

Man-Made Disasters & Mental Health



Man-made disasters, often incidents of mass violence, impact communities across North Carolina. These events can be traumatic as there is usually no warning and sometimes loss of life can occur. Man-made disasters can happen in both small settings and crowded spaces. The best way to manage concern over a potential event is to learn safety guidance and how to find mental health resources and support.



Ways to support mental and emotional health in case of a man-made disaster

- Be aware of your surroundings and exits
- Learn skills to help during an emergency
- Enjoy your favorite, stress-relieving activities
- Get mental health support if you're struggling
- Talk about worries or concerns; you aren't alone
- Continue recommended medications and treatments
- Limit substances that impact stress levels like caffeine, alcohol, tobacco & others

RESOURCES

- Make a Plan: [Ready.gov/Shelter](https://www.ready.gov/shelter)
- Public Safety Tips: [Ready.gov/Public-Spaces](https://www.ready.gov/public-spaces)
- Caregiver Guidance: [Ready.gov/Caregivers](https://www.ready.gov/caregivers)
- FEMA Active Shooter Guidance: [Bit.ly/FEMAActiveShooter](https://www.fema.gov/active-shooter)
- Crime Victim Compensation Services: [Bit.ly/CrimeVictimCompensation](https://www.ncdhs.gov/crime-victim-compensation)
- Disability-Specific Guidance: [Ready.gov/Disability](https://www.ready.gov/disability)
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Disasters And Mental Health

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Disasters And Mental Health:

Disasters and Mental Health Center for Mental Health Studies of Emergencies (U.S.),1985 **Mental Health and Disasters** Yuval Neria,Sandro Galea,Fran H. Norris,2009-07-20 A reference on mental health and disasters focused on the full spectrum of psychopathologies associated with many different types of disasters **Disaster Mental Health Interventions** James Halpern,Karla Vermeulen,2017-06-26 Disaster Mental Health Interventions uses DSM 5 diagnostic criteria and the latest research to help build disaster mental health intervention skills that will last a lifetime Students and emerging professionals across the fields of mental health counseling social work school counseling spiritual care and emergency management will appreciate the accessible tone level of detail and emphasis on practice Case studies and anecdotes from experienced professionals add an additional level of depth and interest for readers **Disaster Mental Health Services** Bruce H. Young,Julian D. Ford,Josef I. Ruzek,Matthew J. Friedman,Fred D. Gusman,1998 Disasters George Christodoulou,2016-05-11 The issue of the mental health consequences of disasters is always timely but at present its consideration serves a pressing need if one takes into account the great number of co existing and super imposed disasters occurring throughout the world Taking Greece as an example on top of the economic disaster that has produced serious mental health problems the country is faced with a serious refugee problem produced by human made disasters that have occurred elsewhere and produce serious mental health problems to the refugees and the host population alike This volume deals with the mental health consequences of Natural Disasters Human made Disasters and a third category Economic Disasters This volume will help contribute to more efficient management and mitigation of the mental health effects of such disasters **Disaster Response and Recovery** Diane Garaventa Myers,1994 A resource on basic practical issues related to planning implementing disaster mental health services Provides specific concrete information for managers who are involved in planning services as well as practitioners who are delivering services Chapters include checklists of actions to take before during after a disaster to help staff in carrying out important actions Provides specific activities to engage in with disaster victims List of training manuals materials videotapes suggested outreach materials books for children **Disaster Mental Health Counseling** Mark A. Stebnicki,2016-12-07 Focuses on understanding cultural and psychosocial contexts to promote optimal healing for disaster survivors This is the first book for mental health professionals working with survivors of mass trauma to focus on the psychosocial and culture contexts in which these disasters occur It underscores the importance of understanding these environments in order to provide maximally effective mental health interventions for trauma survivors and their communities Global in scope the text addresses the foundations of understanding and responding to the mental health needs of individuals and groups healing from traumas created by a wide range of natural and human made critical events including acts of terrorism armed conflict genocide and mass violence by individual perpetrators Designed for professional training in disaster mental health and meeting CACREP standards the text promotes the knowledge and skills

needed to work with the psychosocial aspects of individual and group adaptation and adjustment to mass traumatic experience. Reflecting state of the art knowledge, the book offers detailed guidelines in assessment and brief interventions related to survivors' posttraumatic stress symptoms and complex trauma associated with being at the epicenter of extraordinary stressful and traumatic events. In addition, this book also covers critical issues of self care for the professional. Illustrated with first person accounts of disaster survivors and case scenarios, this book emphasizes how counselors and other mental health professionals can foster resilience and wellness in individuals and communities affected by all types of disasters.

Key Features: Considers disaster and mass trauma response from a culturally and globally relevant perspective; the first book of its kind; Addresses CACREP's clinical standards and content areas related to disaster mental health response; Covers many types of disasters and categories of survivors; Includes updated information on PTSD, complex trauma, and self care; Addresses cultivating resiliency in individual and group survivors along with social justice issues.

Disaster Mental Health Case Studies James Halpern, Amy Nitza, Karla Vermeulen, 2019-02-18. *Disaster Mental Health Case Studies* is a riveting collection of case studies by master clinicians that reveal how disaster mental health interventions must be tailored to meet the needs of survivors. Each unique case study is structured to give the reader an introduction to the community affected pre-disaster, a glimpse into the thought processes of the disaster mental health responders pre and post disaster, and a reflective selection of lessons learned as a result of the experiences. The 17 case studies offer the reader guidance on how to develop an empathic approach to disaster mental health response. Exposure to a diverse sample of disaster contexts including naturally occurring disasters, human caused disasters, and disasters which occurred in an international setting. An understanding of the strategic approaches needed for disaster mental health service response as well as an appreciation of the need for self care when responding. A grounded and accessible writing style, bookended by chapters from the editors which thematically link and analyze the case studies. Offering a rare and compelling view into the challenges, tragedies, pain, frustrations, and grief at the heart of disaster mental health work, this must-have collection is tailored to appeal to students of mental health and counseling psychology and social work, and working mental health professionals who would like to learn directly from experienced responders.

Mental Health Services in Disasters Raquel E. Cohen, 2000. *Mental Health Services in Disasters: Manual for Humanitarian Workers* is composed of a noteworthy summary of the most updated knowledge in this field in a world in which the effects from natural disasters are increasingly more dramatic, be they hurricanes, earthquakes, volcanoes, floods, etc. Crucial aspects in the management of different disaster victims are emphasized with special attention to those most vulnerable: the children, the aged, HIV patients, individuals with substance abuse problems, and their interaction with other victims. The author, Dr. Raquel E. Cohen, is a world-renowned authority in the field of psychological and social consequences from disasters and intervention methods. She has extensive experience in managing these situations and has been consulted by several victim relief, governmental, and non-governmental organizations. She

recently worked on assistance projects for the victims of Hurricane Mitch in Central America *Methods for Disaster Mental Health Research* Fran H. Norris, 2006-08-03 The editors have done a marvelous job of creating an instructive and well written book that is a must read for anyone who conducts disaster related mental health research or who is involved in recovery planning and public health practice For students professionals researchers and policymakers the book provides a solid foundation in research methods and includes wonderful explanations I wholeheartedly recommend this book as a standard text for disaster research It supplies the framework for good data collection and good data are what support sound policy decisions CDR Dori B Reissman MD MPH U S Public Health Service and Centers for Disease Control and Prevention This authoritative book will be of interest to anyone involved in studying the mental health consequences of large scale traumatic events or in measuring the effectiveness of postdisaster interventions The book considers disasters from different perspectives and translates their chaotic aftermath into feasible research ideas and approaches Contributing authors all experienced researchers and practitioners present a wide range of methods and strategies used in epidemiology program evaluation and public mental health planning in the aftermath of natural or technological disasters and terrorism Descriptions of exemplary studies bring to life the associated logistical and scientific challenges and show how these challenges can be addressed using high quality research designs **Disaster Mental Health Services** Diane Myers, David Wee, 2004-08-02 Disaster mental health is a growing field of practice designed to help victims and relief workers learn to effectively cope with the extreme stresses they will face in the aftermath of a disaster The goal of disaster mental health is to prevent the development of long term negative psychological consequences such as PTSD This book assists clinicians and traumatologists in making the bridge between their clinical knowledge and skills and the unique complex chaotic and highly political field of disaster It combines information from a vast reservoir of prior research and literature with the authors practical and pragmatic experience in providing disaster mental health services in a wide variety of disasters *Disasters* John D. Weaver, 1995 The news reminds us all that disasters whether man made or natural can happen anywhere any time The author is a clinical social worker and veteran Red Cross volunteer who has led crisis intervention teams in many catastrophes including the Mississippi River floods of 1993 and most recently the World Trade center attack of 9 11 His book provides excellent mental health intervention information and applications for helping both the victims and those who rush to their aid to cope with the extreme stresses experienced in the aftermath of a disaster *Disasters and Mental Health* Juan José López-Ibor, George Christodoulou, Mario Maj, Norman Sartorius, Ahmed Okasha, 2005-01-28 This title provides a comprehensive overview of clinical epidemiological psychobiological psychosocial and service organization aspects of disaster psychiatry It takes a practical approach and includes a series of reports on significant experiences made in this field in various regions of the world An Unbiased and reliable reference point endorsed by the WPA Includes contributions from internationally acclaimed experts *Psychosocial Issues for Children and Families in Disasters* American Academy of

Pediatrics. Work Group on Disasters,1995 **Disaster Mental Health Counseling** Jane M. Webber,J. Barry Mascari,2017-12-13 This timely book provides current research and skill building information on Disaster Mental Health Counseling for counselors educators students and mental health responders in agencies schools universities and private practice Recognized experts in the field detail effective clinical interventions with survivors in the immediate intermediate and long term aftermath of traumatic events This extensively revised edition which meets 2016 CACREP Standards for disaster and trauma competencies is divided into three sections Disaster Mental Health Counseling Foundations Disaster and Trauma Response in the Community and Disasters and Mass Violence at Schools and Universities Real world responses to violence and tragedies among diverse populations in a variety of settings are presented and responders share their personal stories and vital lessons learned through an In Our Own Words feature Each chapter contains discussion questions and case studies are interwoven throughout the text Requests for digital versions from ACA can be found on www.wiley.com To purchase print copies please visit the ACA website Reproduction requests for material from books published by ACA should be directed to publications@counseling.org **Disaster Mental Health Community Planning** Robert W. Schmidt,Sharon L. Cohen,2020-03-23 Disaster Mental Health Community Planning is a step by step guide to developing mental health disaster plans assisting communities to act on long term resilience and recovery As disasters continue to increase in severity and number with 16% of survivors identified as potential PTSD victims if they don t promptly receive care this book is a critical read Chapters outline how to prepare develop and implement a trauma informed collaborative process that prioritizes lasting emotional wellbeing along with survivors short term needs The manual demonstrates how to form this partnership through effective communication assess those individuals at greatest risk of distress and deliver trauma specific treatment Readers will appreciate the book s practical user friendly approach including case studies checklists and follow up questions to better define goals Cutting edge treatment interventions are included along with basic information on trauma s impact on the brain and the types and effects of human caused and natural disasters to help readers make sound planning decisions Accessible to mental health providers community leaders organizations and individuals alike Disaster Mental Health Community Planning is a Road Map for anyone interested in delivering a trauma informed mental health supplement to their community s medical disaster preparedness and response plan *An International Perspective on Disasters and Children's Mental Health* Christina W. Hoven,Lawrence V. Amsel,Sam Tyano,2019-07-18 This book provides a broad international perspective on the psychological trauma faced by children and adolescents exposed to major disasters and on the local public health response to their needs An outstanding quality of the book is that it draws upon the experience of local researchers clinicians and public mental health practitioners who dedicated themselves to these children in the wake of overwhelming events The chapters address exemplary responses to a wide variety of trauma types including severe weather war industrial catastrophes earthquakes and terrorism Because disasters do not recognize geographic economic or political boundaries the

chapters have been selected to reflect the diverse global community's attempt to respond to vulnerable children in the most challenging times. The book thus examines a diverse range of healthcare systems, cultural settings, mental health infrastructure, government policies, and the economic factors that have played an important role in responses to traumatic events. The ultimate goal of this book is to stimulate future international collaborations and interventions that will promote children's mental health in the face of disaster.

Disaster Mental Health: Around the World and Across Time, An Issue of Psychiatric Clinics Craig L. Katz, Anand Pandya, 2013-09-28. Disasters Looking beyond their acute impact to how they affect communities in the years that follow is the focus of discussion in this issue of Psychiatric Clinics. Reviews of cases of well-known disasters such as 9/11, the 2004 South Asian tsunami, Hurricane Katrina, the Haiti earthquake of 2010, the 3/11 triple disaster in Northern Japan, and others are presented from the perspective of local experts who have been asked to take a long view of what they learned and may still be learning from their post-disaster experiences that mental health professionals faced with future disasters should know. World-renowned experts in disaster psychiatry and global psychiatry, Craig Katz and Anand Pandya, lead this publication.

Disasters and Mental Health Frederick L. Ahearn, Raquel E. Cohen, 1984. *Vicarious Trauma and Disaster Mental Health* Gertie Quitangon, Mark R. Evces, 2015-02-11. *Vicarious Trauma and Disaster Mental Health* focuses on the clinician and the impact of working with disaster survivors. Floods, hurricanes, tornadoes, mass shootings, terrorism, and other large-scale catastrophic events have increased in the last decade, and disaster resilience has become a national imperative. This book explores vicarious traumatization in mental health providers who respond to massive disasters by choice or by circumstance. What happens when clinicians share the trauma and vulnerability from the toll taken by a disaster with the victims they care for? How can clinicians increase resilience from disaster exposure and provide mental health services effectively? *Vicarious Trauma and Disaster Mental Health* offers insight and analysis of the research and theory behind vicarious trauma and compares and contrasts with other work impact concepts such as burnout, compassion fatigue, and secondary traumatic stress. It proposes practical, evidence-informed personal strategies and organizational approaches that address five cognitive schemas: safety, esteem, trust, control, and intimacy, disrupted in vicarious trauma. With an emphasis on the psychological health and safety of mental health providers in the post-disaster workplace, this book represents a shift in perspective and provides a framework for the promotion of worker resilience in the standard of practice in disaster management.

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