



Living it and Feeling It - Understanding and Supporting Behavioral Health in Disasters

Colorado Resiliency Office's
Adaptations and Futures Webinar Series
September 3, 2020
11 a.m. to 12:30 p.m.



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Resiliency Office
Department of Local Affairs

Welcome

Please use the chat to communicate any questions for the panelists.

This webinar is being recorded and will be posted on the Colorado Resiliency Office's website:
coresiliency.com/adaptations-and-futures-webinar-series





Aimee Voth Siebert
Behavioral Health and Inclusion Worklead

Colorado Department of Public Health and Environment



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Agenda

- Introduction - Colorado Resiliency Office
- Colorado Department of Public Health and the Environment
 - **Aimee Voth Siebert**, CDPHE
- Colorado Crisis Counseling Program
 - **Reed Florarea**, CDPHE
 - **Amber Berenz, LPC**, Colorado Spirit CCP Program Manager at AllHealth Network
 - **BreAnna Teeters**, Colorado Spirit CCP Program Manager at the Center for African American Health
 - **K.D. Bryant**, Colorado Spirit CCP Team Lead at Axis Health System
 - **Patricia Lovato, MBA**, Colorado Spirit COVID-19 FEMA Team Lead at Health Solutions
- National Institute for Human Resilience
 - **Dr. Charles Benight**, Director
- Colorado Behavioral Health Council
 - **Frank Cornelia**, Deputy Director and Chief Strategy Officer
- Q&A with Panelists



What is the purpose of disaster behavioral health?

To Promote Adaptive Functioning by Reducing Stress in Survivors and Responders

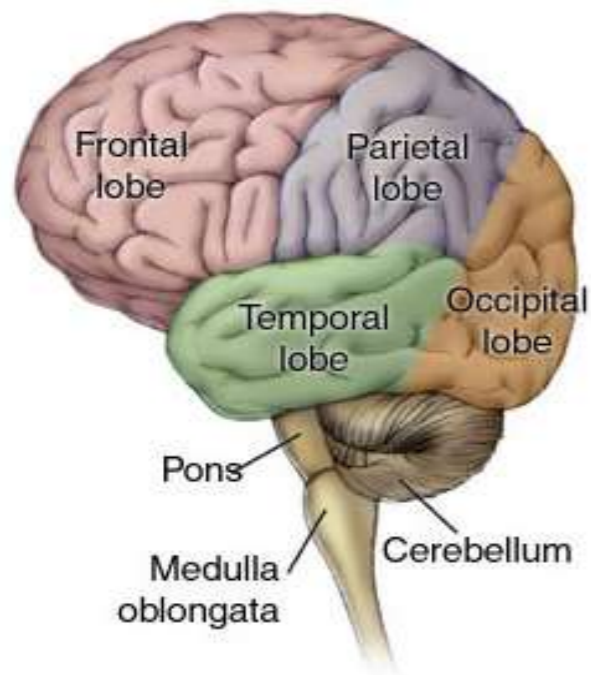
↑ Functioning by ↓ Stress



Am I in Danger?

No

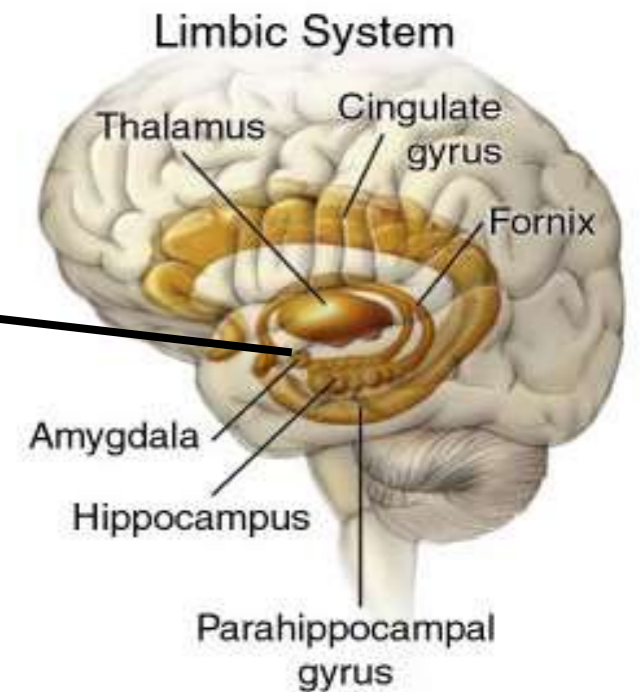
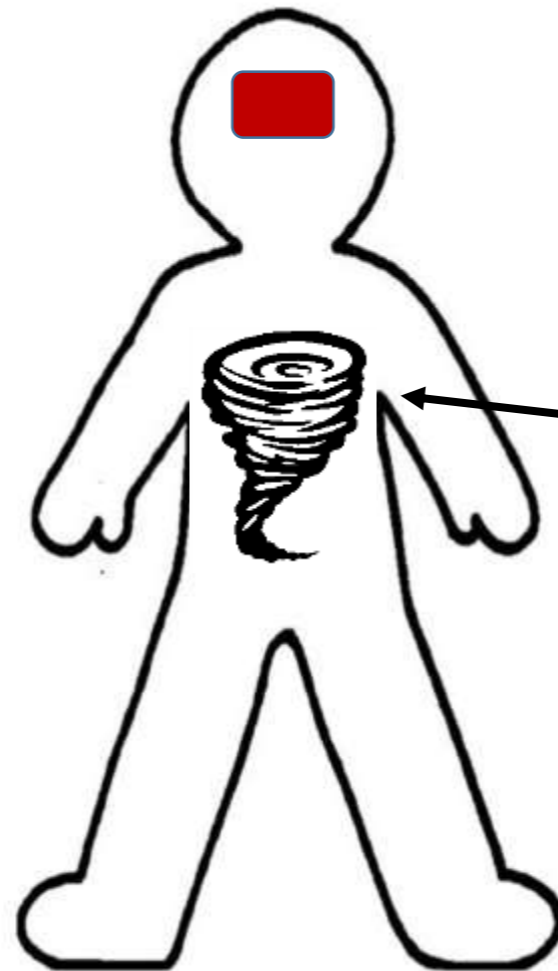
“Broaden and Build”



Barbara Frederickson (2004). The broaden-and-build theory of positive emotions.

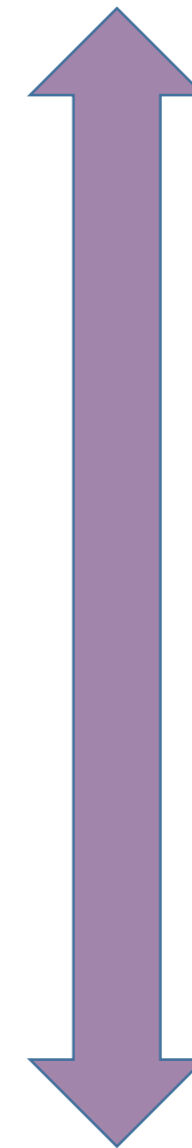
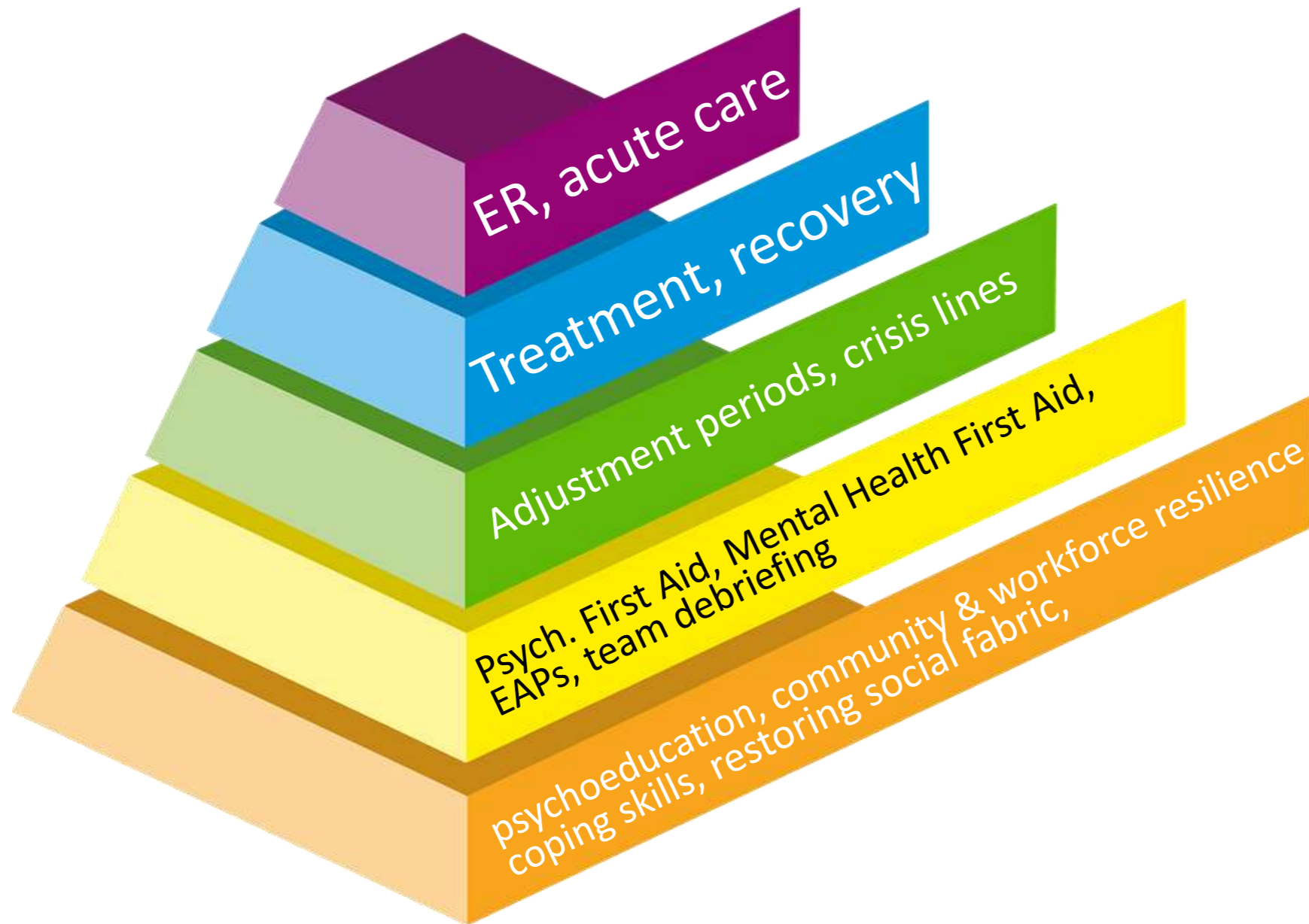
Yes

“Narrow and Focus”



Daniel Siegel (2010) *Mindsight: The New Science of Personal Transformation*.

Levels of Behavioral Health Support



- Collaboration
- Situational Awareness
- Referral
- Reducing Stigma
- Culture building

Hobfoll et al. (2007). Five essential elements of immediate and mid-term mass trauma intervention: empirical evidence



Safety



Calm



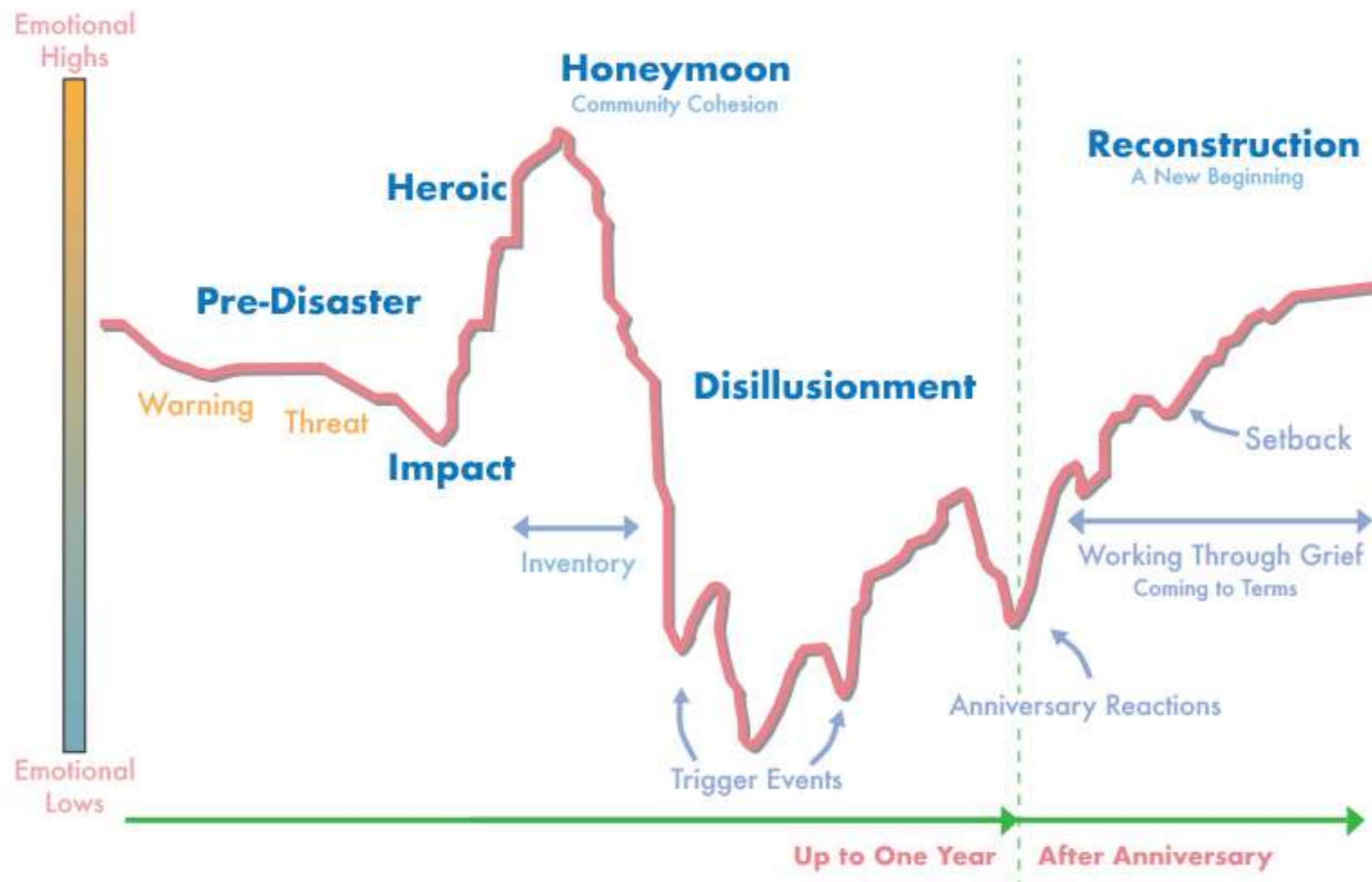
Connectedness



Efficacy



Hope



Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for mental health and human service workers in major disasters (2nd ed., HHS Publication No. ADM 90-538). Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.



Reed Floarea
Colorado Spirit Crisis Counseling Program Program Manager
Colorado Department of Public Health and Environment





Colorado Spirit Crisis Counseling Program

Reed Floarea, CCP Program Manager



What is the CCP?

Individual Assistance Program

FEMA/SAMHSA



Key Principles

Strengths Based

Anonymous

Outreach Oriented

Non-traditional Settings

Strengthen Existing Community Support Systems



Why the CCP?

Understand situation and reactions

Reduce stress and provide emotional support

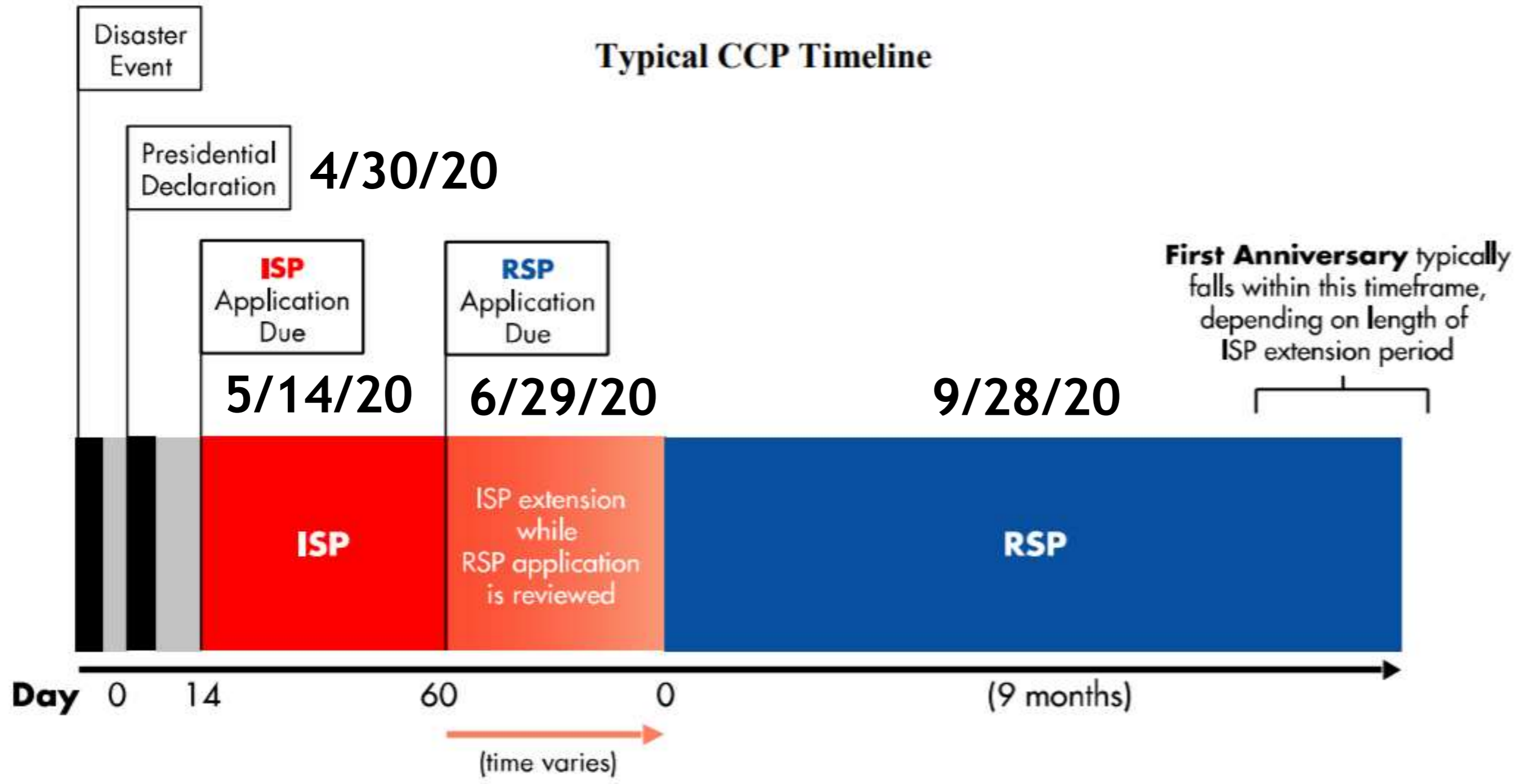
Review disaster recovery options

Promote coping strategies

Connect with existing community support systems



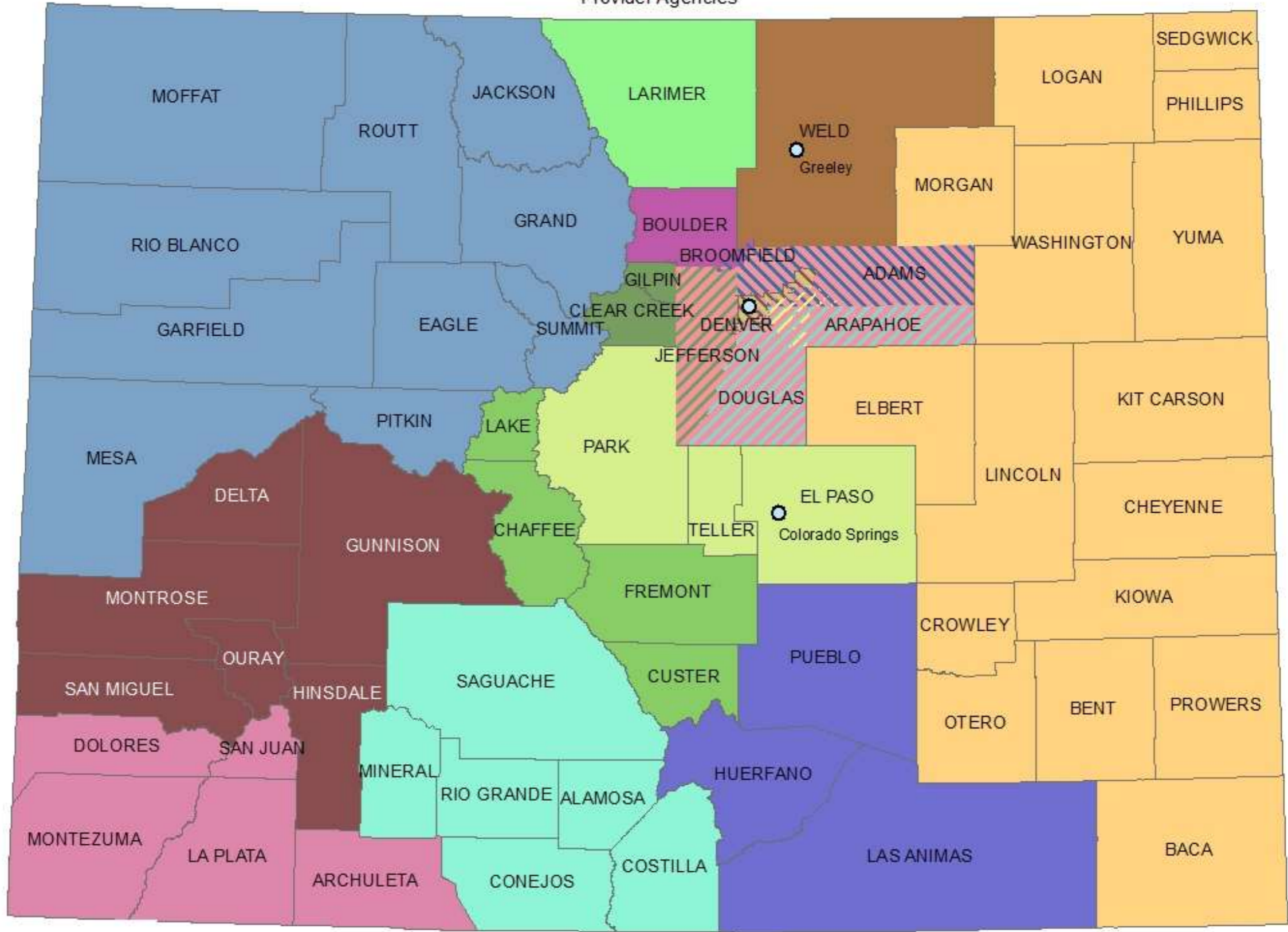
Typical CCP Timeline



2020-2021 Colorado Spirit COVID-19 Recovery Program

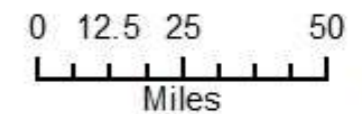
Crisis Counseling Program RSP FEMA-4498-DR-CO

Provider Agencies



AHN	Axis	CDPHE	EPT	DICI	JMHC	MHP	NRBH	Solvista	AUMHC
AP	CAAH	CRC	HS	LFS	MSH	SLVBHG	SSHP		

○ Cities with Open Servicios Offices





Additional Services

Healthcare Workforce Well-Being Support Line: 303-724-2500

myStrength

Choose from over a dozen activities, including:



Strategies to manage heightened stress



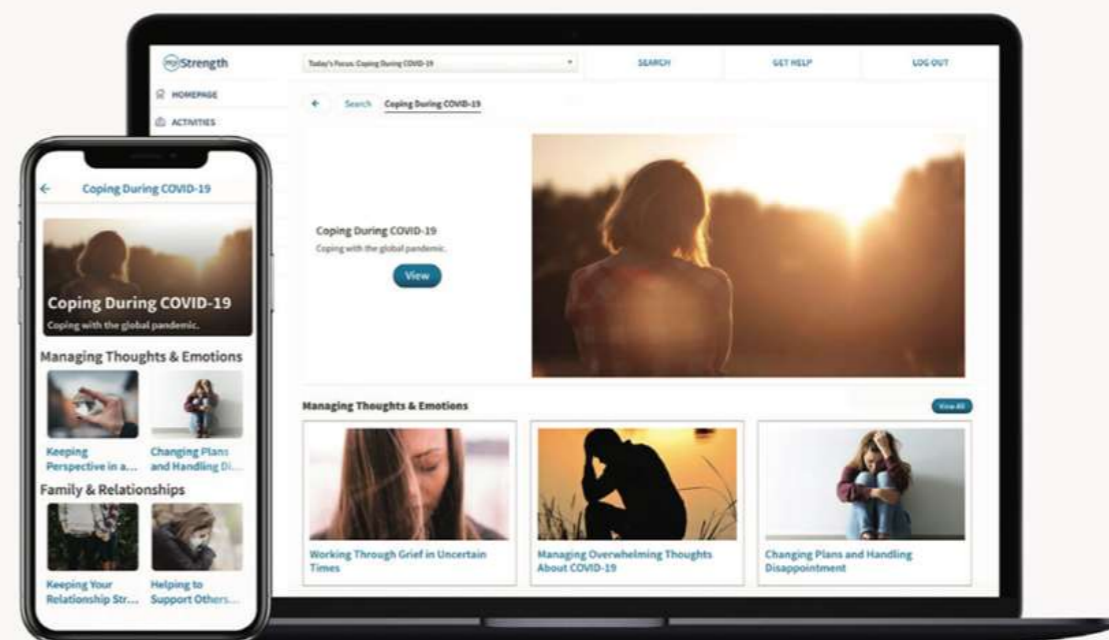
Tips for parenting during challenging times



Ideas to manage social isolation



Other tools and information for emotional support





For more information or to connect with your local CCP team, please contact Reed Floarea at reed.floarea@state.co.us





Amber Berenz, LPC
Colorado Spirit CCP Program Manager

AllHealth Network



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AMBER BERENZ

Amber Berenz, LPC
Program Manager
Colorado Spirit, AllHealth Network



AYLA COOK



SARA HARRIS



PAULA KOHOUTEK

CONTACT

Email: COspirit@allhealthnetwork.org
Visit: www.allhealthnetwork.org/Colorado-Spirit
Call: 720-707-6789





BreAnna Teeters
Colorado Spirit CCP Program Manager
Center for African American Health



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BREANNA TEETERS
COMMUNITY RESOURCE NAVIGATOR
CENTER FOR AFRICAN AMERICAN HEALTH



**The Center for
African American Health**

Empowering the Community to

Live Well!



COMMUNITIES SERVED

- **African American, African, and Black individuals and families**
 - Denver Metro and Aurora area



TEAM COMPOSITION

Primary: Community Resource Navigators

Secondary: Senior Living Health and Wellness Navigator & Early Childhood Program Coordinator



COMMUNITY NEEDS

- **Directly COVID-19 Related:** not receiving testing results, likelihood of contraction
- **Financial:** rent/mortgage, additional utilities, food, health insurance
- **Mental and Behavioral:** social support and connection, technology training, access to mental health care

Prominent worry regarding family financial standing; experiencing anxiety and worry at least once a day every week



CONTACT US

Organization: connect@caahealth.org

Personal: breanna@caahealth.org





K.D. Bryant
CCP Team Lead Southwest Region
Axis Health System



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K.D Bryant - CCP Team Lead Southwest Region



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Patricia J. Lovato, MBA
FEMA Team Lead

Health Solutions



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Who do we serve?

Pueblo

- 113,662

Huerfano

- 7,377

Las Animas

- 2,194

What does my team look like?

- Team Lead
- Hotline Specialist
- Media/Communications Specialist
- Outreach Specialist Emphasizing in Senior Care

What are we seeing?

- Increase in services needed
- Isolated Seniors
- Increase in abuse cases
- Medical appointments

How to contact us?

- Patricia Lovato - Team Lead - 719-568-2709 - patricial@health.solutions
- Kristi Beaudin - Hotline Specialist - 719-568-2564 - kristirayeb@health.solutions
- Karlee Salas - Media/Communications - 719-568-2324 - karlees@health.solutions



Dr. Charles C. Benight
Director

National Institute for Human Resilience



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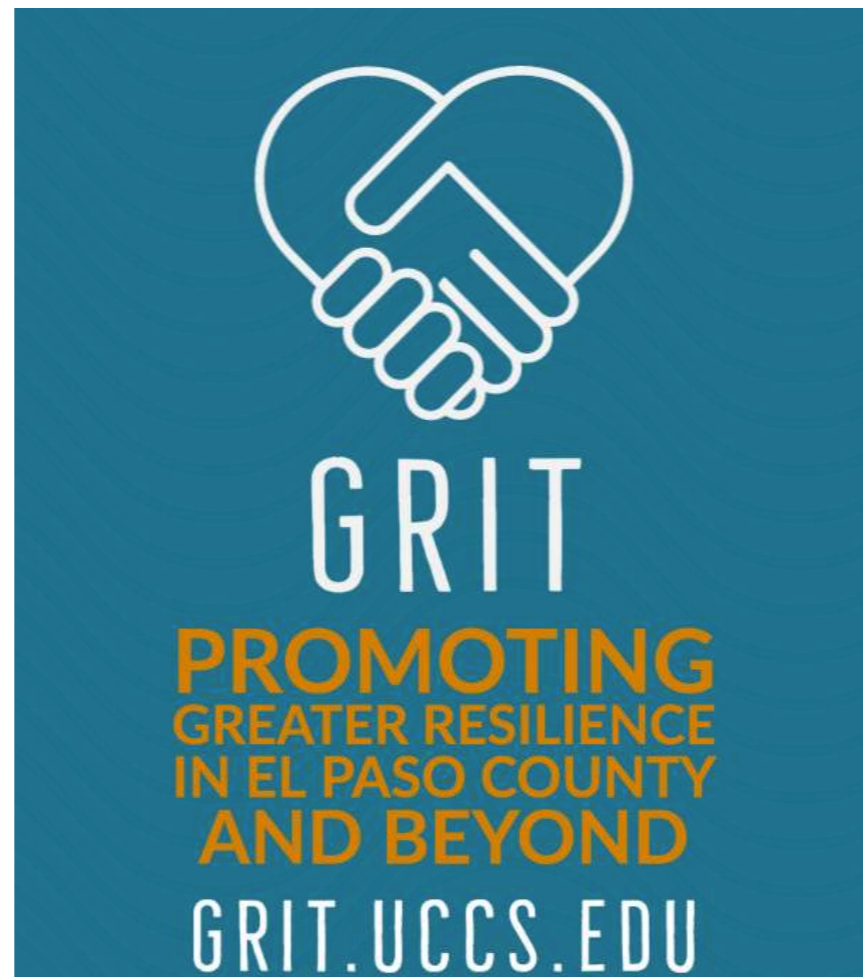
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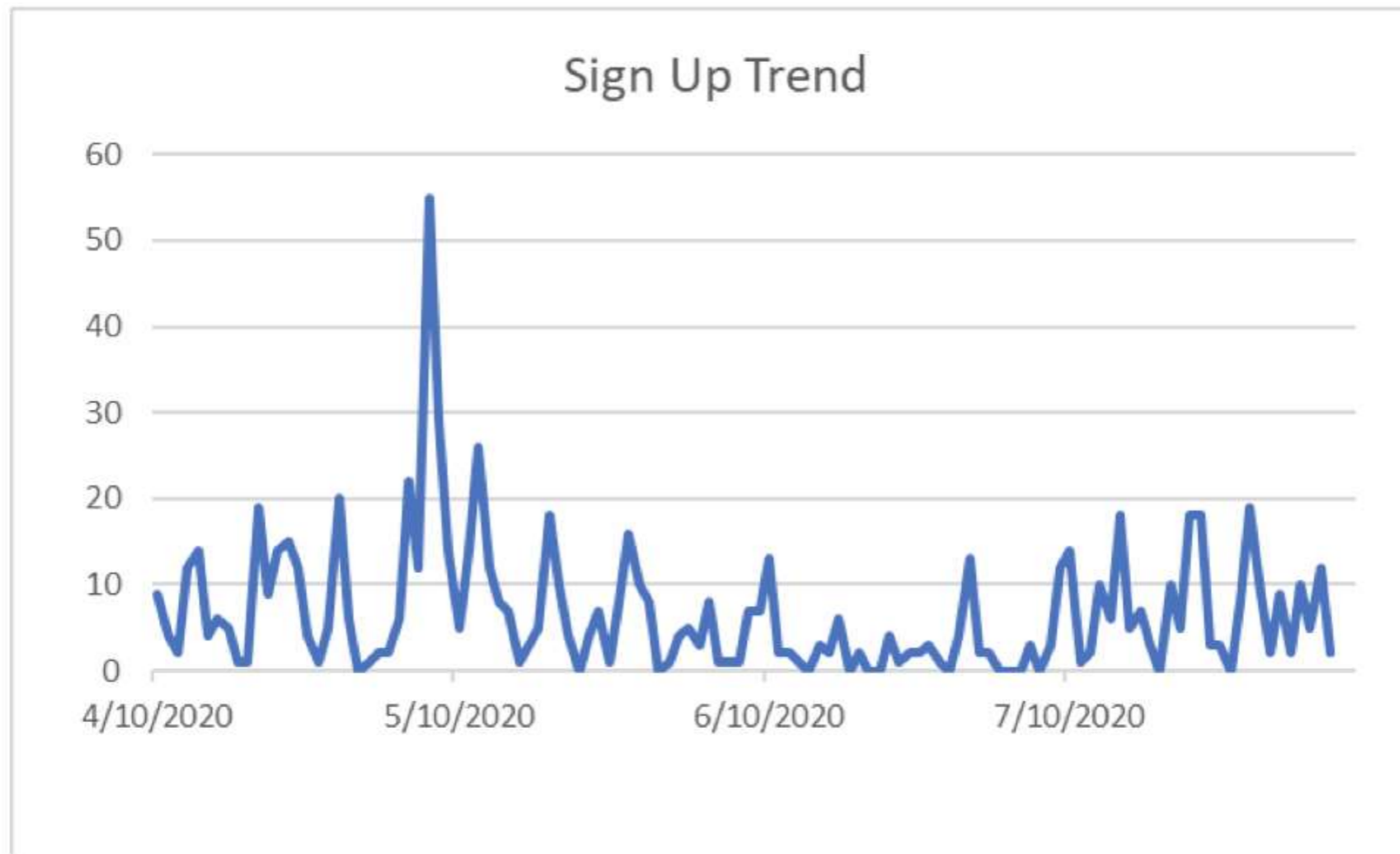
El Paso County Method

Charles C. Benight, Ph.D.

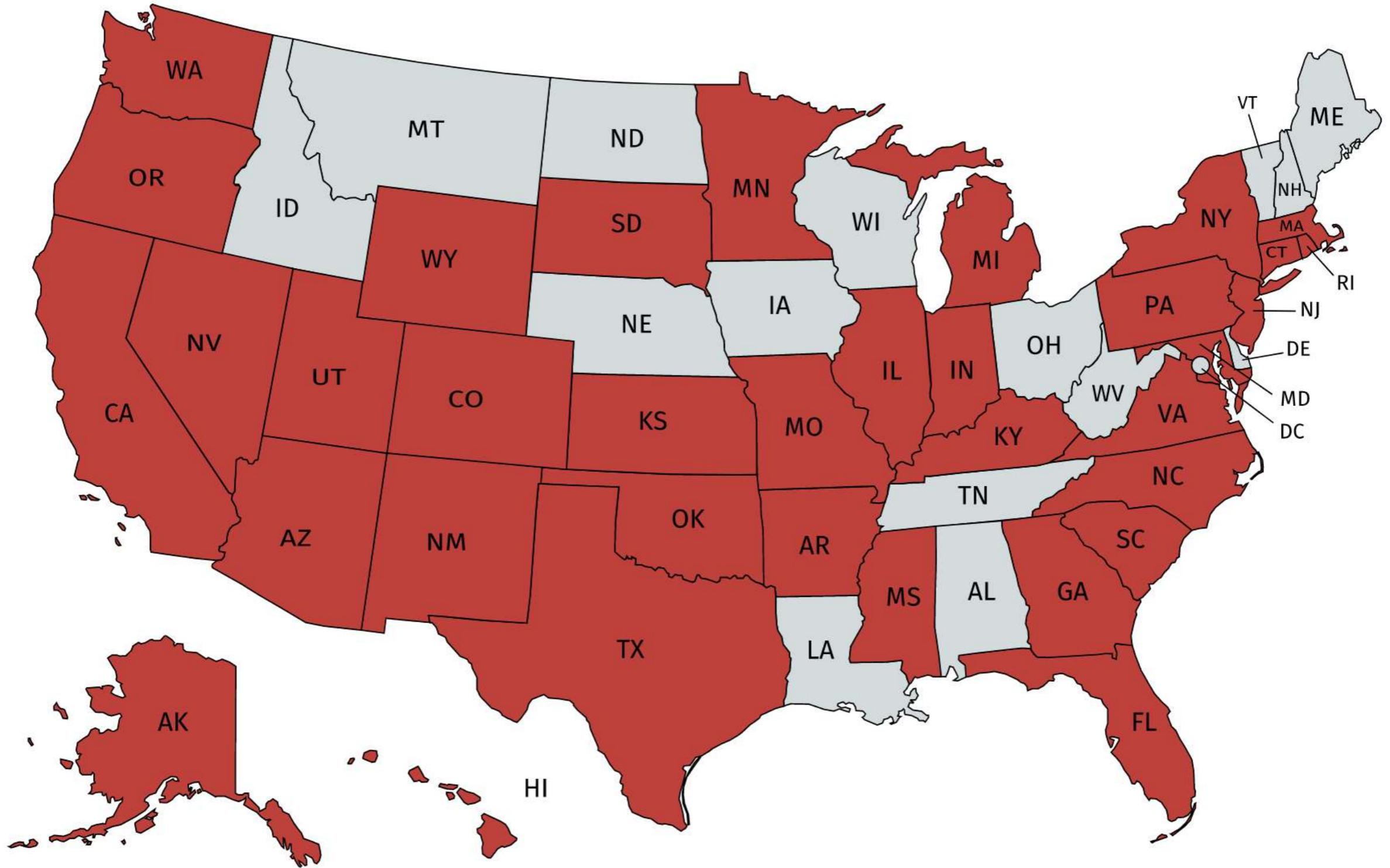
Director: National Institute for Human Resilience



A Total of 894 Signed-Up



Also in Canada, UK, and Australia. Plans for India.

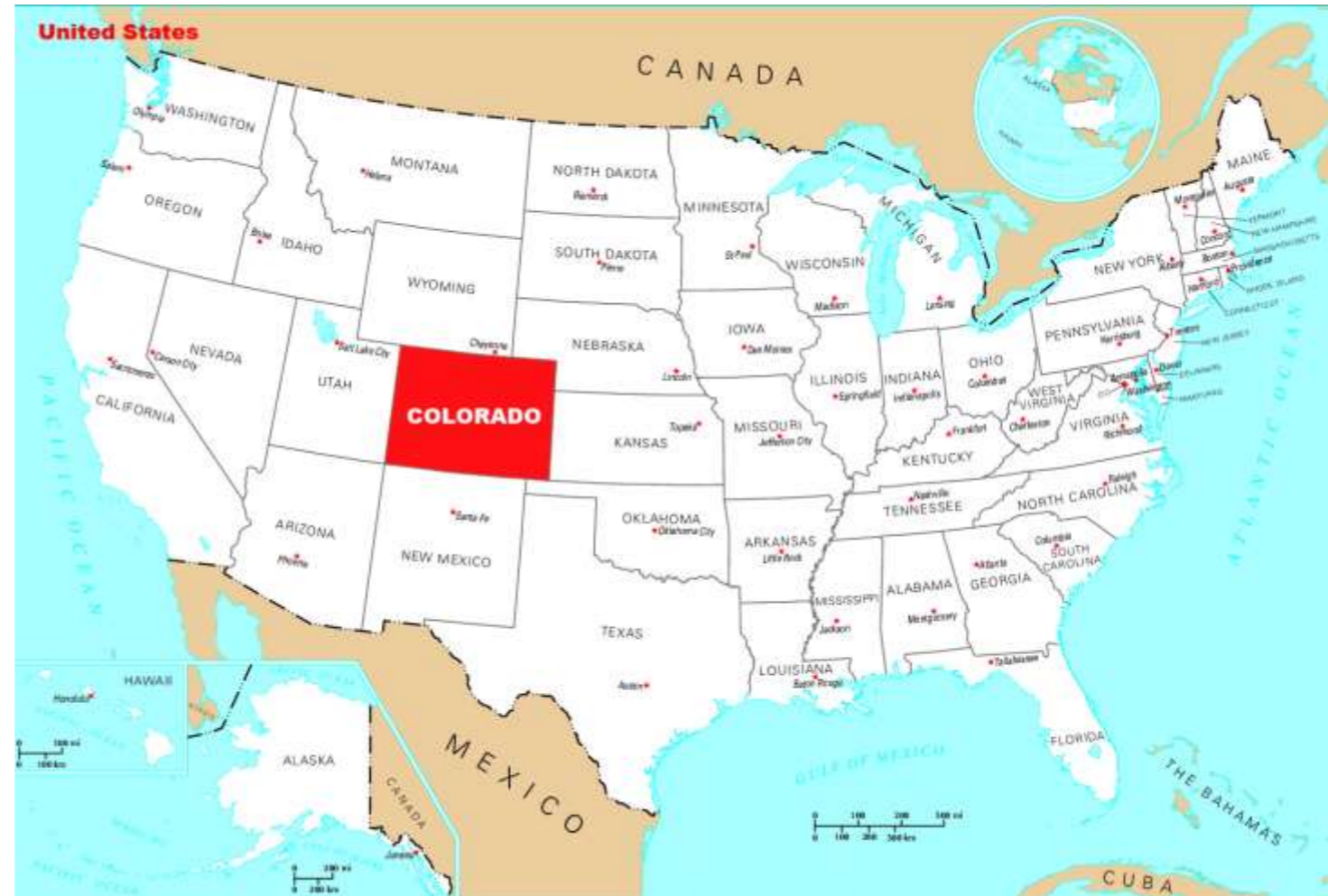


GRIT Resilience Coaches provide short-term resilience support

- **Through effective listening!**
- **Education on stress and pandemic and disaster response/recovery.**
- **Technological and human referrals (Crisis #s, Myresiliencehelp.com).**
- **Specific emphasis on strength building and promoting resilience.**
- **Ultimately, GRIT Coaches provide hope during a challenging time.**

They never replace professional help!

The Power of the WHOLE Community



Helping our Schools, Families, and Kids Through the Pandemic



GRIT4Leaders: Our Social and Economic Resilience

- Helping leaders to manage organizational challenges related to the covid-19 recovery.
- Focusing on peer support and disaster/pandemic related distress.
- Designed to equip small businesses and non-profits with support to manage the post-covid recovery process.



GRIT4Health



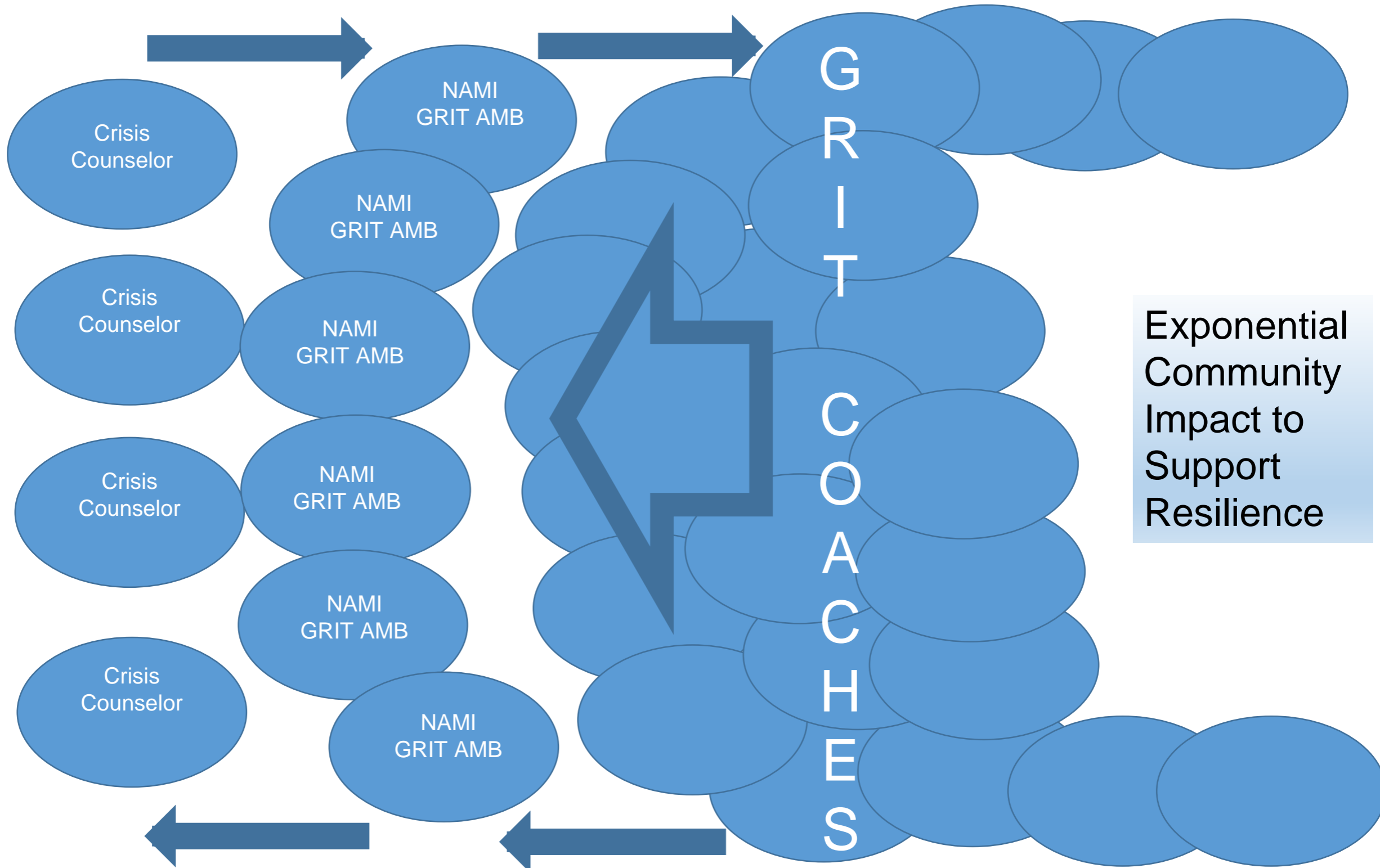
- Working with Colleague Dr. Steve Berkowitz at Anschutz to provide GRIT for health care workers to promote resilience in this frontline provider group.
- Create Teams to support one another as they work in this high stress environment.
- Funded through CDPHE

El Paso County Method

A Collaboration with El Paso County Public Health, NAMI
and Aspen Point

- Developing GRIT and Crisis Counseling Program Expansion to serve all of El Paso County





Exponential
Community
Impact to
Support
Resilience



Frank Cornelia
Chief Strategy Officer

Colorado Behavioral Health Council



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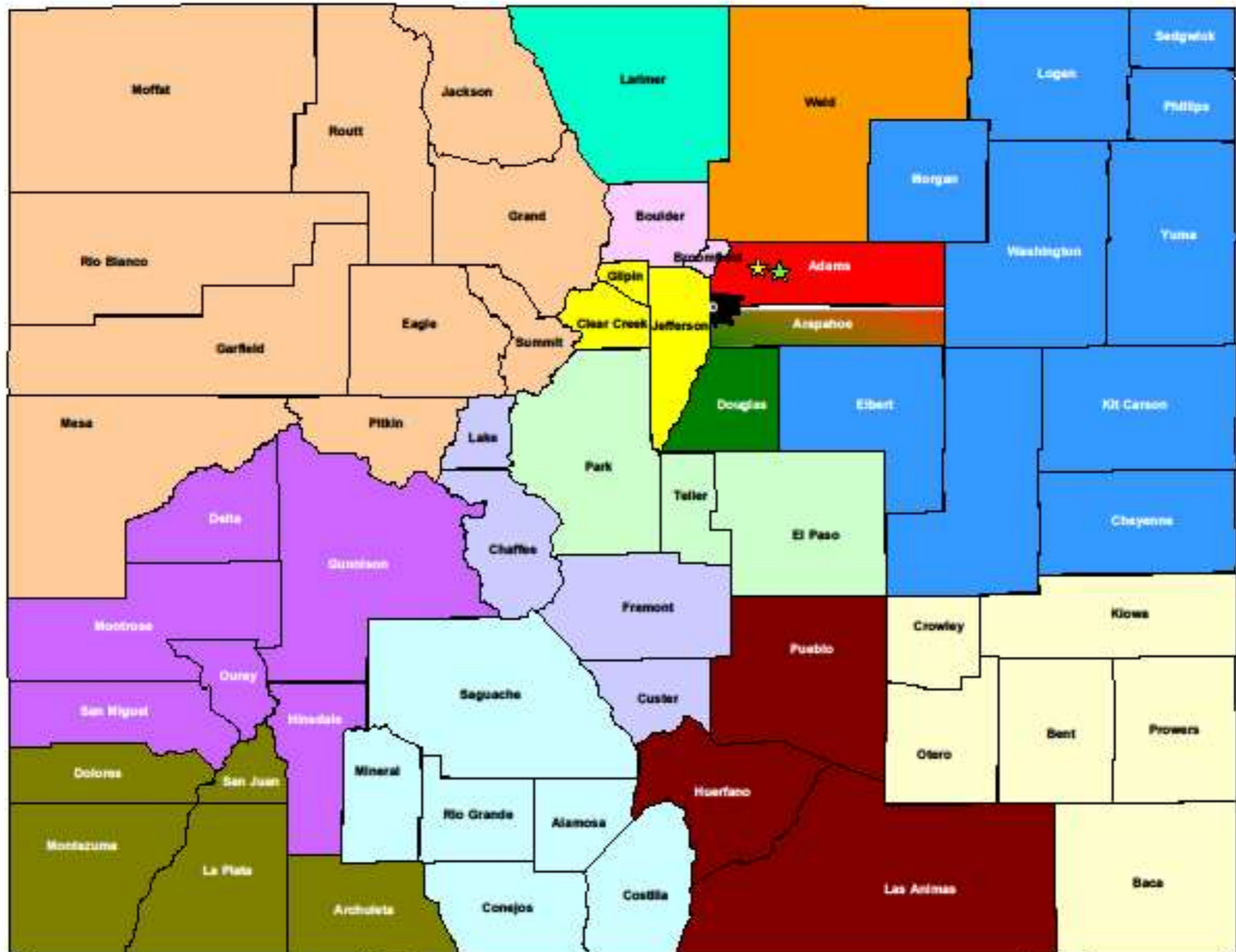
CBHC

Colorado Behavioral
Healthcare Council

Supporting community resilience, guiding behavioral health innovation, and partnering to enhance individual wellbeing throughout Colorado.

Who We Are:

- A limited membership association formed in 1967 to advocate for community behavioral health providers
- 23 members today, including
 - **17 Community Mental Health Centers (CMHCs)**
 - **4 Managed Service organizations (MSOs)**
 - **2 Specialty Clinics**
- A dues funded, member-led, staff supported, 501c3 non-profit organization



- ★ Servicios de la Raza
- ★ Asian Pacific Development Center
- Arapahoe/Douglas Mental Health Network*
- AspenPoints
- Aurora Mental Health Center*
- Aids Health Systems, Inc.
- Centennial Mental Health Center
- Community Reach Center
- Jefferson Center for Mental Health
- Mental Health Partners
- Mental Health Center of Denver
- The Center for Mental Health
- Mind Springs Health
- North Range Behavioral Health
- San Luis Valley Behavioral Health Group
- Solvista Health
- Southeast Health Group
- Health Solutions
- SummitStone Health Partners

*Arapahoe County is served by Arapahoe/Douglas MHN excluding the city of Aurora, which is served by Aurora MHC.

Colorado Community Mental Health Centers by County Served

Disaster Behavioral Health: A History of Responding to Community Need

- Big Thompson Flood, 1976
- Columbine, 1999
- Waldo Canyon Fire, 2012
- Aurora Theater Shooting, 2012
- Colorado Front Range Flood, 2013
- Arapahoe High School Shooting, 2013
- STEM School Shooting, 2019
- Other Critical Community Incidents

Colorado Crisis Education & Response Network (CoCERN)

- What is CoCERN?
- In what settings is disaster behavioral health most beneficial?
- What does CoCERN provide?
- How does CoCERN deploy?

CMHC Role in the COVID-19 Pandemic

- Converted outpatient operations to telehealth
- Continued 24/7 services safely
- Set up warm lines to support community members
- Social media programs and supports
- Delivered food and medicine
- Staffed COVID testing lines
- Mask drives and PPE for partner organizations
- Participation in state CCP program

CBHC BOARD POSITION STATEMENT 20.0: Emergency Preparedness & Response

Position Statement

Colorado must maintain and enhance a coordinated behavioral health emergency and disaster response and ensure the permanency of robust resources for preparedness.

Policy Priority: Coordinated Behavioral Health Response to Emergencies & Disasters

We Support:

- Continuation of state and federal programs that coordinate community partners in a collaborative response to community crises.
- Policies, regulation, and legislation that continues Colorado's CMHC's ability to respond to any range of community crisis

Policy Priority: Emergency Preparedness Initiatives

We Support:

To be most effective, emergency preparedness efforts need to be adequately funded to meet communities' need

- We support policies that formalize the CMHCs' emergency preparedness endeavors and create sustainability of these activities across Colorado communities.

Contact Us

Frank Cornelia
Deputy Director &
Chief Strategy
Officer
720-454-5740
fcornelia@cbhc.org

www.cbhc.org



Q&A

Please leave your questions in the chat

Q&A Facilitators:

Aimee Voth Siebert and Reed Floarea

Colorado Department of Public Health and the Environment



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Join us for these upcoming webinars

Continuity of Operations Planning for Local Governments

October 1

11:00 a.m. - 12:00 p.m.

Sign up at:

<https://www.coresiliency.com/adaptations-and-futures-webinar-series>



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THANK YOU!



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