

North Carolina Disaster Response Network

Introduction to Disaster Mental Health

Online training developed for mental health professionals by mental health professionals

“Our ultimate hope is to have more mental health professionals trained and ready to respond in times of a disaster.”

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The North Carolina Disaster Response Network (NC DRN) offers web-based training to introduce the field of disaster mental health. 8 modules, each approximately 30 minutes in duration, were developed by North Carolina mental health professionals who have disaster experience.

- 1) Introduction to the DRN and Training
- 2) Types and Phases of Disasters
- 3) Bio-Psycho-Social Responses to Disasters
- 4) Mental Health Interventions in Disasters
- 5) Resiliency in Disasters
- 6) Self-Care for Disaster Responders
- 7) Ethical Issues in Disaster Response
- 8) Activation for Disasters

- ➔ *Register at no cost*
- ➔ *See the presentation slides*
- ➔ *Hear the narration*
- ➔ *Take the quizzes and receive CEUs*

NC DRN also offers a live simulation workshop to NC licensed mental health professionals who want to volunteer in times of disaster.

North Carolina Center for Public Health Preparedness at the University of North Carolina at Chapel Hill (UNC) produced the training and can customize it for implementation in your state. See page 2 for more info.

For more information and to register go to:
<http://nccphp.sph.unc.edu/NCDRNtraining/>

5 reasons to use the NC DRN online training in your state:

- Increase number of responders in your network
- Refresh knowledge of your network's current responders
- Reach busy professionals who can't come to in-person training
- Involve potential responders in rural areas who can't get to in-person training
- Take advantage of the free resources developed by other mental health professionals

3 options for implementation:

	Option 1: Use with no customization	Option 2: Customize training	Option 3: Customize training and implementation
Training	Offer current online modules (1-8) with introductory document describing benefits of training for your state's responders	Offer 2 new online modules and current modules (2- 7): <ul style="list-style-type: none"> • Introduce your DRN (module 1), and/or • Describe activation in your state (module 8) 	Offer 2 new online modules and current modules (2- 7): <ul style="list-style-type: none"> • Introduce your DRN (module 1), and/or • Describe activation in your state (module 8)
Registration	Use UNC's online registration system	Use UNC's online registration system	Implement online registration for your state with access to student tracking so you can monitor progress and generate reports
Testing	Utilize existing online quizzes for students to test their knowledge	Utilize existing online quizzes for students to test their knowledge and new quizzes for the new modules	Utilize existing online tests and/or create new online tests integrated into the student tracking system
Credit (CEUs)	Request UNC CEUs after students complete each module	Request UNC CEUs after students complete each module	Provide UNC CEUs based on student test results
Cost	No cost – UNC will provide the following services: <ul style="list-style-type: none"> • Offer 8 online training modules with quizzes • Provide CEUs • Suggest information to share with your state's responders to provide context for this training • Recommend ways to track who accesses this training 	\$2,200 – UNC will provide the following services: <ul style="list-style-type: none"> • Develop and host 2 new online modules (+ quizzes) based on your script (\$1,100 per module) • Create web page with your state's training • Provide CEUs • Recommend ways to track who assesses this training Note: This is a one-time charge.	\$4,950 – UNC will provide the following services: <ul style="list-style-type: none"> • Develop and host 2 new online modules (+ quizzes) based on your script (\$1,100 per module) • Implement customized registration, testing and tracking system for your state (\$2,750) • Provide CEUs Note: There may be on-going maintenance charges.

For more information about these options and other services available from the University of North Carolina at Chapel Hill (UNC), contact Carol Gunther-Mohr at cgm@email.unc.edu or call 919-843-2518

Frequently Asked Questions about the Disaster Response Network (DRN) Training

Does the NC DRN training include in-person training or is it all online?

The NC DRN training has two parts – the first part is online and the second part is a live simulation workshop.

Part I: Online Modules

The online training is geared for licensed mental health professionals who are assumed to have a base of clinical knowledge. A series of eight 30-minute modules cover the basics of disaster mental health intervention. Participants will become familiar with aspects, stages, and responses to disaster, basic intervention strategies, including psychological first aid and empowerment of coping skills, as well as self-care and ethical issues in disaster response. The final module describes how to get activated for disaster volunteer work. The modules were prepared and narrated by volunteer members of the DRN who are practicing mental health professionals with disaster response experience. The 8 modules take approximately 4 hours to complete and can be done at the learner's convenience.

Part II: Live Simulation Workshop

The live, in-person workshop develops skills not covered in the online training and is offered to North Carolina licensed mental health professionals who have completed the 8 online modules and passed the post-test (or completed previous DRN-approved training in disaster mental health). The workshop features active role play and simulation with disaster scenarios. The goal is to enable participants to put their knowledge of disaster mental health into practice. Mental health volunteers who have some practice before real disasters strike are much better prepared and are likely to be much more effective than those without any exposure. Even volunteers with extensive experience find practice opportunities to be invaluable. This 2-hour workshop is conducted on a weekday evening or Saturday morning to accommodate working professionals.

What types of continuing education credits (CEUs) are offered for completion of this training?

The DRN training currently has two options for receiving CEUs:

1. **North Carolina licensed mental health professionals who complete parts I and II** (see description above) receive 6 hours of CEUs from the North Carolina Psychological Association (NCPA). As the NCPA is an authorized continuing education sponsor of the American Psychological Association it can award "Category A" credits for this training. The NCPA charges \$50 for the 6 credits for this training. (Note: NC licensed mental health professionals log into a password-protected website to access the online training and complete the tests. Others (not NC licensed mental health professionals) who complete the online training log into a public website and are not eligible for NCPA credit.)

2. **Others who complete the online training** (see Part I described above) can receive 30 minutes of credit per module (0.05 Continuing Education Credit for one module) from the University of North Carolina at Chapel Hill's Friday Center for Continuing Education. Physicians (MDs) can also claim this activity for 30 minutes of CME/AMA PRA Category 2 credit. This credit is available at no cost.

How can other states offer the 2-hour in-person workshop?

The 2-hour in-person workshop uses experiential learning to develop critical skills for effective disaster response (see description above). It is facilitated by mental health professionals with extensive disaster response training and experience. The number of participants is limited to 18 to ensure time for practice.

If your state wants to offer this workshop, here are several options:

- Start by participating in the workshop conducted in North Carolina. Review the facilitator notes prepared by the NC DRN and determine if you have personnel with the necessary experience and interest to offer this training in your state.
- Contract with the members of the NC DRN to conduct the training in your state.

For more information about the workshop, contact Sandra Wartski, the NC DRN Coordinator (sandra@wartski.org).

What is involved in creating new online modules?

Here are the steps for states who want to create new online module(s) to describe their DRN and/or how DRN members activate to respond to disasters (see Options 2 and 3 above):

- 1) Contact Carol Gunther-Mohr at the University of North Carolina at Chapel Hill to get started (cgm@email.unc.edu or call 919-843-2518).
- 2) Prepare a revised script working from the NC DRN's online module slides and script to tailor the information to your state. UNC staff will prepare the revised module (with photographs and graphics as appropriate) and post-test based on your script.
- 3) Review the revised module and provide written instructions for changes that need to be made by UNC. When the module slides, narration and post-test are correct, approve the revised module.
- 4) UNC will then produce the online module. You have the option of recording the narration and sending the recording files to UNC, or have UNC record the narration.
- 5) UNC will host the new module(s) on their web site on a web page along with the other DRN modules so that your members can go to one place to access the training. Here is what the page would look like:

http://nccphp.sph.unc.edu/training/training_list/?mode=view_subcat_detail&subcat_id=301

What is involved in creating a new registration system?

The NC DRN has an online registration and student tracking system that was developed by UNC and is only accessible to NC DRN administrators and registered users. The system features a password protected web page where students can access the instructions, training modules, quizzes and other resources and administrators can view student test results, generate reports, and broadcast messages to all registrants. Other features are available.

Here are the steps for states who want to have a custom registration and student tracking system (see Option 3 above):

- 1) Contact Carol Gunther-Mohr at the University of North Carolina at Chapel Hill to get started (cgm@email.unc.edu or call 919-843-2518).
- 2) Review the NC DRN registration and student tracking system, discuss implementation options with UNC and identify any changes.
- 3) UNC will develop the system and provide instructions for your members on how to use the system. You will also learn how to administer the system including how to view student records and prepare reports.

Are there no cost options available for registration and student tracking?

For states who want to offer the DRN online training modules but do not have the funds for custom registration and student tracking (see Option 3: Customize training and implementation), there is a no cost option for registration and student tracking. When students complete an online module, including the quiz and evaluation, they can request a certificate of completion. This certificate (with the students name, module and date completed) can be saved, printed and faxed (or emailed) to your state's DRN coordinator to confirm that the student has completed the module. UNC's online registration system does not share student information to other organizations, so this manual system of tracking students from your state is recommended. If possible, offer the students an incentive for submitting their certificate of completion and include this information in the initial publicity about the availability of this training.

What other services are available from UNC?

The University of North Carolina at Chapel Hill can create new online modules and a customized online registration and student tracking system (see options 2 and 3) as well as web pages, presentations, and documents to assist your state's DRN implement training. For more information contact Carol Gunther-Mohr at cgm@email.unc.edu or call 919-843-2518.