

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



Promising Practices in Disaster Behavioral Health (DBH) Planning: Integrating Your DBH Plan

August 25, 2011

Presented by Amy Mack and Steven Moskowitz



Welcome

- This is the eighth in a series of nine webinars presented by SAMHSA.
- The program is intended for State and Territory DBH Coordinators and others involved with disaster planning, response, and recovery.
- Today's program is about 60 minutes long.

Speaker

Amy R. Mack, Psy.D.

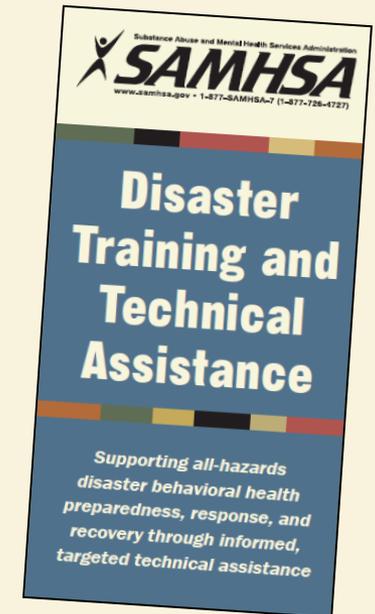
Project Director

SAMHSA Disaster Technical Assistance Center (DTAC)

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About SAMHSA DTAC

Established by SAMHSA, DTAC supports SAMHSA's efforts to prepare States, Territories, and Tribes to deliver an effective behavioral health (mental health and substance abuse) response to disasters.

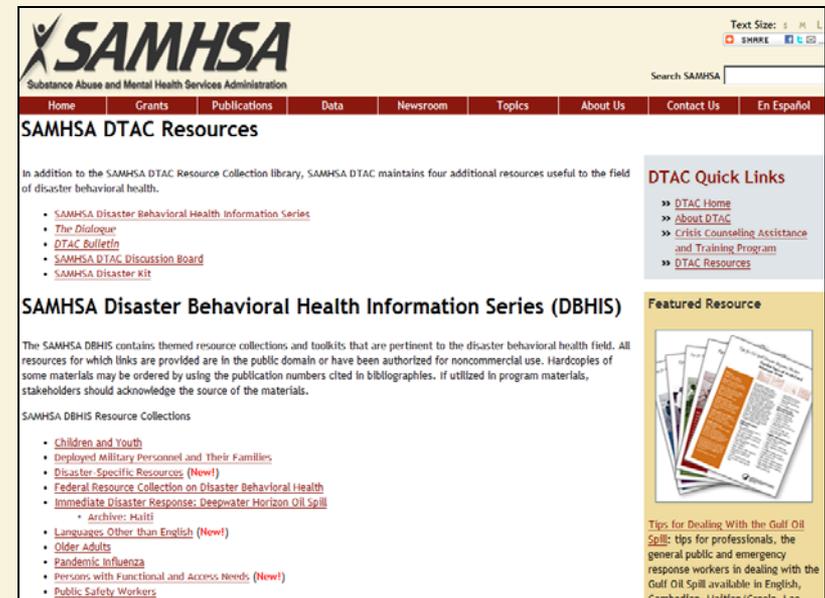


SAMHSA DTAC Services Include...

- ***Consultation and trainings*** on DBH topics including disaster preparedness and response, acute interventions, promising practices, and special populations
- ***Dedicated training and technical assistance*** for DBH response grants such as the Federal Emergency Management Agency Crisis Counseling Assistance and Training Program
- ***Identification and promotion of promising practices*** in disaster preparedness and planning, as well as integration of DBH into the emergency management and public health fields

SAMHSA DTAC Resources Include...

- The Disaster Behavioral Health Information Series, or DBHIS, which contains themed resources and toolkits on these topics:
 - DBH preparedness and response
 - Specific disasters
 - Specific populations



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SAMHSA DTAC Resources

In addition to the SAMHSA DTAC Resource Collection library, SAMHSA DTAC maintains four additional resources useful to the field of disaster behavioral health.

- [SAMHSA Disaster Behavioral Health Information Series](#)
- [The Dialogue](#)
- [DTAC Bulletin](#)
- [SAMHSA DTAC Discussion Board](#)
- [SAMHSA Disaster Kit](#)

SAMHSA Disaster Behavioral Health Information Series (DBHIS)

The SAMHSA DBHIS contains themed resource collections and toolkits that are pertinent to the disaster behavioral health field. All resources for which links are provided are in the public domain or have been authorized for noncommercial use. Hardcopies of some materials may be ordered by using the publication numbers cited in bibliographies. If utilized in program materials, stakeholders should acknowledge the source of the materials.

SAMHSA DBHIS Resource Collections

- [Children and Youth](#)
- [Deployed Military Personnel and Their Families](#)
- [Disaster-Specific Resources \(New!\)](#)
- [Federal Resource Collection on Disaster Behavioral Health](#)
- [Immediate Disaster Response: Deepwater Horizon Oil Spill](#)
 - [Archives: Multi](#)
- [Languages Other Than English \(New!\)](#)
- [Older Adults](#)
- [Pandemic Influenza](#)
- [Persons with Functional and Access Needs \(New!\)](#)
- [Public Safety Workers](#)

DTAC Quick Links

- » [DTAC Home](#)
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- » [Crisis Counseling Assistance and Training Program](#)
- » [DTAC Resources](#)

Featured Resource



Tips for Dealing With the Gulf Oil Spill: tips for professionals, the general public and emergency response workers in dealing with the Gulf Oil Spill available in English, French, Italian, Spanish

SAMHSA DTAC E-Communications

- SAMHSA *DTAC Bulletin*, a monthly newsletter of resources and events. To subscribe, email DTAC@samhsa.hhs.gov.
- *The Dialogue*, a quarterly journal of articles written by DBH professionals in the field. To subscribe, visit <http://www.samhsa.gov>, enter your email address in the “Mailing List” box on the right, and select the box for “SAMHSA’s Disaster Technical Assistance newsletter, The Dialogue.”
- SAMHSA DTAC Discussion Board, a place to post resources and ask questions of the field. To subscribe, register at <http://dtac-discussion.samhsa.gov/register.aspx>.

Contact SAMHSA DTAC

For training and technical assistance inquiries, please access the following resources:

- Toll-free phone: 1-800-308-3515
- Email: DTAC@samhsa.hhs.gov
- Website: <http://www.samhsa.gov/dtac>

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Speaker

Steven N. Moskowitz, LMSW

Director of Disaster Preparedness and Response
New York State Office of Mental Health

Learning Objectives

- To discuss the process of ensuring your plan is integrated with the State, Territory, or Tribal DBH plan
- To explore plan maintenance and updates including timelines for updating plans, responsible personnel, and roles and responsibilities
- To look at different methods of making the plans accessible

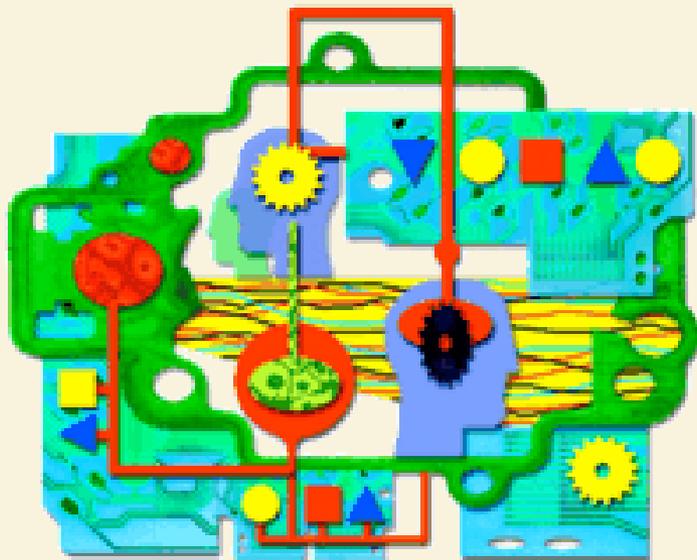


Key Processes

Two steps to ensure that your plan will still be good in 2, 3, and even 5 years:

- Crosswalk the DBH plan with the existing plans in your jurisdiction.
- Make sure to include a process for regular review and updating.

Integration of Your Plan



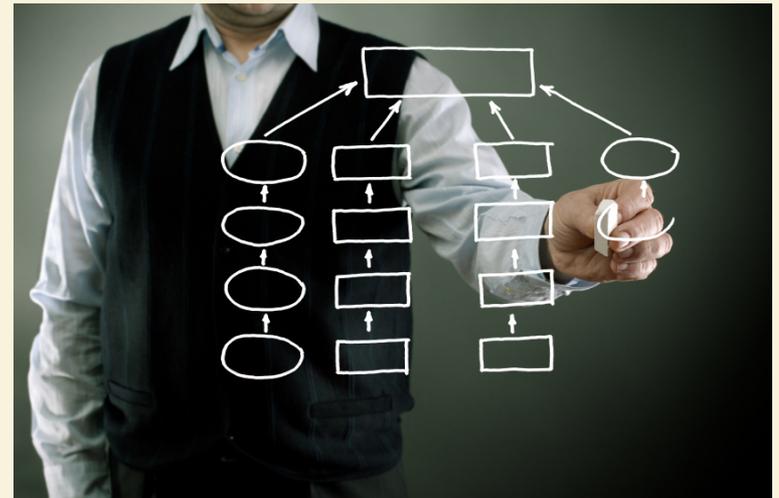
Your DBH plan is part of a **SYSTEM:**

- To function, it must be coordinated with all of the relevant processes and players that will be part of the general emergency response.

Integration of Your Plan (continued)

Process and players:

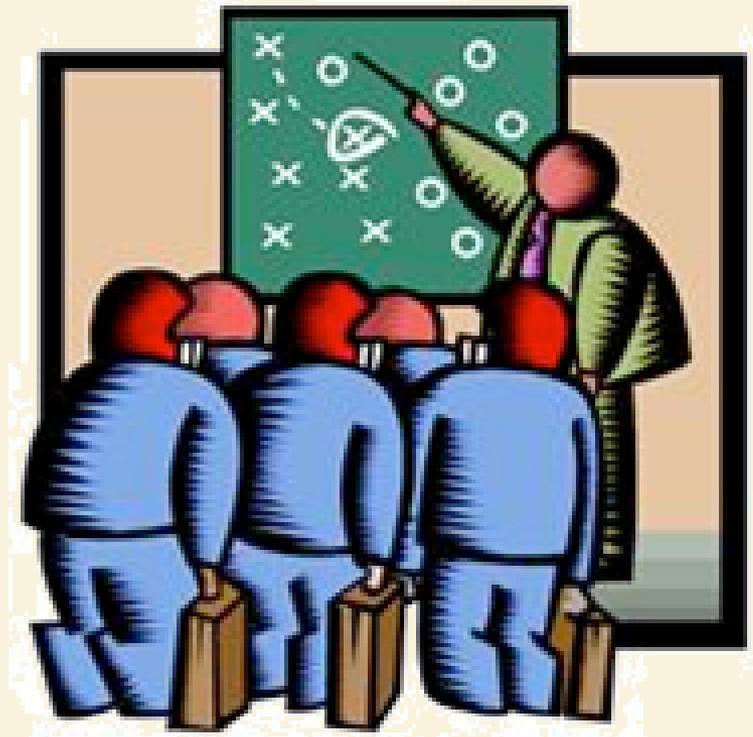
- Emergency Management Office
- Other Behavioral and Public Health Agencies
- DBH responders



Integration of Your Plan (continued)

Be proactive – Include partners *during* the planning process:

- Group process: more ideas and better cooperation
- Building “buy-in”



Integration of Your Plan (continued)

- **DBH plan must conform to legal and regulatory standards:**
 - Review with State emergency management planning section.
 - Incorporate standards before planning process is concluded.

Integration of Your Plan (continued)

Great ideas from the field:

- **New York**—Formal annex to State Comprehensive Emergency Management Plan
- **New Jersey**—New focus on horizontal integration for catastrophic and weapons of mass destruction responses



Maintenance of Your Plan

Why is including maintenance critical for a plan to be valid?

“Current plan does not work. Changes in plan do not reflect all the changes in DBH practices.”

Maintenance of Your Plan (continued)

The effect of process...*direct and indirect*

“It has become cliché in the last 10 years, but the old quote from Eisenhower still stands, ‘Plans are useless, but planning is invaluable.’”

Maintenance of Your Plan (continued)

Players change...circumstances change

“Try to envision the plan as dynamic rather than static. It’s easy for the administrator of disaster mental health to presume that it’s done and okay to put the plan back on the shelf. It’s easy to underestimate how reliant others may be on that plan.”

Maintenance of Your Plan (continued)

Indicators of good maintenance planning:

- Includes timeline for updating plan
- Identifies who is responsible for updating plan
- Is made accessible by various methods
- Includes instructions for ongoing exercises and trainings
- Contains instructions for roll out of plan

Maintenance of Your Plan (continued)

Timelines are essential:

- In this State, planned update is annual.
- In this State, the plan calls for annual updates and it may happen even more frequently.
- ...the coordinator reported that the plan is reviewed and updated annually.

Maintenance of Your Plan (continued)

Timeline triggers:

- A date set in the plan, either annual or biannual
- Following a defined event
 - Change in operational resources
 - Formal update of planning guidance or standards
 - Change in elected or appointed officials
 - Plan activation or major exercise

Maintenance of Your Plan (continued)

Timelines are essential...but not without challenge

- ...planned update is annual. It actually happens every two to three years. The coordinator noted that updates require resources.
- In this State, the plan has not been formally updated since 2005. *“You can only do what you can do.”*

Maintenance of Your Plan (continued)

Great idea from the field:

“DBH plan update happens as Homeland Security plan and State plan are updated.”



Maintenance of Your Plan (continued)

Identify WHO is responsible:

- It is most frequently the DBH Director/Coordinator.
- One state utilizes a contractor
- *“It has taken the four years that I’ve been on the board to grasp an adequate overview of the entire plan so that I feel competent to participate in organizing a revision.”*

Maintenance of Your Plan (continued)

Plan is made accessible:

- A DBH plan functions within a greater response system with multiple moving parts or participants. Each of those participants must be aware of any changes or revisions to the plan if it's to be implemented effectively.



Maintenance of Your Plan (continued)

Inclusion in the process has an impact on the effectiveness of the outcome:

- The people who get drawn into the process of revising the plan become better educated and up-to-date on how things work.

Maintenance of Your Plan (continued)

“Paper or Pixels? Another question for consideration was the balance between historical printed copies of State plans and a new reliance on technology.”



Maintenance of Your Plan (continued)

Ongoing exercises and training:

“Exercising the plan is crucial. Time together with partners improves response capabilities and facilitates relationships and better understanding of roles.”



Maintenance of Your Plan (continued)

National Incident Management System (NIMS)

- Evaluating the effectiveness of plans involves a combination of training events, exercises, and real-world incidents to determine whether the goals, objectives, decisions, actions, and timing outlined in the plan led to a successful response.

Maintenance of Your Plan (continued)

Great idea from the field:

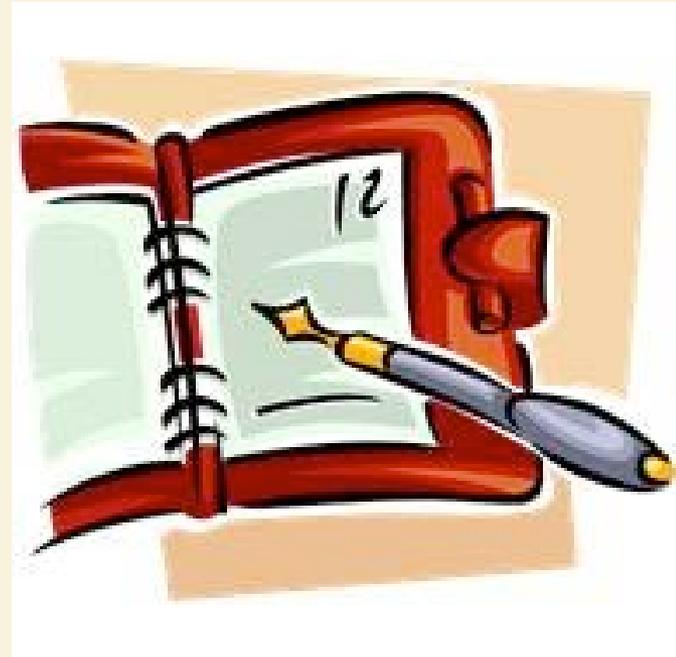
“Plan was changed to include annual required exercises with ‘all the players’ and the plan gets updated after each.”



Maintenance of Your Plan (continued)

Describe a plan for roll out:

- Create an event.
- Pick a date.
- Continue and reinforce the process of “buy-in.”



Maintenance of Your Plan (continued)



Version Control

- Include a page to document when the changes are received and entered into the plan.

Emerging Practices and Themes

- Plans should be thought of as DYNAMIC.
- Take the time to make sure that your plan is INTEGRATED with State/Territory/Tribal processes.
- Exercises and improvement plan processes are invaluable to the maintenance of your plan.

Challenges *Do* Lie Ahead

Challenges to long-term plan continuity include:

- Lack of resources (your time)
- Competition for attention
- Shifting organizational priorities
- Funding
- Simple inertia

Challenges Need *Strategies*

Challenge

- Lack of time
- Competition for attention
- Shifting priorities
- Funding
- Simple inertia

Strategy

- Create a long-term plan
- Reprioritize
- Seek support from natural partners
- Develop new alliances
- Be the catalyst

Questions for Mr. Moskowitz?

Conclusion

- This concludes the Integrating Your DBH Plan webinar, a part of the Promising Practices in DBH Planning series.

Next Steps

- The final webinar is:
 - **Plan Scalability on August 30, 2011 at 2 p.m. ET**
(1 p.m. CT/ 12 p.m. MT/ 11 a.m. PT) featuring **Dr. Anthony Speier**

Contact SAMHSA DTAC

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Thank You