



Disaster Behavioral Health Resource Guide

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**State of Alaska, Department of Health,
Division of Behavioral Health**

INTRODUCTION

Alaska is prone to natural disasters and extreme weather events. Disaster behavioral health refers to planning for, mitigating, and responding to mental and behavioral health needs effected by traumatic events or disruptions to behavioral health services during and after natural and humanmade disasters. Disasters affect individuals, families, and communities in many ways. These traumatic events can lead to the development of mental health disorders and increased suicide rates. Preparedness and planning aimed at preventing disruptions in the provision of behavioral health services and offering crisis intervention can reduce the long-term negative impact of disasters on behavioral health. It is important to remember you are not alone and by taking care of your mental wellbeing you are protecting yourself, your family, and your future. There is strength in seeking support.

Resources for individuals in the community:

- **Disaster Distress Helpline: 1-800-985-5990**
 - The Disaster Distress Helpline (DDH) is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.
- **988 SUICIDE & CRISIS LIFELINE: Call or text 988 or chat at 988lifeline.org**
 - The 24/7 lifeline provides confidential support to people in suicidal crisis or emotional distress at no cost. Trained counselors can also connect callers to local behavioral resources.
- **Alaska Careline: Call 877-266-4357 or visit carelinealaska.org**
 - Need to talk? The Careline is free and confidential. Counselors treat callers with respect and listen without judgment 24/7.
- **Mobile Crisis Teams (Anchorage, Mat-Su, Fairbanks, Juneau, Ketchikan): Dial 911**
 - If you or someone you know is experiencing a mental health crisis in the above areas, caused by a disaster or other traumatic event, please, call **911** to request mobile crisis assistance.
- **Alaska 2-1-1: Visit alaska211.org or dial 2-1-1**
 - The Alaska 2-1-1 helps you connect with available resources that best fit your needs. It's free, confidential, and language interpretation is available.
- **Fairbanks Mobile Outreach for Children and Families: Call: 907-782-7381**

- The Fairbanks Mobile Outreach is available 7 days a week, 8am – 8pm, to individuals 18 years and younger in the Fairbanks North Star Borough who are in an active state of crisis.
- **Crisis Incident Stress Management (CISM) Team: Call: 907-272-3100 to learn more about their capacity to assist.**
 - The Alaska CISM Team consists of volunteers trained in Crisis Incident Stress Management. CISM is a form of Psychological First Aid aimed at normalizing one’s response to a traumatic effect, teaching coping skills, and referring the individual to additional services as needed. An early crisis intervention can prevent exacerbation or development of long-term behavioral health conditions
- **NATIONAL Crisis Response Canines: Visit crisisresponsecanines.org, Text: 971-217-9966, or e-mail: [littledog@nationalcrisisresponsecanines.org](mailto:littleddog@nationalcrisisresponsecanines.org)**
 - NATIONAL Crisis Response Canines provides canine teams that are trained to gently and safely break through the barriers of isolation caused by crisis, allowing individuals to re-connect to their families, friends, school mates, church fellowship, and other cherished social supports. In the presence of the canine, the individual experiencing crisis instinctively begins to feel safer and protected, quieting the need for fight-flight-freeze-flow.
- **Alaska Health Care Safety Net Providers: visit health.alaska.gov/dph/Emergency/Pages/healthcare/SafetyNetDirectory.aspx or click [Directory of Alaska Health Care Safety Net Providers](http://dcr-a-cdo-dcced.opendata.arcgis.com) or [Community Database Online at dcr-a-cdo-dcced.opendata.arcgis.com](http://dcr-a-cdo-dcced.opendata.arcgis.com).**
 - “Health care safety net” is a term used to refer to a wide variety of providers delivering care to low-income and other vulnerable populations, including the uninsured and those covered by Medicaid and Medicare. The safety net can also refer to health care providers who are required by law to see patients regardless of ability to pay, including emergency departments at public hospitals and Community Health Centers, Public Health Centers, non-profits, as well as community hospitals, private physicians, and other providers also deliver a substantial amount of care to these populations.
- **Mass Violence Victim Assistance: Visit: [Resources for MVI Victims at avaptoolkit.org/resources-for-victims](http://resourcesforMVI.org/resources-for-victims)**
 - Those who have been harmed during a mass violence incident (MVI) may have specific needs. These resources can help victims connect to services and stay informed. for a list of resources to help with mental health, legal matters, financial assistance, and other needs. You are not alone!

- **Green Cross Academy of Traumatology: Visit: greencross.org.**
 - Green Cross provides trauma relief to first responders, community members, and healthcare professionals responding to a disaster. The Green Cross Academy of Traumatology responds to requests from individuals, organizations, and other entities following a traumatic event. The requests can include the following: Crisis Assistance and Counseling, Assessment and Referral Services, Orientation and Consultation to Management, Training and Certification, Family Resource Management, and Long-Term Trauma Counseling.

Resources for first responders:

- **Safe Call Now, Call: 206-459-3020**
 - Safe Call Now is a confidential, comprehensive, 24-hour crisis referral service for all public safety employees, emergency services personnel, and their family members nationwide.
- **Responder Strong: If you or a loved one are in crisis, you can text **BADGE** to 741-741 to connect confidentially with a trained crisis counselor**
 - Since 2016, ResponderStrong has supported the mental health and overall wellbeing of Emergency Responders, including Healthcare Workers, and their families. “Working across branch boundaries to represent all who work in Emergency Response, we partner with our allies: researchers, clinicians, educators, foundations, and other non-profits to better support our own. Built for Responders by Responders, check out our Resources and Programs.”
- **SAMHSA DTAC: Visit [First Responders and Disaster Responders Resource Portal at samhsa.gov/dtac/disaster-responders](http://samhsa.gov/dtac/disaster-responders)**
 - First responders face an increased risk of experiencing mental health and substance use issues and conditions. Fear of being seen as weak or not up to the job of a responder keeps many from seeking help. Responders can build their resilience by increasing awareness about risk factors and warning signs, talking with each other, and using healthy coping strategies.
- **Firefighter Behavioral Health Alliance: Visit fbha.org**
 - The Firefighter Behavioral Health Alliance (FBHA) goal is to provide behavioral health workshops to fire departments, Emergency Medical Services (EMS) and Dispatch organizations, focusing on behavioral health awareness with a strong emphasis towards suicide prevention and promoting resources available to firefighters/EMS/Dispatch and their families.

Resources for behavioral health providers:

- **SAMHSA Technical Assistance Publication 34 Disaster Planning for Behavioral Health Programs: Visit [samhsa.gov](https://store.samhsa.gov/sites/default/files/pep21-02-01-001.pdf) or click <https://store.samhsa.gov/sites/default/files/pep21-02-01-001.pdf>**
 - Technical Assistance Publication provides guidance for behavioral health service and substance use disorder treatment programs in developing or updating a comprehensive, scalable, and flexible disaster plan. It addresses planning needs specific to programs that offer prevention services, outpatient or residential treatment, medically supervised withdrawal, and pharmacotherapy.
- **Centers for Medicare & Medicaid Services (CMS): Visit [cms.gov](https://www.cms.gov)**
 - Medicare & Medicaid enrolled facilities are required to follow CMS emergency planning requirements, depending on the type of health facility.
- **Drug Enforcement Administration: visit the [dea.gov](https://www.dea.gov)**
 - DEA's Diversion Control Division is pleased to post [this joint letter](#) from DEA and HHS supporting the expansion of Medications for Opioid Use Disorder (MOUD). DEA and HHS support the expansion of MOUD especially in rural or underserved areas. DEA is asking its registrants to ensure an adequate and uninterrupted supply of MOUD products when appropriately prescribed and asks distributors to examine any quantitative thresholds they established to ensure that individuals with MOUD can access buprenorphine. Expanding access to MOUD is one more way to assist patients with OUD during the Opioid Public Health Emergency.

Resources for emergency managers & planners:

- **Administration for Strategic Preparedness and Response: Visit aspr.hhs.gov** The Administration for Strategic Preparedness and Response (ASPR) provides guidance and training as needed and/or as requested on disaster behavioral health preparedness, response, and recovery planning for at-risk individuals; behavioral health force protection; and community resilience.
- **Substance Abuse and Mental Health Services Administration – Disaster Technical Assistance: Visit [samhsa.gov/dtac](https://www.samhsa.gov/dtac)**
 - The Substance Abuse and Mental Health Services Administration – Disaster Technical Assistance Center (SAMHSA DTAC) assists states, territories, tribes, and local entities with all-hazards disaster behavioral health response planning that allows them to prepare for and respond to both natural and human-caused disasters. SAMHSA DTAC also supports collaboration among

mental health and substance use authorities, federal agencies, and nongovernmental organizations and facilitates in the sharing of information and best practices with the disaster behavioral health field.

- **Centers for Disease Control and Prevention: Visit [cdc.gov](https://www.cdc.gov)**
- CDC offers a variety of resources for clinicians, communicators, laboratorians, emergency planners and responders, and disaster relief volunteers to prepare them to respond to a public health emergency.
- **Mass Violence Victim Support: Visit [avaptoolkit.org](https://www.avaptoolkit.org)**
- The purpose of this toolkit is two-fold: to help communities plan for a Mass Violence Incident and to guide a community through a victim-centered response. The intended user is a community leader helping organize the response. It should be used in conjunction with the local emergency management response plans.

Resources that might interest Tribal organizations:

- **Climate Change & Behavioral Health: Visit [samhsa.gov](https://www.samhsa.gov) or click [Climate & Disaster Resilience Strategies: Preparing for a Disaster](https://www.samhsa.gov/behavioral-health/behavioral-health-recovery/behavioral-health-recovery-toolkit-climate), Visit: [toolkit.climate.gov](https://www.samhsa.gov/behavioral-health-recovery-toolkit-climate)**
- Coastal Alaskan communities are particularly affected by the impact of climate change. While disaster behavioral health planning cannot prevent these effects, disaster preparedness can reduce the negative consequences affecting individuals and communities.
- **Tribal Training and Technical Assistance Center: Visit [samhsa.gov/tribal-ttac](https://www.samhsa.gov/tribal-ttac)**
- The SAMHSA Tribal Training and Technical Assistance Center offers training and technical assistance to support Tribal initiatives relating to mental health and substance use disorders using the Strategic Cultural Framework.
- **White Bison: Visit [whitebison.org](https://www.whitebison.org)**
- White Bison offers wellness & 'wellbriety', addiction prevention, and recovery resources to the Native American/Alaskan Native community nationwide.