

# Disasters and Resilience

## Terrorism, Toxins, Communicating and Caring

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# Disaster Psychiatry

Individual and Population Mental Health Care

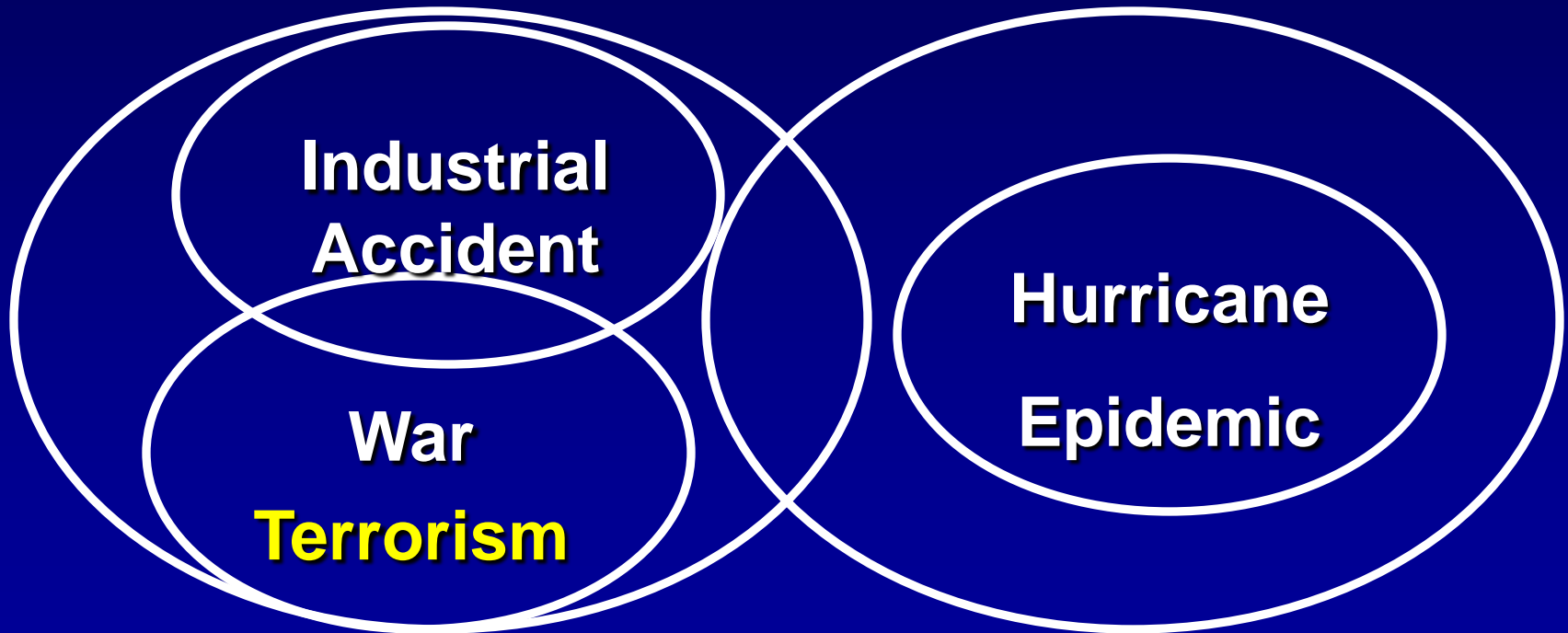
- **Disaster Behaviors**
- **Disaster Mental Health**
- **Public Health (Population Care)**

Preparing, Responding and Recovering  
First Responders

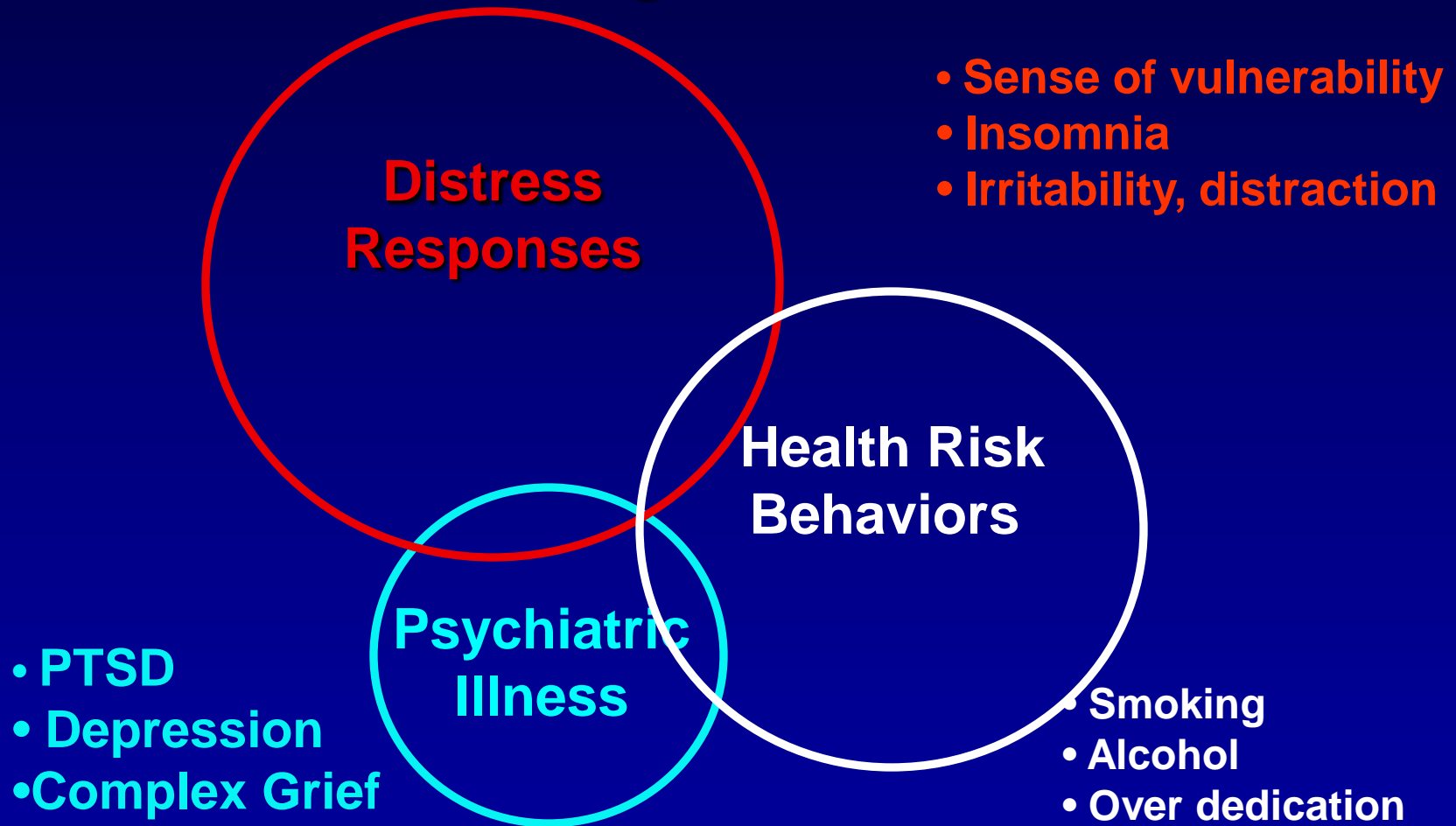
# Disasters

Human Made

Natural



# Mental Health Responses to Disasters and Public Health Emergencies

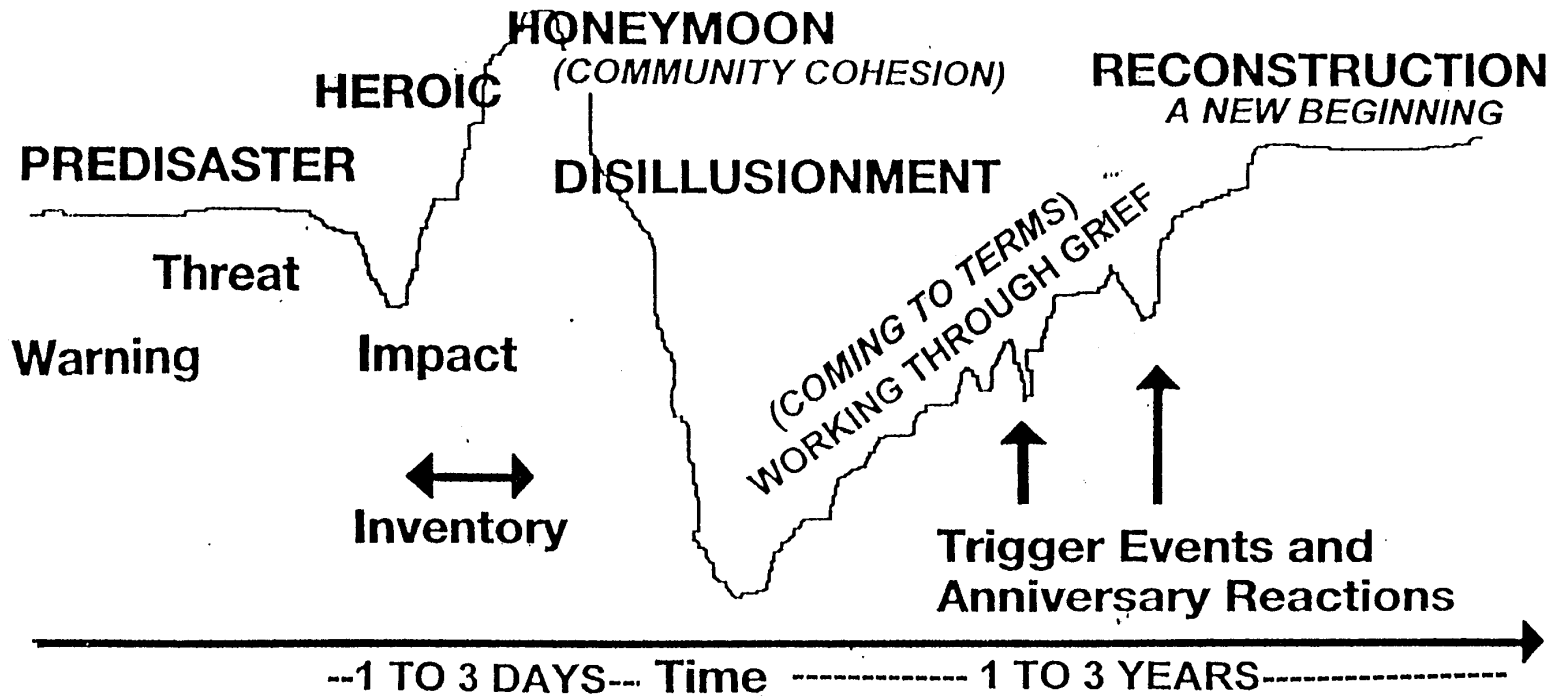


# Psychological and Behavioral Intervention Matrix (Bio)

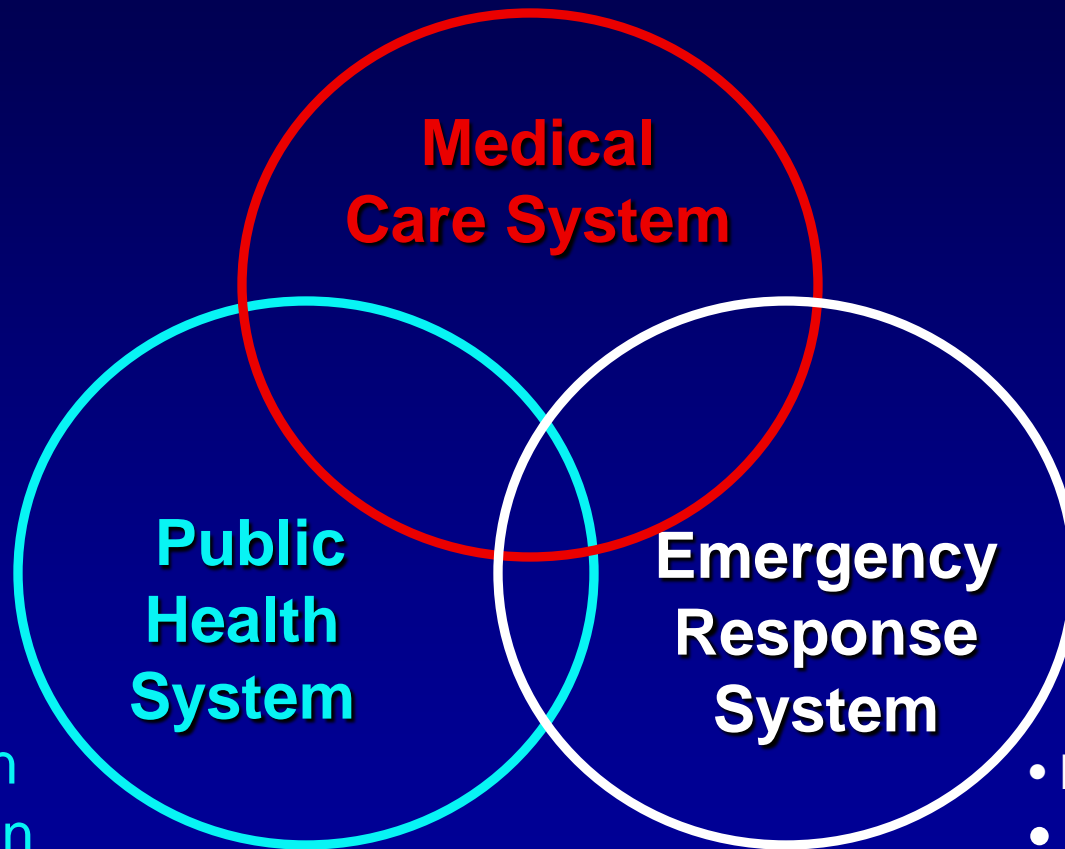
Agent: Anthrax/Terror      Vector: Terrorist/Mail      Population: Person

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Pre	<ul style="list-style-type: none"> <li>-Premedication</li> <li>-vaccination</li> <li>-Air detection sys</li> </ul>	<ul style="list-style-type: none"> <li>-Airport Screening</li> </ul>	<b>Preparedness Behaviors</b> <ul style="list-style-type: none"> <li>-Participation in Vaccination</li> <li>-Information/plan.</li> </ul>
During	<ul style="list-style-type: none"> <li>-Specific medication rx</li> <li>-supportive rx</li> <li>-Masks/Cover</li> </ul>	<ul style="list-style-type: none"> <li>-Security</li> <li>-Detectors</li> </ul>	<b>Response Behaviors</b> <ul style="list-style-type: none"> <li>-Quarantine</li> <li>-Evacuation</li> <li>-Grief Leadership</li> <li>-Social Distancing</li> </ul>
Post	<ul style="list-style-type: none"> <li>-rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>-Justice system</li> </ul>	<b>Recovery Behaviors</b> <ul style="list-style-type: none"> <li>-Help seeking</li> <li>-Specific Rx's</li> </ul>

# Phases of Disaster



# Terrorism and the Public's Health



- Protection
- Prevention
- Promotion

- **Public and Private**
- **Outpatient/ Hospital**

- EMT
- Police/Fire
- Water/Electric/Communication
- Emerg. Response

# Loss of Access to Routine Medical Care and Home Care

- Hurricane Andrew: 1000 Physician Offices, 4 Mental Health Facilities, 11 pharmacies, 7 Convalescent Homes, 2 Dialysis Units, 38 Assisted-living Facilities
- Home Health Care: Nursing, Oxygen, suction, IV antibiotics, medication, ventilation, chemotherapy
- Therefore, chronic medical conditions worsen and care is sought at already overburdened hospitals



# Psychosocial Responses to Terrorism and Disaster

## Resilience/altruism

Horror

Anger

NOT Panic

Fear

Sleep problems

Increased Alcohol and  
Smoking Use

## Grief

Anger at government

Blaming

Scapegoating

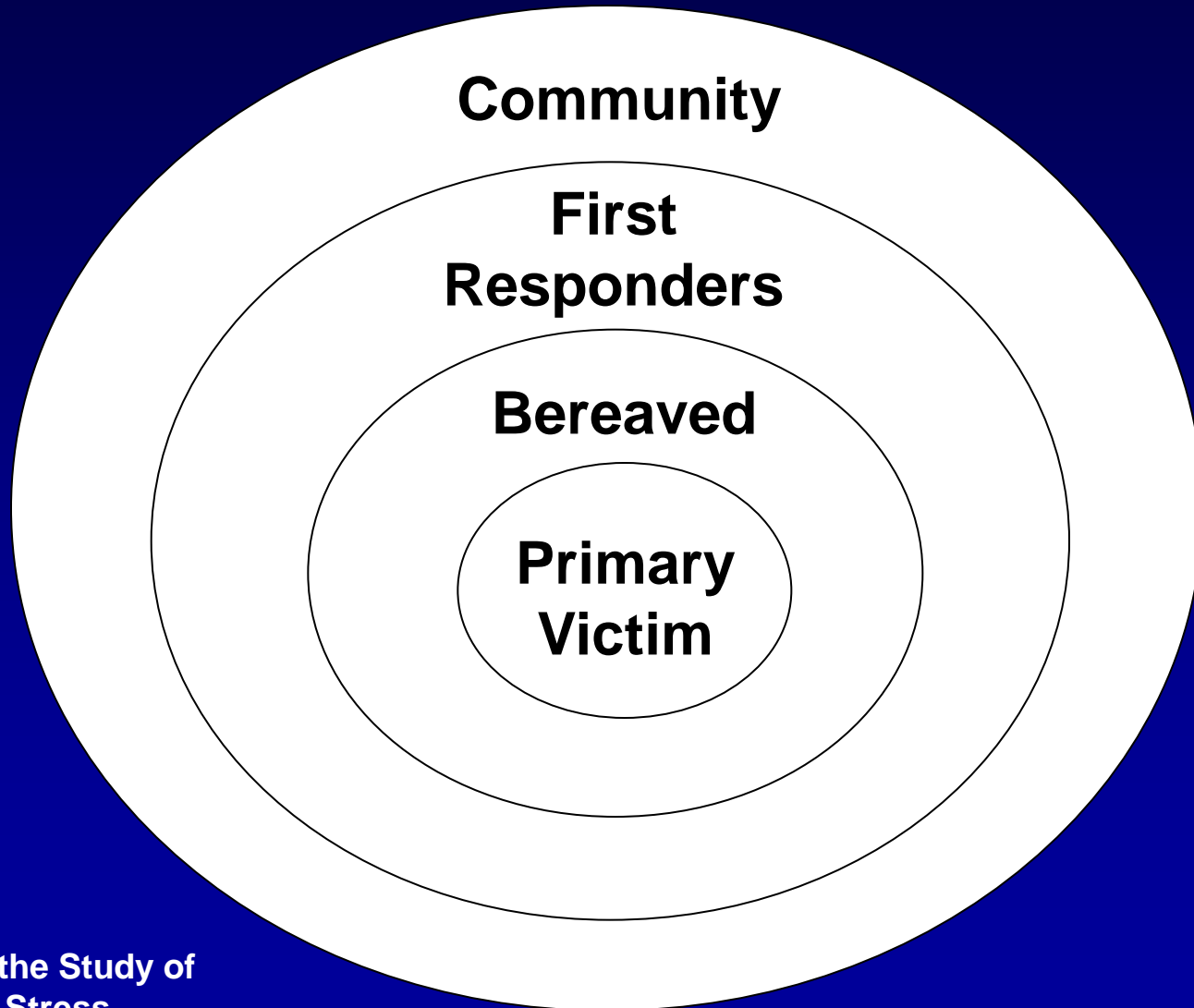
Social isolation

Demoralization

Loss of faith in social  
institutions

Paranoia

# Disaster Community



# Post-Traumatic Stress Disorder (PTSD)

PTSD not uncommon after many types of traumatic events

- Examples: Motor vehicle accidents and industrial explosions

Nearly all have the acute form at some point

- Can develop in people without psychiatric history
- Rapid recovery is the norm

# Treatment Across The Domains of Illness

	<b>PTSD</b>	<b>MI</b>	<b>Multiple Sclerosis</b>	<b>Back Pain</b>
<b>Disorder</b>	The Glue Self Repair	ICU		
<b>Symptoms</b>	Withdawal Nightmares	Nitroglyce rin		
<b>Impairment Of Function</b>	Marital Disruption Job	Walker Job Couns.		
<b>Disability</b>	Job “phobic”	Lg Trm Plan and Asst		
<b>Co-Morbid Conditions</b>	Depression Subst Abuse	Hypertensi on Hyper chol.		
<b>Trajectory- Prev of Relapse/Chro</b>	Acute, Chronic, Delayed Recovering	Life Style Changes (smoking)		

# Oklahoma City Terrorist Attack

(at 6 months)

34% PTSD  
25% Depression

40% Never had a Psychiatric Problem  
in the Past

# Those with no previous psychiatric illness are at risk

Oklahoma City near Murrah Bldg (DIS study)

USAF POWs returning from Vietnam

Twin studies of Vietnam Combat Veterans