

**A Timely Conference!!!  
Tuesday, February 19, 2008**

**Mental Health Effects  
of Major Disasters  
&  
*Evidence of Resilience***

*Presented by:*

**Dr. Carol North**

Professor of Psychiatry, UT Southwestern  
Medical Center— Director, Program in  
Trauma and Disaster, Dallas VAMC



**AND**

**Ethical issues:**

**Are they different during a disaster?**

*Presented by: **Dr Jack Wineman &  
Robin Zagurski** Two Omaha Experts  
on Mental Health Disaster Recovery*

*Registration 8:30am Seminar begins at  
9:00am and ends at 4:00pm*

Gail Sutter  
Continuum EAP  
1135 M Street, Ste. 400  
Lincoln, NE 68508

**Registration**

**Mental Health Effects of Major Disasters & Evidence of Resilience**  
February 19, 2008 9:00am—4:00 pm (Registration at 8:30am, lunch provided)

Name \_\_\_\_\_ Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Agency \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ E-Mail \_\_\_\_\_

Discipline \_\_\_\_\_ Total Enclosed \_\_\_\_\_

Cost: (Includes Lunch) \_\_\_\_\_ \$40.00 for National EAPA Members (Include EAPA #)  
\$50.00 for Full Time Students

CEU's 6.0 for LMHP, LCSW, Marriage & Family (Including 3.0 for Ethics)  
6.0 PDH's for EAPA \$75.00 for All Others

Return registration form and payment by February 12th to: (Make checks payable to Heartland EAPA)  
Gail Sutter, Continuum EAP, 1135 M Street, Suite 400 Lincoln, NE 68508  
For Questions: Call Gail at 402-476-0186 or 800-755-7636 or e-mail her at [gsutter@4continuum.com](mailto:gsutter@4continuum.com)

**Ethics  
CEU's  
Available  
February 19**

## *Mental Health Effects of Major Disasters and Evidence of Resilience*

**1:00pm—4:00pm**

**About the Speaker:  
Carol S. North, MD, MPE**

### **Speaker background statement:**

Dr. North has been an international leader in shaping the science of disaster mental health epidemiology. She and her research team have studied nearly 3,000 survivors of 15 major disasters, including the bombing of the Murrah Federal Building in Oklahoma City, the bombing of the US Embassy in Nairobi, Kenya, the September 11 terrorist attacks on the World Trade Center, the Capitol Hill anthrax attack, and Hurricane Katrina.

Dr. North will present selected findings from this research, focusing on mental health effects on the workplace of major disasters. She will review the diagnosis of post-traumatic stress disorder, present findings on postdisaster mental health effects of major disasters and evidence of resilience in the workplace, discuss workplace efforts to cope with disaster.

### **Educational objectives:**

At the completion of this presentation, the participant should be able to:

- 1) Characterize the types and prevalence of specific psychiatric disorders among survivors of major disasters including the Oklahoma City bombing, the anthrax attacks on Capitol Hill, the 9/11 attacks on the World Trade Center in New York City, and other disasters
- 2) Critically examine elements of PTSD symptoms and the significance of symptom types in predicting post-disaster mental health effects
- 3) Differentiate symptoms and distress from psychopathology among trauma survivors and discuss appropriate intervention approaches to these very different phenomena
- 4) Invoke strategies to manage disaster mental health effects in different stages and populations after various types of disasters

## *Ethical Issues: Are They Different During a Disaster?*

**9am - noon**

**About the Speakers:  
John H. Wineman, Ph.D.**

### **Speaker background statement:**

Dr. Wineman is a private practice founder and Clinical Psychologist at Woodhaven Counseling Associates in Omaha, NE since 1983. He currently serves as a CISM trainer and active member of the State of Nebraska Critical Incident Stress Management Program. He is on the mental health resources team of the Nebraska Emergency Management Agency and the Omaha Metropolitan Medical Response System. He has served as Clinical Assistant Professor at UNMC Pediatrics, on the steering committee of the Nebraska Disaster Behavioral Health Project, has been a member of the Omaha Medical Reserves Corp., was the disaster mental health committee chair of the American Red Cross, Heartland Chapter from 1995—2000 and has been the disaster mental health coordinator of the Nebraska Psychological Association. Dr. Wineman has also written and presented many different professional contributions including: *“Ethical Boundaries and Dual Relationships”* and *“CISM Ethics Code.”*

### **Robin Zagurski, LCSW**

Ms. Zagurski is a therapist/social worker with the Child and Adolescent Division of the Dept. of Psychiatry at UNMC. Ms. Zagurski is a member of the American Red Cross Disaster Service Health Response team and served as co-chair of the Disaster Mental Health Committee of the Heartland Chapter of the American Red Cross for 3 years. She has responded to local, state and national disasters ranging from fires, floods, train derailments, tornadoes and the World Trade Center attack. She serves on the Mental Health Committee of the Omaha Metropolitan Medical Response System (OMMRS) and the Nebraska Bioterrorism task force. She has also served on the Medical Reserve Corps Steering Committee for the past year. In conjunction with the University Policy Center, she developed a curriculum to teach community responders basic psychological first aid and to date has trained over 1000 people across Nebraska.

### **Educational objectives:**

At the completion of this presentation, the participant should be able to:

- 1) Recognize phases of disaster
- 2) Understand the chain of command
- 3) Learn self-care coping strategies
- 4) Discuss the differences between traditional and disaster behavioral services
- 4) Define “boundaries” and “dual relationships”
- 5) Better understand client attraction and what to do about it
- 6) Recognize the 8 warning signs of a potential boundary violation
- 4) Discuss and practice the 8 steps to minimize ethical concerns during a disaster

### **Omaha Location:**

**The Nebraska Medical Center—Storz  
Pavillion, in the lower level**

**(Previously Clarkson Hospital)**

**42nd & Dewey Streets**

**Enter at main entrance, signs will be posted**

*Directions: Located three to four blocks  
south of Dodge on West side of 42nd street*

Complimentary valet parking is available.

*(Identify yourself as a conference participant)*

Also there is free surface parking next to the hospital!

### **CEU's Available:**

**NE Mental Health – 6.0 CEU's,  
(Includes 3.0 Ethics CEU's)**

This program meets the criteria set out in the Regulations Governing the Licensure of Mental Health Practitioners, and Associated Certificates in MFT, Professional Counseling and Social Work -Title 172, Chapter 94. A certificate stating this will be given

to each participant who attends the full day.

**EAP Professionals—6.0 PDH's**