



Menu Bar

Chat

- Please say Hello in the chat and join in! Please try to use it to speak with other participants and not to ask questions, use q and a for that so we make sure your important question doesn't get missed!

Closed Captions/CART

- Captions are available in all sessions. Select the CC button .

ASL Sign Language

- The interpreter will be one of the panelist boxes.
- If you can't see them make sure you are in gallery view.
- You can adjust the size of the PowerPoint and presentation boxes by moving the line over on the right of the screen.

Q&A

- To ask a question select the Q&A box and write a question.

Unmuting

- If you want to add to the conversation by phone or microphone you can raise your hand by selecting the hand raise option. Or pressing \*9 on the phone.



# Mental Health Emergency Planning

*Presented by NWGA Center for Independent Living*

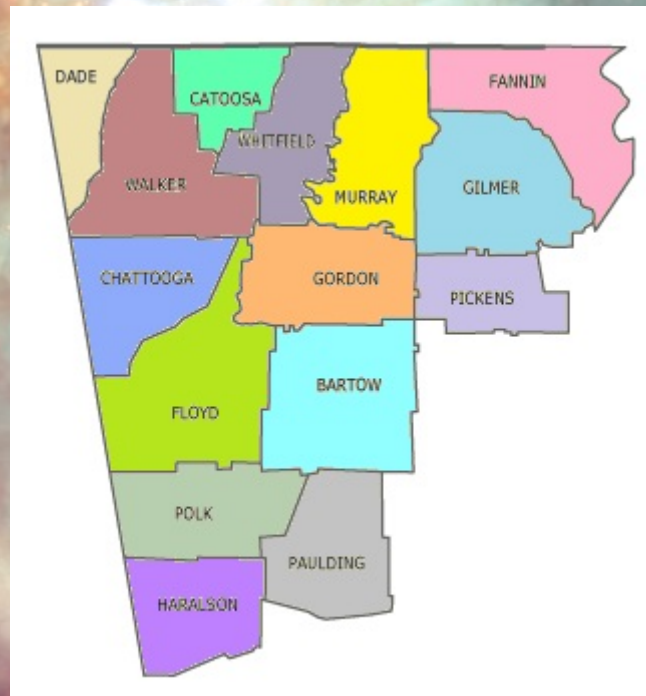
**APRIL Conference 2020**

# Welcome!

## *About Us*

### Mission Statement

“To empower people who have disabilities so that they may determine their own future; to work towards a more user-friendly, accessible community.”



**Northwest Georgia Center for Independent Living is an organization serving 15 counties in the northwest Georgia area: Bartow, Catoosa, Chattooga, Dade, Fannin, Floyd, Gilmer, Gordon, Haralson, Murray, Paulding, Pickens, Polk, Walker, and Whitfield**

# Our Presenters

**Maia Santamaria, *Executive Director***

**Kathy Baker, *Program Manager***

**Jill Baldwin, *Project Manager***

## *Objectives for this presentation...*

- Review the history of pandemics and how it relates to today*
- Learn how to put together your own disaster “Go Bag”*
- Receive info & resources on making your own disaster plans*
- Understand & learn how to Map Your Neighborhood*
- Learn how mental health issues interact with disasters/emergencies*

*And ultimately, we hope to help you...*

***Mitigate and thrive from the effects of a disaster!***

# A few words on pandemics of yore...

The Black Plague of the 1300s that decimated Europe has been attributed to fleas carried by mice & humans.

Estimations for the damage caused by the Bubonic plague are difficult, however historians put the number of deaths between 75 and 200 million, in the years 1346 - 1353.

The Bubonic plague caused pandemics again in the 17<sup>th</sup> century, and for a third time in the 19<sup>th</sup> century.



# A Lasting Gift: Public Health Measures from the Black Plague

## Medical Inspections

Plague doctors made visits to homes & other living spaces to confirm suspected cases, who then were isolated in their homes.

## Isolation of people who were sick in plague hospitals

These hospitals became known as “fever hospitals” and remained in use until the 1900s. Today, isolation is done more on an individual room basis, when possible.

## Restricting ships to port

Venetian authorities first isolated ships to port for 30 days, then extended the period to 40. This is where we get the word “quarantine”!

## Control of the movement of people and goods

Municipal authorities soon learned this was a key way to control the spread of infection.



## *The Buchette del Vino:*

Aiding social distancing since the 17<sup>th</sup> century!





# It's Go Bag Time!



## Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation**
- Food, at least a three-day supply of non-perishable food**
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**
- Flashlight and extra batteries**
- First aid kit**
- Whistle to signal for help**
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**
- Moist towelettes, garbage bags and plastic ties for personal sanitation**
- Wrench or pliers to turn off utilities**
- Can opener for food (if kit contains canned food)**
- Local maps**

Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Ready.



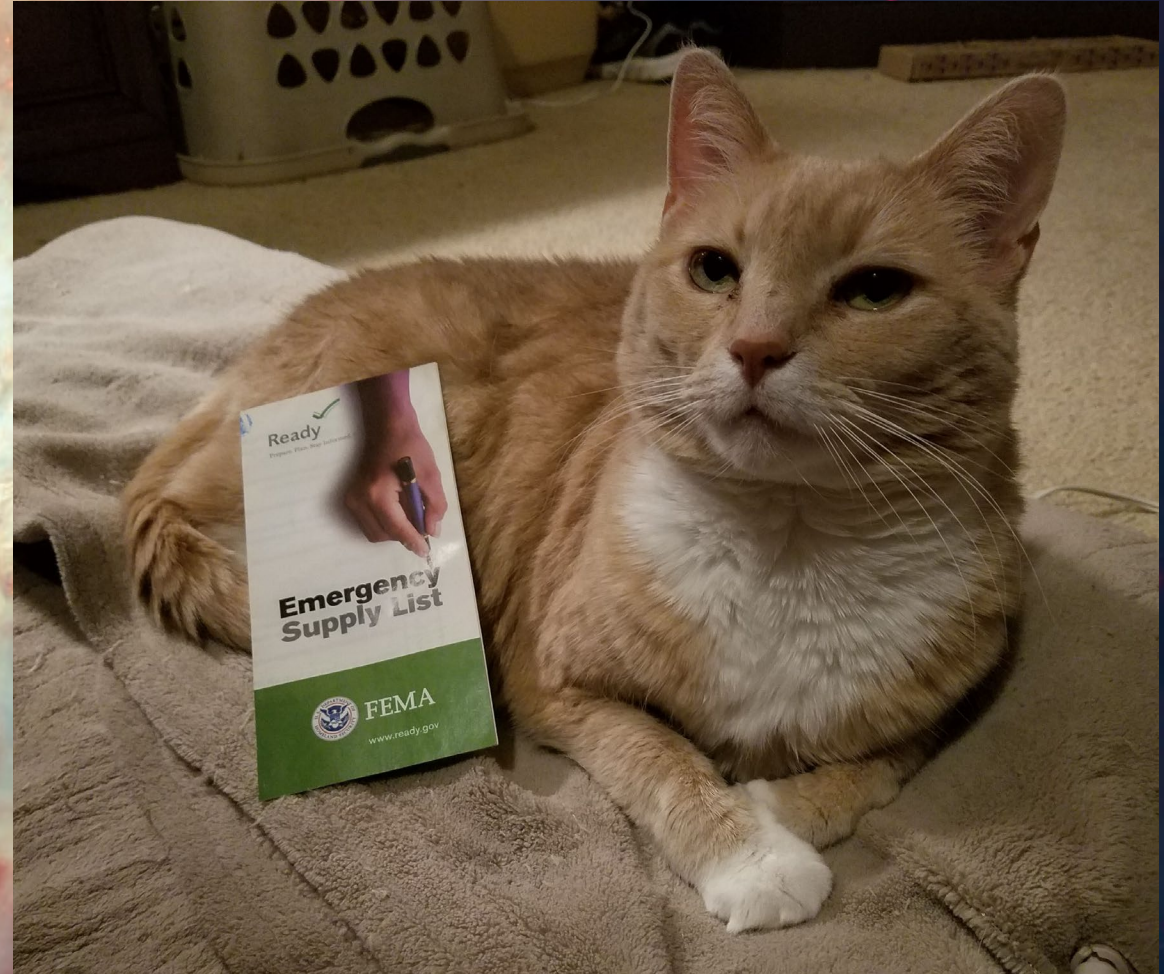
FEMA

Federal Emergency Management Agency  
Washington, DC 20472

# *FEMA Has You Covered: [ready.gov/plan](https://www.ready.gov/plan)*

❖ *You can find emergency & disaster plans for a wide variety of scenarios, and geared towards a very diverse population...*

*Even your pets!*



Credit: Me. This is my sweet baby Karma. She's always prepared. Be like Karma.

## *Map Your Neighborhood*

- ❖ *In emergencies & disasters, your neighbors are your closest source for help—and for them, you are their source of help.*
- ❖ *Before disaster strikes, know who and what is around you.*
- ❖ *You can find the Map Your Neighborhood resource booklet at:  
<http://www.transitionus.org/sites/default/files/MapYourNeighborhood.pdf>*



# Question and Answer time!

*(we will have another Q&A segment at the end of the presentation)*



## *Content Notice: Trauma, Domestic Violence*

*The remaining discussion for this presentation involves the topics of trauma in times prior, during and after emergencies/disasters, including the potential for domestic violence.*

# *How Emergencies & Disasters Affect Mental Health*

## *Before Disaster*

- ❖ Some emergencies & disasters have warnings leading up to the event. This can lead to anxiety, panic, re-living past trauma, etc.*
- ❖ For events that do not have warning, the dramatic shift from before- to after-disaster can be the catalyst for trauma responses.*

# *How Emergencies & Disasters Affect Mental Health*

## *During Disaster*

- ❖ *Panic & confusion often occur*
- ❖ *Paranoia & delusions can prevent someone from seeking help from others & authorities.*
- ❖ *Isolation often begins in the midst of the event*
- ❖ *Executive functioning difficulties also impact how someone goes through the event*

# *How Emergencies & Disasters Affect Mental Health*

## *After Disaster*

- ❖ *Isolation can grow due to separation from supports*
- ❖ *Financial & material loss compound any affects*
- ❖ *Fear, anger, frustration, etc can lead to domestic violence, substance use and more*





# *The Emergency/Disaster Event Can Become a Mental Health Crisis*

*And when it does, we need new ways to mitigate this disaster-within-a-disaster, such as mental health advance directives, a written/pre-formulated crisis plan, and a mental health go bag.*

# *The Unifying Theme: BE PREPARED!*

*The moments before disaster strikes are not the time to make a plan. That time is now. Here's how:*

***FEMA: [ready.gov](https://ready.gov)***

***SAMHSA: [samhsa.gov/disaster-preparedness](https://samhsa.gov/disaster-preparedness)***

***NAMI: [nami.org/Advocacy/Policy-Priorities/Improve-Care/Psychiatric-Advance-Directives-\(PAD\)](https://nami.org/Advocacy/Policy-Priorities/Improve-Care/Psychiatric-Advance-Directives-(PAD))***

***NOAA: [noaa.gov/weather](https://noaa.gov/weather)***

# Question and Answer time!

*Contact us!*

<http://www.nwgacil.org>    [info@nwgacil.org](mailto:info@nwgacil.org)

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