's Cathedral in Laramie. Dr. Klein also gave a Public Address at the University of Wyoming on Friday. His presentation provided additional, relevant and important insights into the conference topics and emphases.

Curt Drennen, PsyD, RN (Colorado Behavioral Health Disaster Response Coordinator and Planner) presented information about Behavioral Health Considerations on Triage, Treatment and Tracking for a Mass Casualty Event. He also discussed the Colorado Crisis Education and Response Network (CoCERN). This, particularly, generated much discussion about how such approaches could be integrated and adapted for Wyoming. An additional presentation by Dr. Drennen focused on mental health Planning for Pandemic-Quarantine, Isolation and Social Distancing: Behavioral Health Concerns. Attendees were provided with copies of a Toolbox for Public Health and Public Behavioral Health Professionals developed by the Colorado Department of Human Services, Division of Mental Health. It is a laminated handbook that is sponsored by the Colorado Division of Mental Health, The Colorado Department of Public Health and Environment, and The Center for Disease Control. Copies are available and are in the public domain. It was discussed that this would be a great asset to Wyoming Mental Health Professionals in planning for pandemic and related events. As it is in the public domain, there is no sense in re-inventing the wheel. It can be adapted to Wyoming with little tweaking.

Additional Military Veteran related information was presented with current updates and training and handout materials by Debbie Russell, Specialist and Coordinator and FAC Supervisor and Daniella Hamilton, Family Assistance Specialist, both with the Wyoming National Guard Family Assistance Program. Their program has been very busy over the past year and is becoming more so. They provided each attendee with relevant materials as well as resource information. One of the valuable resources provided is the ISFAC (Inter Service Family Assistance Committee) Directory which contains descriptions and contact information for Community Agencies. Wyoming Army National Guard Family Program Planners were made available and their importance discussed. If interested in registering as a counselor, the following was suggested: <http://www.militaryonesource.com> Discussion was also centered on available Program Services for Reunion and Re-integration with the Family after Deployment, DOD Family Assistance Centers, Family Pre-deployment Preparation Academy, Reunion Briefs, Tips for Returning Service Members, Marriage Enrichment (PREP), Family Enrichment/Veterans Coalition, and other programs.

An experiential workshop was provided for attendees by Jamie Egolf, MSW, LCSW (Jungian Psychotherapist) and Chivawn Kelley, MA (Writer) on "In the Moment Relief and Training for Responders Utilizing Dramatic Re-enactment and 'Authentic Witnessing' for the Treatment of Trauma in Returning Soldiers, Accident Victims and Others Traumatized by Disastrous Events". This workshop provided attendees with a hands-on personal experience.

The Thursday evening reception was held at 2Bazaar, a unique quiet club setting in downtown Laramie. A fine dinner setting with soft background music and a pleasant atmosphere provided a great opportunity for attendees to talk, network and get to know each other. Dinner included a fine Mexican Food Buffet with services and makings put together onsite. The food was made and catered by former owners of the Café Ole in Laramie. Lunches were provided at the conference by Home Bakery (sandwiches and salad) on Thursday and Grand Avenue Pizza on Friday (best pizza west of the Mississippi – gourmet) and Saturday (gourmet sandwiches).

The Conference Proceedings book will be published and available in February, 2009. Keep in touch for information about the 2009 Conference.



**Marti Salas, LCSW - Veterans Administration**



**LCDR Alan Hensley, (USN RET), PhD Candidate, BCETS, FAAETS**



**Adele D'Ari, Ed.D., Vice President - Board of Give an Hour**

#### BOOK

*"Crisis Intervention Training for Disaster Workers: An Introduction"*  
The book can be ordered through Amazon.com by going to: <http://www.amazon.com/exec/obidos/ASIN/1932690425>

If ordering in bulk to use as an instructor or for a college or

**WYOMING CISM TEAM UPDATES**

**SWEETWATER ASSIST CISM Team:** Tues Oct 21<sup>st</sup>  
2008 - RSPD Training Room

The meeting was a short one, due to the fact that Judy R. was doing a debriefing in Manila UT. along with Winston and Shirley, on a 15 Year old boy who was accidentally shot by his father. We were lucky to be loaned Kate Murphy from SW Counseling to help out on this one. It sounds like it went well.

“GOOD JOB” and “THANKS” to those involved.

Renee and Jill contacted me that they couldn't make the Oct. Meeting.... Soooo... they agreed to make a presentation on the Reaction, Symptom, and Training phases of the debriefing process at the next meeting (Nov meeting). I look forward to hearing what they have put together.

Randy is off to the 7<sup>th</sup> annual Disaster Mental Health Conference in Laramie, the week of Nov. 6<sup>th</sup> – 8<sup>th</sup>. He should also have some new information from the conference.

I know with the holidays coming, and with the time change upon us, it is easy to “SKIP” a meeting or two, but, please know how important you are to the team and to keep your skills active. 1-2 hours per month is all we are asking to keep sharp and contribute to the team!!

NEXT MEETING: TUES. NOV. 18<sup>TH</sup> 2008 - 5:30- 8:00pm  
@ RSPD Training room  
PLEASE PLAN TO ATTEND



**Campbell County CISM Team - October activities**

1. Monthly meeting was on Monday, October 13.

Nine were in attendance were:

- Kay Holm (Social Worker)
- Sandy Johnson (Firefighter/EMT)
- Cheryl King (EMT/Team Secretary)
- David King (Emergency Management/Team Dispatch)
- Carol Mason (RN/Counselor)
- Ken Maston (EMT)
- Bob Rudichar (Clinical Chaplain/Team Coordinator)
- Robin Voigt (Counselor/Clinical Coordinator)
- Rod Warne (Asst Fire Chief/retired LEO) --More team shirts distributed
- Designated drivers selected for CCMH vehicle usage
- “Go Kit” finished (with Team logo)

2. CISM pre-incident educational presentations by:

a. Bob Rudichar: two presentations at the Senior Center for caregivers on crisis management.

3. The CISM Group Crisis Intervention course is scheduled for January 16/17 at the new Gillette Fire Department Station #1. \$100 for first timers. \$45 for those who have taken the course before and want to audit the new information.

4. Interventions:

a. Black Hills Corporation MERT, Thursday, October 30

1. Group intervention:

- Ken Maston, Team Leader
- Robin Voigt
- Rod Warne
- Scott Lindblom
- Bob Rudichar

2. Separate one-to-one:

Gordon Harper

b. Campbell County Fire Department

1. Group intervention:

- Scott Lindblom, Team Leader
- Carol Mason
- Gordon Harper
- Bob Rudichar

5. Team put in a total of 81 volunteer hours for October. (In two years and three months of operation, we have had a total of 15 deployments/interventions. Phew!)

Respectfully Submitted, Bob W. Rudichar, Team Coordinator 11.03.08

**Snowy Range CISM Team** – Dave Smith, Gary Wilken and George Doherty provided a Debriefing for the Volunteer Fire Department and EMTs who had responded to a homicide shooting that occurred in Burns, WY.

Below: Jamie Egolf, MSW, LCSW (Jungian Psychotherapist) and Chivawn Kelley, MA (Writer)

