



# PREPARING FOR THE UNTHINKABLE: MENTAL HEALTH PROVIDER ROLES IN DISASTER RECOVERY


May 19, 2018

## RESOURCES

### Disaster Related Websites

- ▶ ARE YOU READY? at [www.ready.gov/are-you-ready-guide](http://www.ready.gov/are-you-ready-guide) or [www.ready.gov](http://www.ready.gov)
- ▶ FEMA [www.fema.gov](http://www.fema.gov)
- ▶ American Psychological Association Disaster Mental Health Information website: <https://www.apa.org/practice/programs/dmhi>
- ▶ National Child Traumatic Stress Network: <https://www.nctsn.org/>
- ▶ San Diego County Office of Emergency Services <https://sandiegocounty.gov/oes>
- ▶ If you're licensed and want to volunteer with Emergency Medical Services locally or in California, please register at <https://www.healthcarevolunteers.ca.gov>
- ▶ Give An Hour <https://giveanhour.org>
- ▶ For more info about CERT San Diego, go to [www.sandiegocounty.gov/oes/community/oes\\_jl\\_CERT.html](http://www.sandiegocounty.gov/oes/community/oes_jl_CERT.html)
- ▶ Red Cross [www.redcross.org](http://www.redcross.org)
- ▶ SD County Medical Reserve Corps: <https://mrc.hhs.gov/HomePage>

### Disaster Info Apps

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|-----------------------------|--|---|
| ▶ SD County OES             | SD Emergency App:  |  |
|                             | Download at the AppStore or Google Play  |   |
| ▶ Red Cross Shelter View    | Displays current available shelter information from the national shelter system, updated every 30 mins.                |   |
| ▶ Red Cross suite of apps   | Preparedness apps including first aid, blood donation, natural disasters, Red Cross abroad                             |   |
| ▶ FEMA                      | Safety tools and tips for prep and post disaster, weather alerts, open shelter info; location of FEMA reps             |   |
| ▶ Disaster Alert            | Worldwide hazard info, mostly natural disasters  |   |
| ▶ CDC                       | Public health info and updates   |   |
| ▶ Global emergency overview | Weekly update of current humanitarian priorities and events from a variety of sources for humanitarian decision-makers |   |

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|-------------|--|
| ▶ Gas Buddy | Locate nearest gas stations and best gas prices                                  |
| ▶ Waze      | GPS tracking of traffic and road conditions based on driver reports in real time |

## Driving/Road Assistance

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|-------------------------|---|
| ▶ ICE Standard          | Displays emergency health info on phone lock screen so EMTs can access it quickly; Smart 911 feature  |
| ▶ Facebook Safety Check | Crisis Response reports info about recent crises; use safety check to connect with loved ones, give and find help   |
| ▶ Elerts See Say        | See something, say something app for reporting security concerns in a wide variety of settings  |
| ▶ Guardly               | Sends location based emergency alerts to your safety group in one tap   |
| ▶ Siren GPS             | One touch 1 <sup>st</sup> responder panic button connects immediately to 911; identifies you and your location in real time; community leaders also can notify you of a potential hazard in your area               |
| ▶ ReUnite               | Post disaster reunification app; report and search for missing or found person info   |
| ▶ Life360               | Family locator; GPS tracker of your loved ones, create own groups/circle members, track lost phones   |
| ▶ TriagePic             | Tracking tool to find loved ones during a disaster as they arrive at hospitals; utilized by hospital staff to form database. HIPAA allows for broader dissemination of health info to disaster relief organizations |
| ▶ Zello                 | Communication app allowing walkie-talkie functionality  |
| ▶ Snapchat              | Use of Snap Map to convey instant video images of real time events  |
| ▶ Nextdoor              | Neighborhood/community communication tool in posting format   |

## Disaster Communication Apps

## Psychological First Aid Apps

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|--|------------------------------------|
| ▶ Virtual Hope Box                           | Customizable coping tool           |
| ▶ Stress Less Cards                          | Stress relieving exercises (50)    |
| ▶ Breathe 2 Relax                            | Slow, abdominal breathing guidance |
| ▶ Insight Timer                              | Meditation resource                |
| ▶ National Child Traumatic<br>Stress Network | Psych First Aid-- PFA Mobile       |