



Survey of Hurricane Katrina Evacuees

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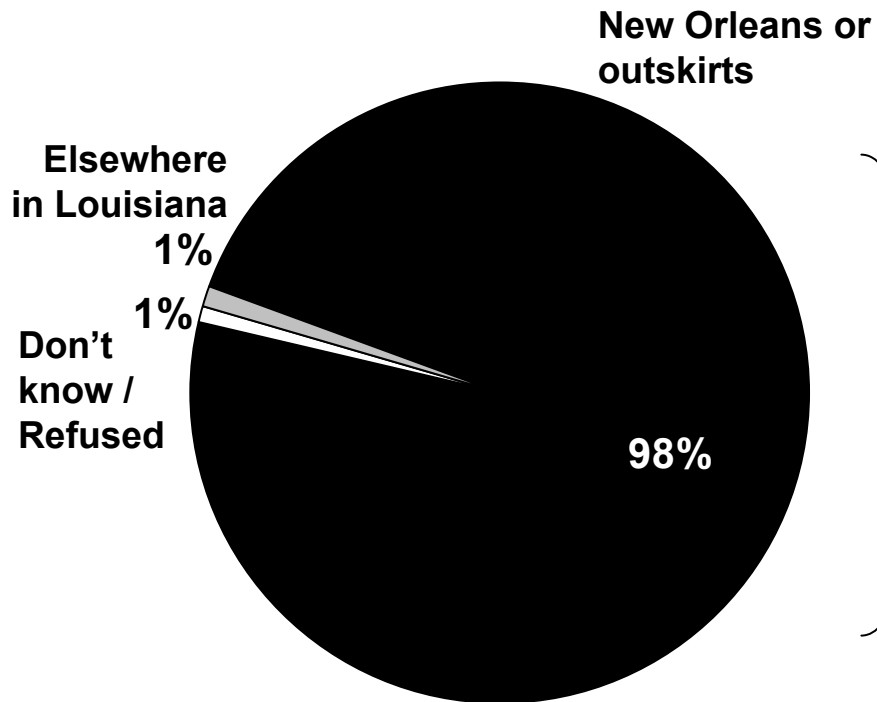
Mental Health and Disaster

August 29, 2006

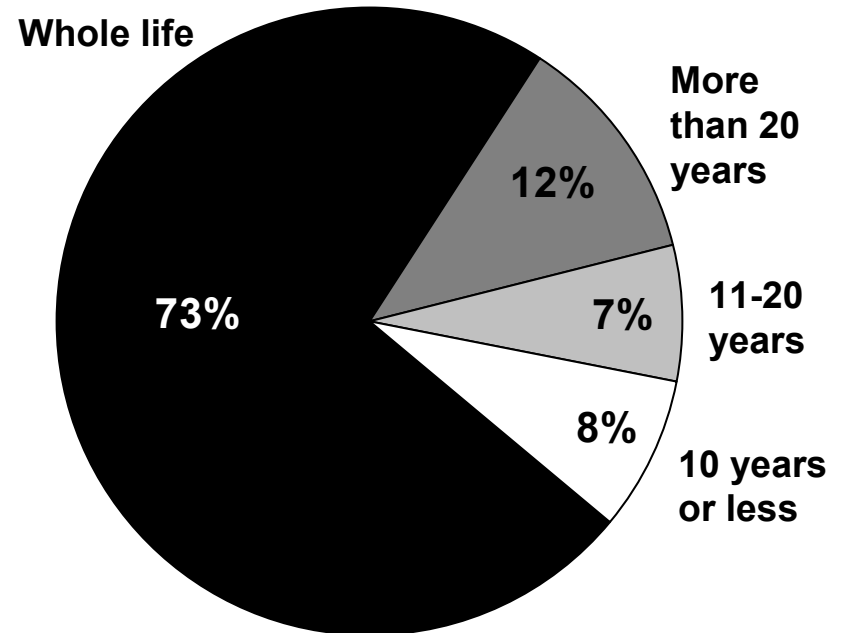
WHO THEY ARE...

Long-Time Residents Of New Orleans

Where were you living when the storm hit?

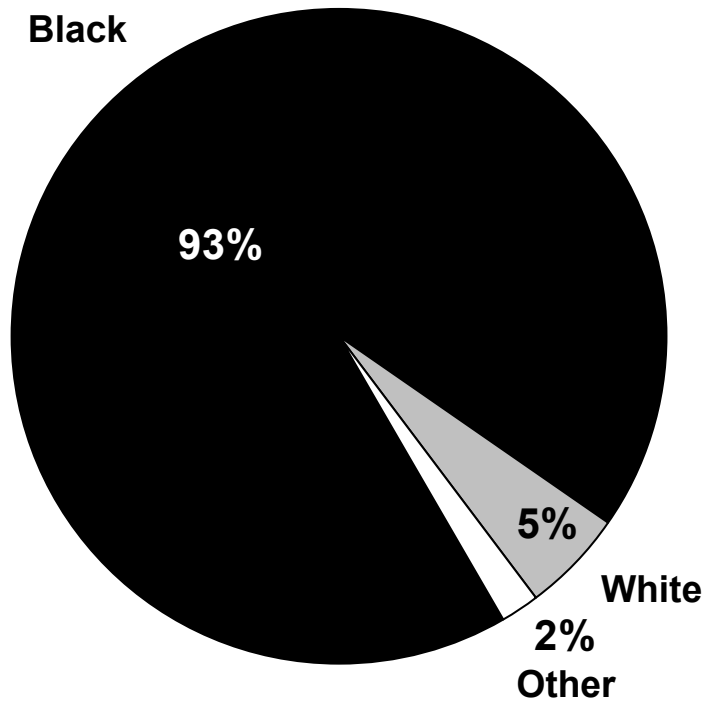


Among the 98% who were living in New Orleans or outskirts: How long have you lived in New Orleans?

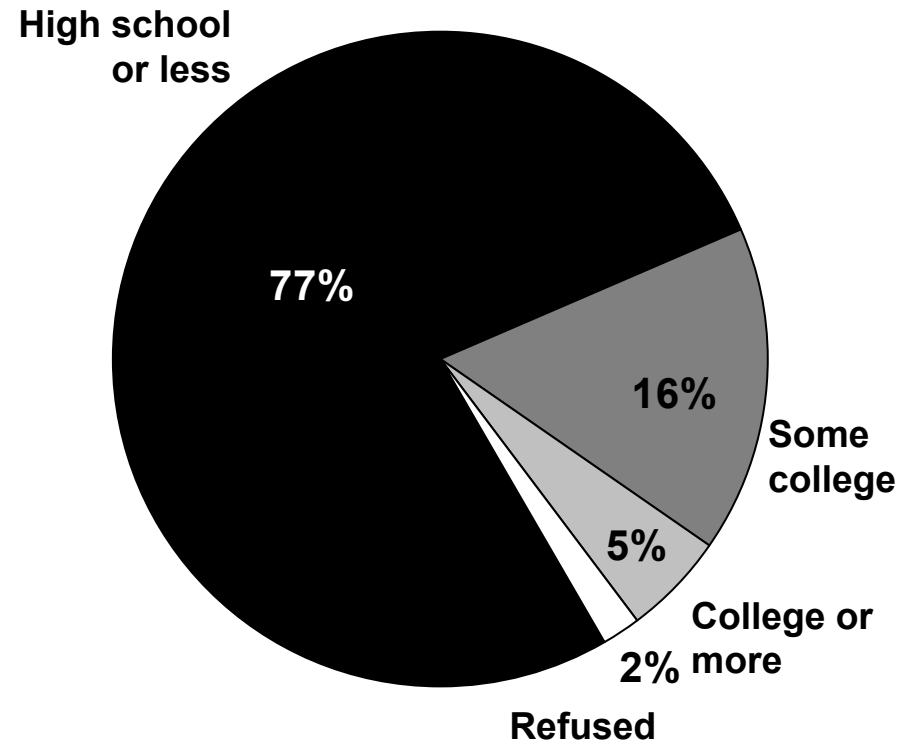


Ethnicity And Education

What is your race?

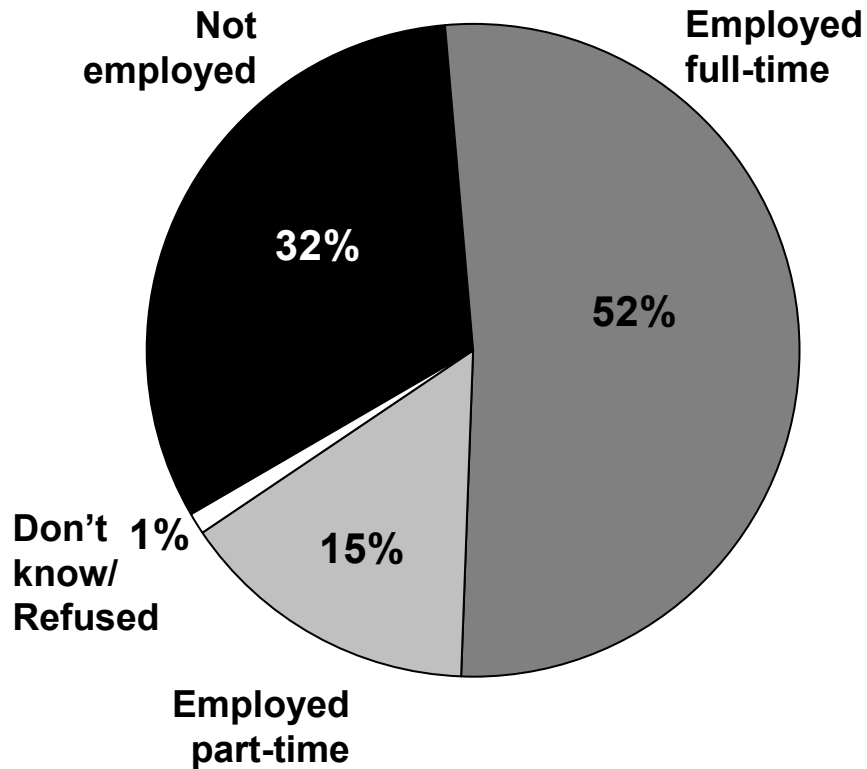


What is the last grade or class that you completed in school?



Employment Status And Income

Before the hurricane, were you yourself...



What was your total annual household income last year?

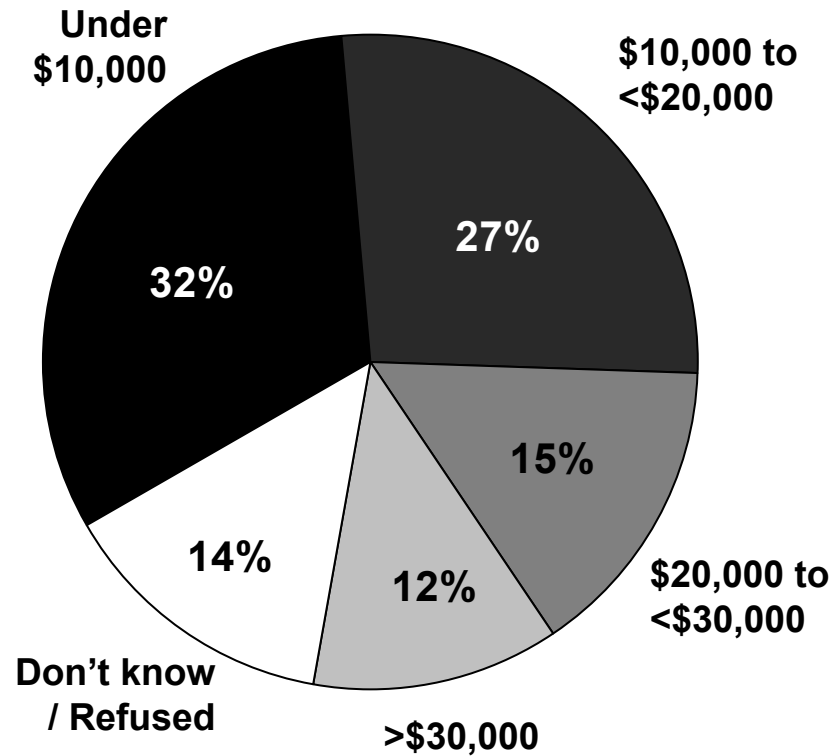
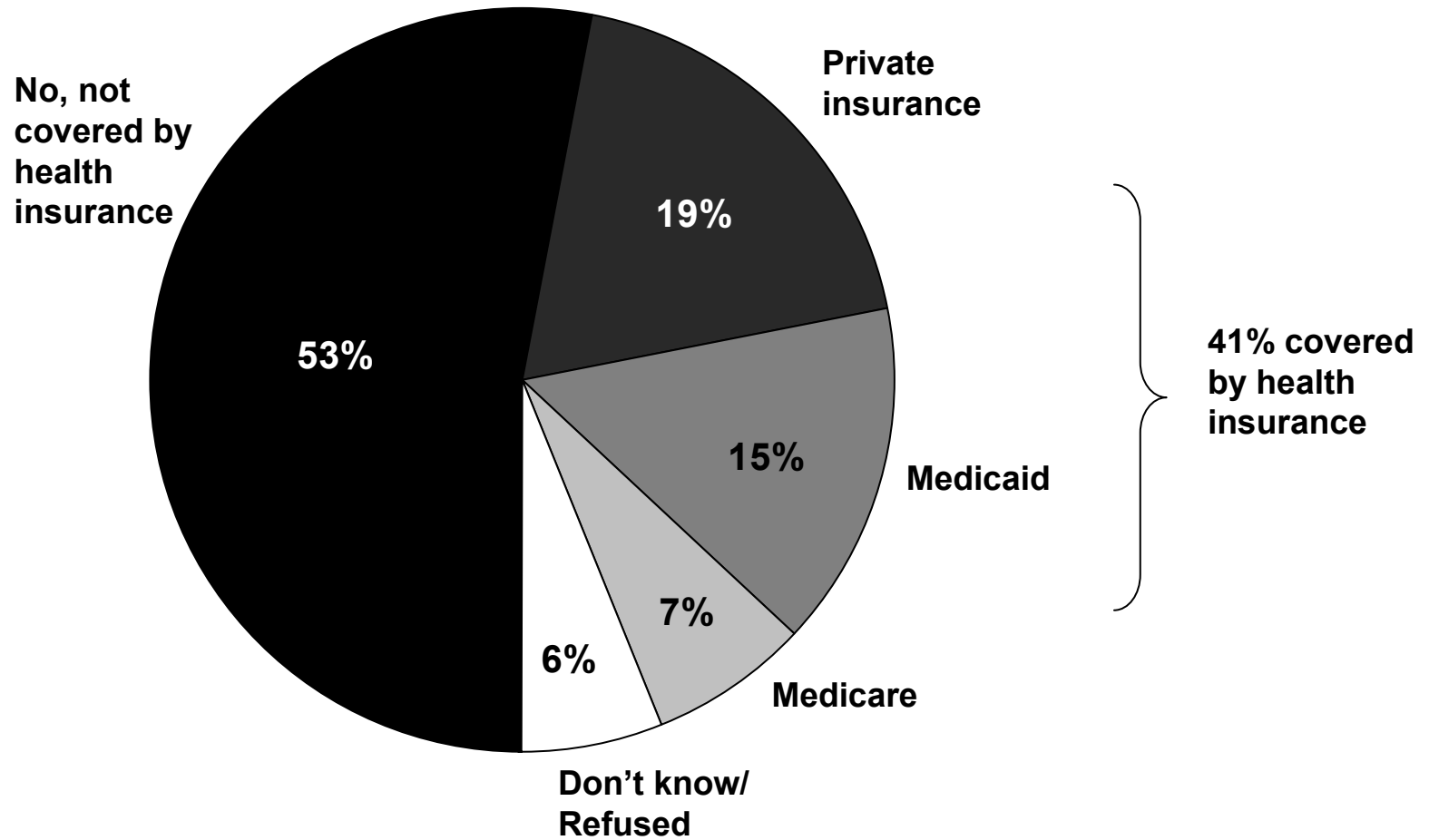


Chart 5

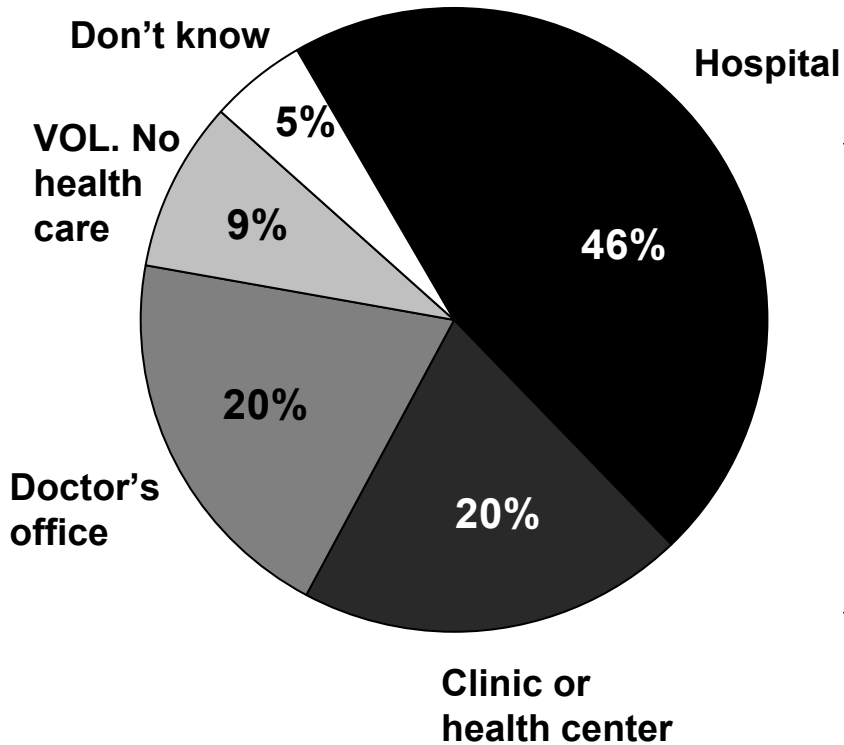
Health Insurance Status

Are you covered by any form of health insurance or did you not have insurance at the time of the hurricane?

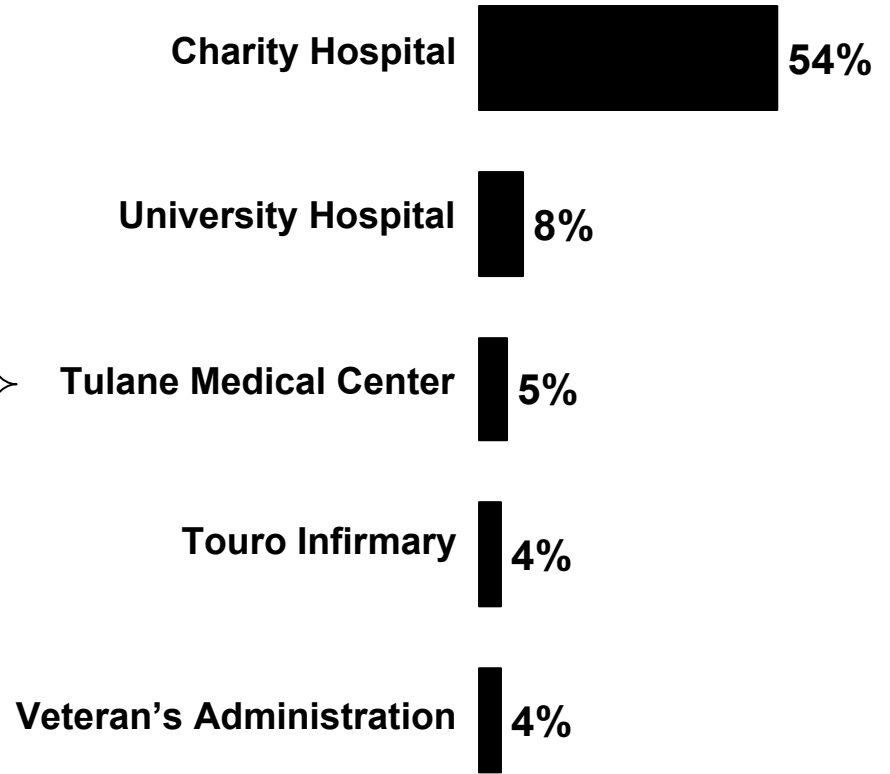


Health Care Access Before the Hurricane

Before the hurricane, where did you mainly get your health care?

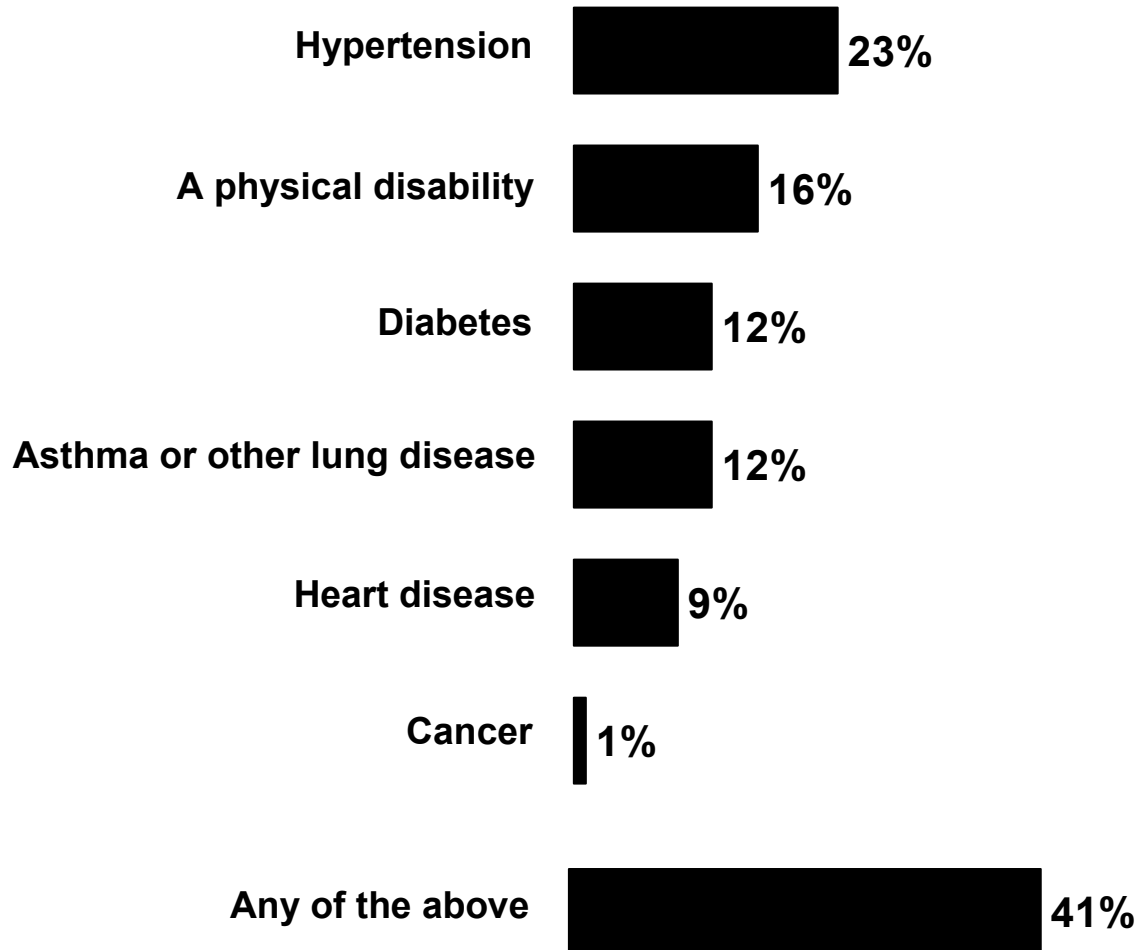


Among the 66% who said they got health care from a hospital or clinic: What is the name of the hospital or clinic?



Chronic Health Conditions

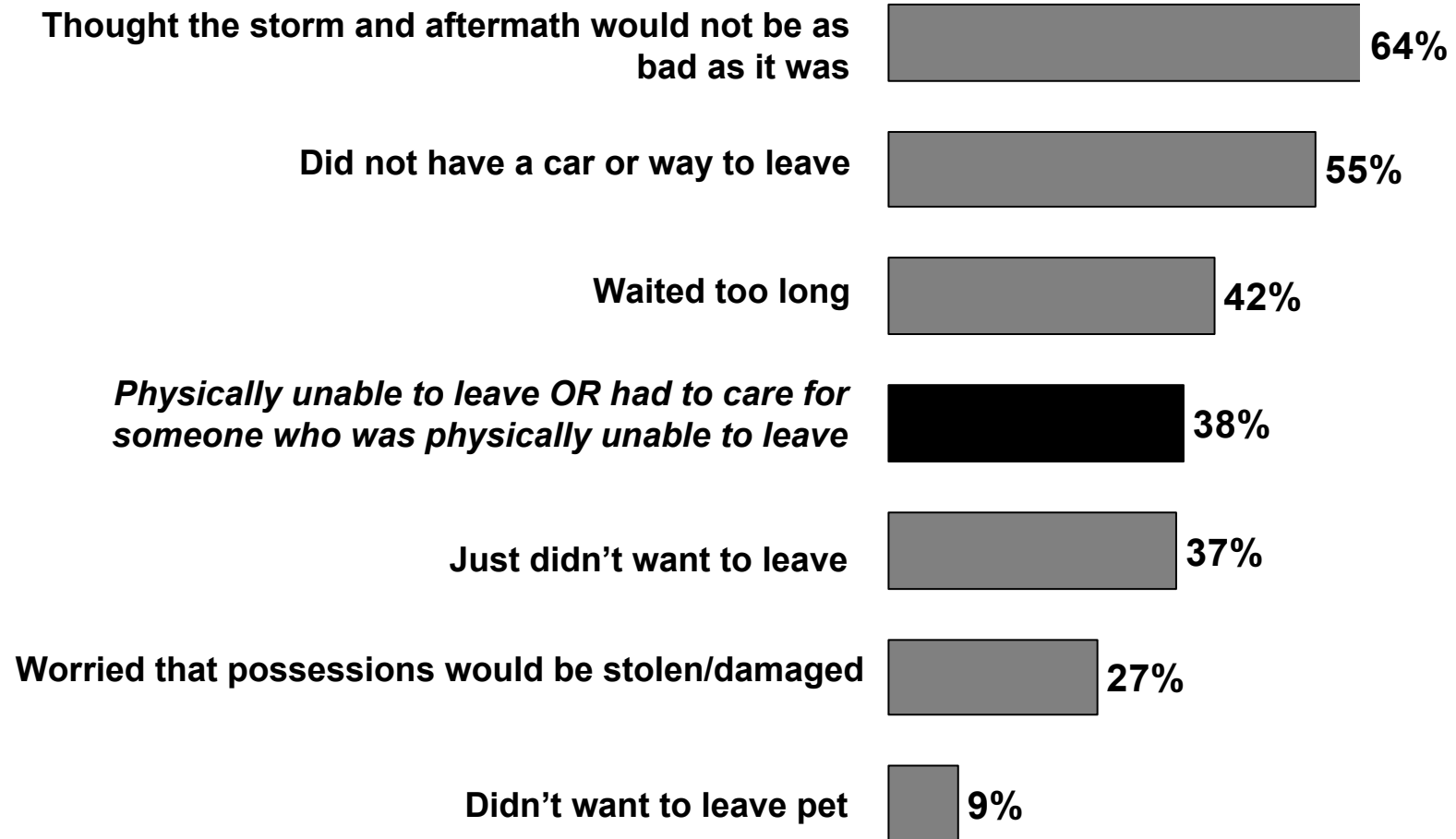
Percent who say a doctor or health professional has told them they had...



EVACUATION AND EXPERIENCES IN AFTERMATH OF STORM

Reasons for NOT Evacuating Before Storm

Percent who say each of the following was a reason they did not personally leave...



Experiences in Aftermath

Percent who say that before they came to the shelter they...

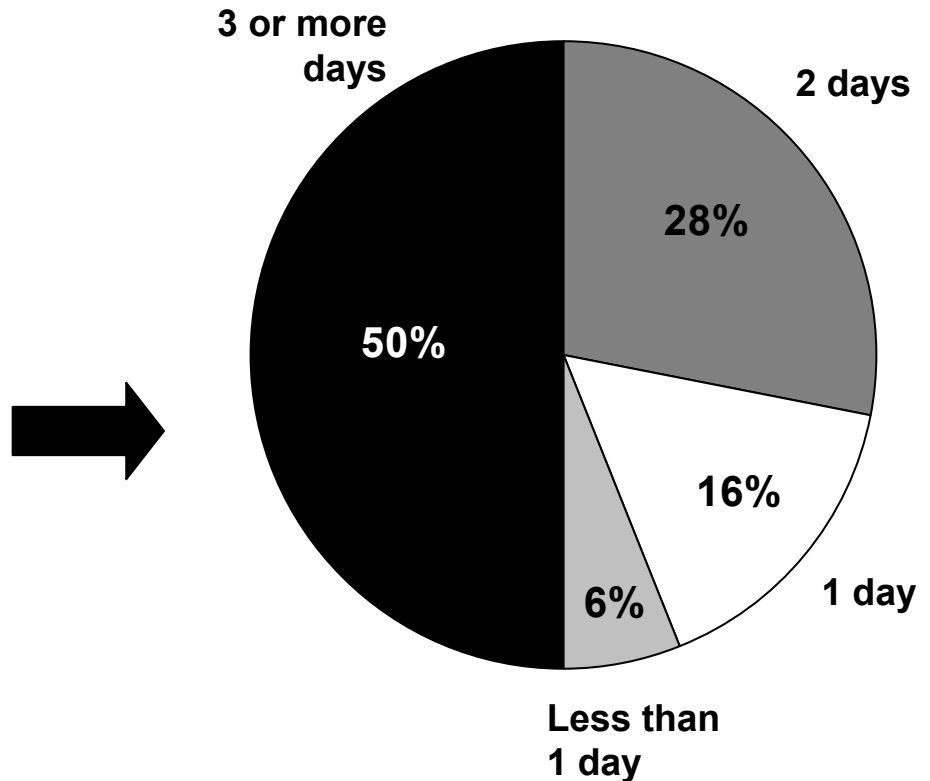
Spent at least 1 day living on a street or overpass **40%**

Spent time inside the New Orleans Superdome **35%**

Trapped in home and had to be rescued **34%**

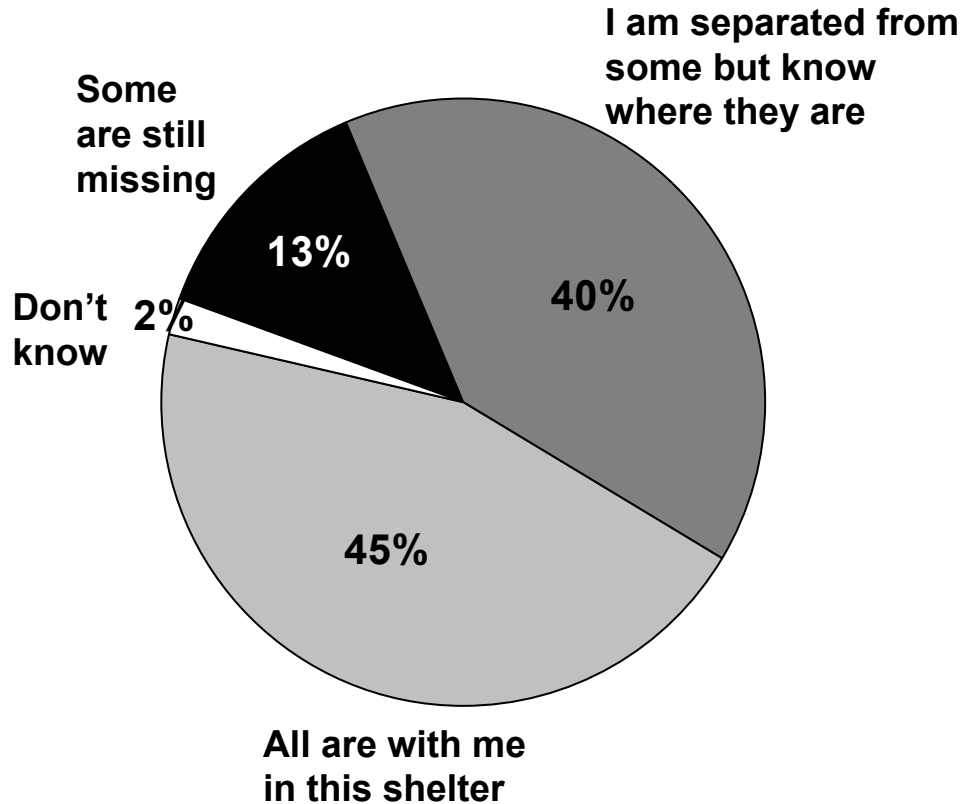
Spent time inside the New Orleans Convention Center **7%**

Among the 34% who were trapped in their homes: Percent who say they were trapped for...

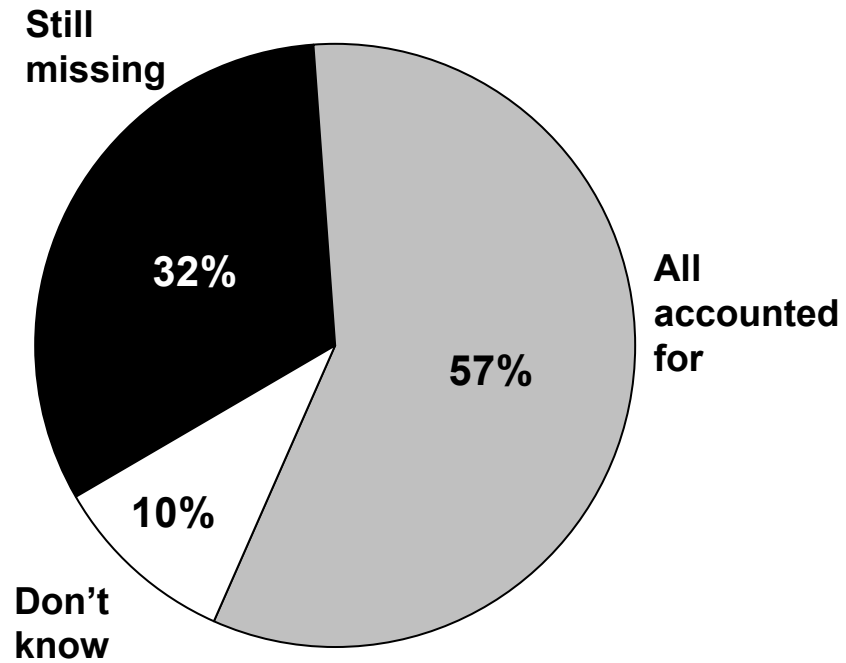


Status of Family and Friends

Thinking about your immediate family, which best describes your current situation...

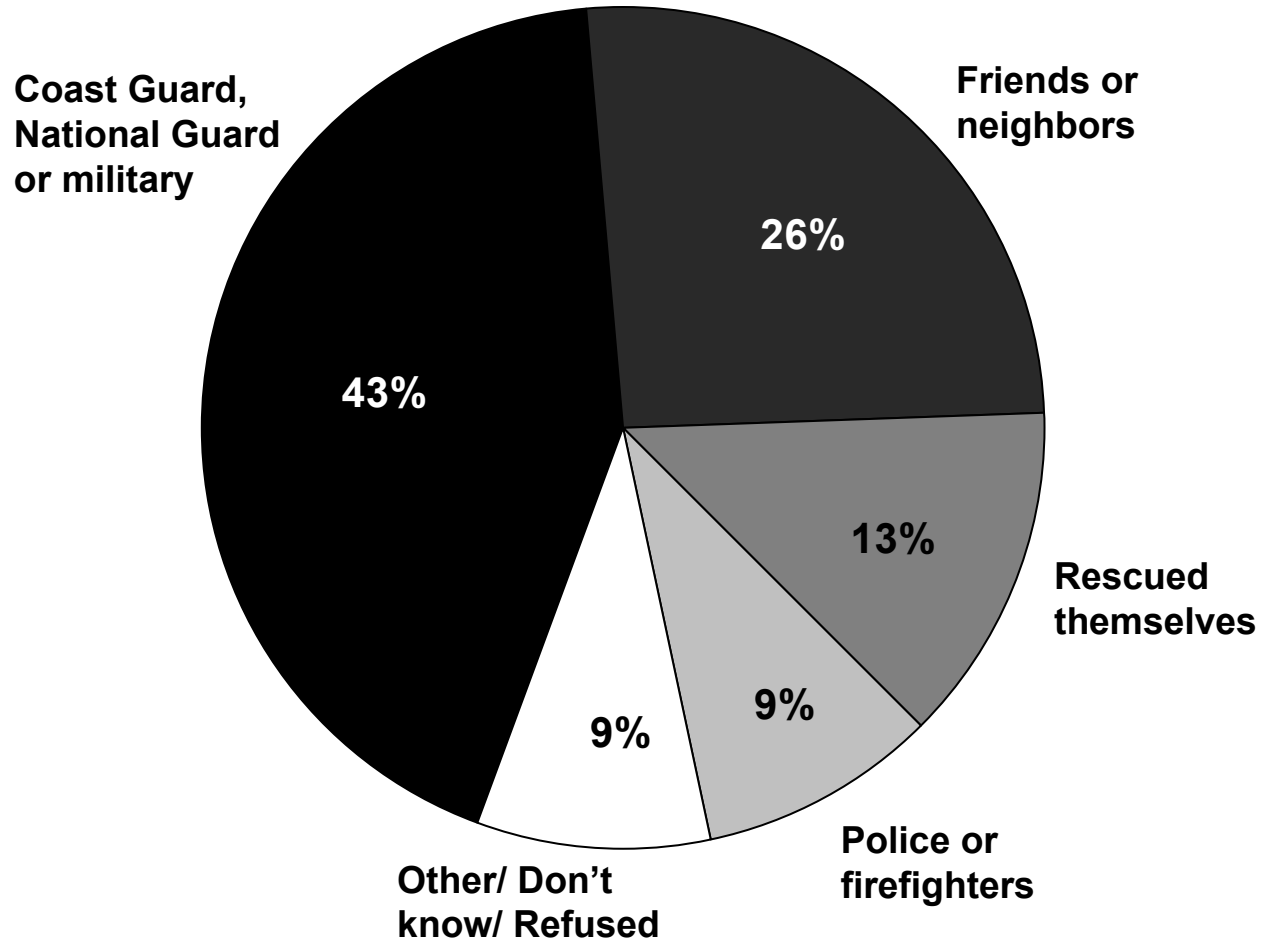


Are any of your other close relatives or friends still missing or have they all been accounted for?



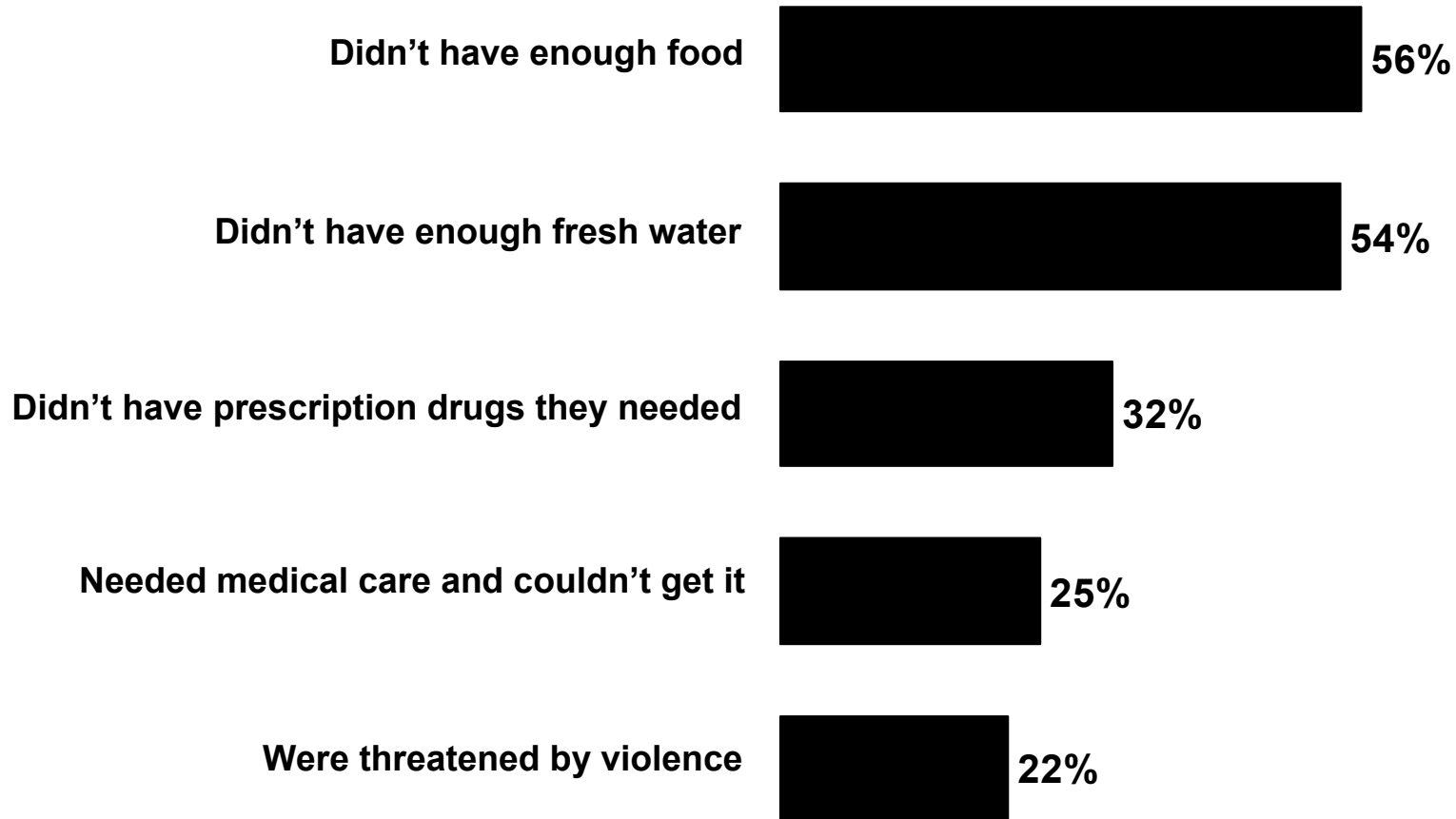
Rescue Experience

Among the 34% who were trapped in their homes and had to be rescued:
Who eventually rescued you?



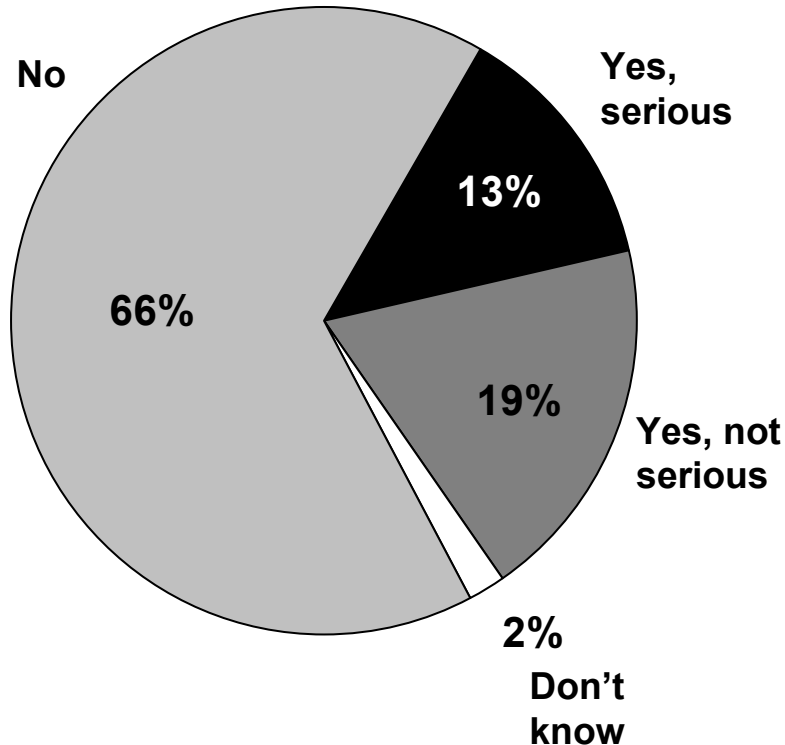
Went Without Necessities

Percent who say that since the hurricane hit, there had been a time when they...

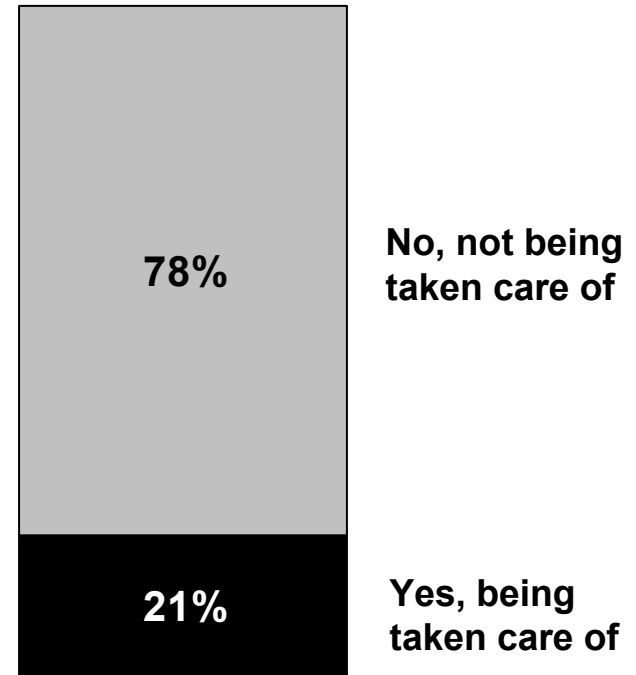


Health Problems From The Hurricane

Have you experienced any health problems or injuries as a result of the hurricane? If yes, were they serious, or not?

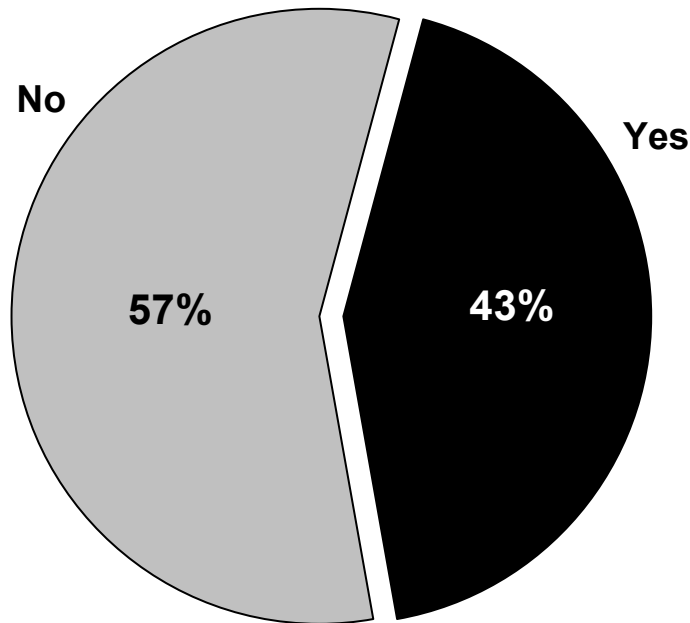


Among the 32% who experienced a health problem or injury as a result of the hurricane: Are these problems currently being taken care of, or not?

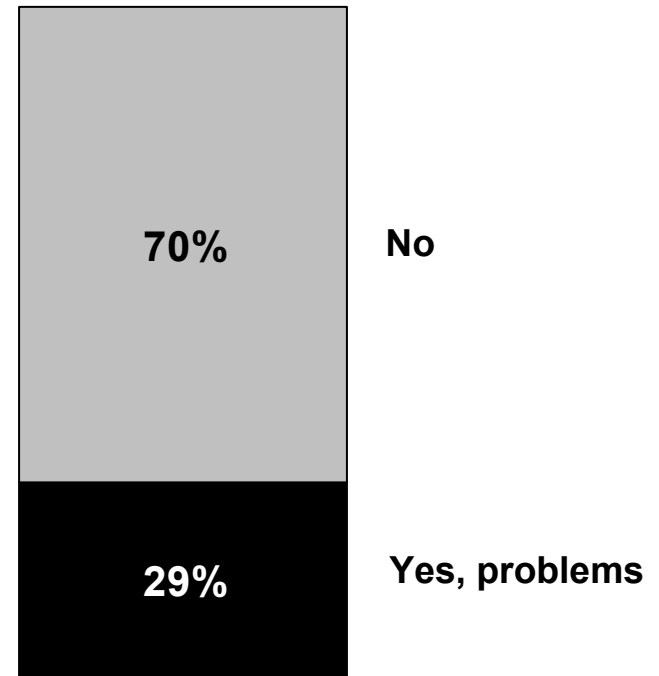


Problems Getting Prescription Drugs

Are you supposed to be taking any prescription drugs, or not?



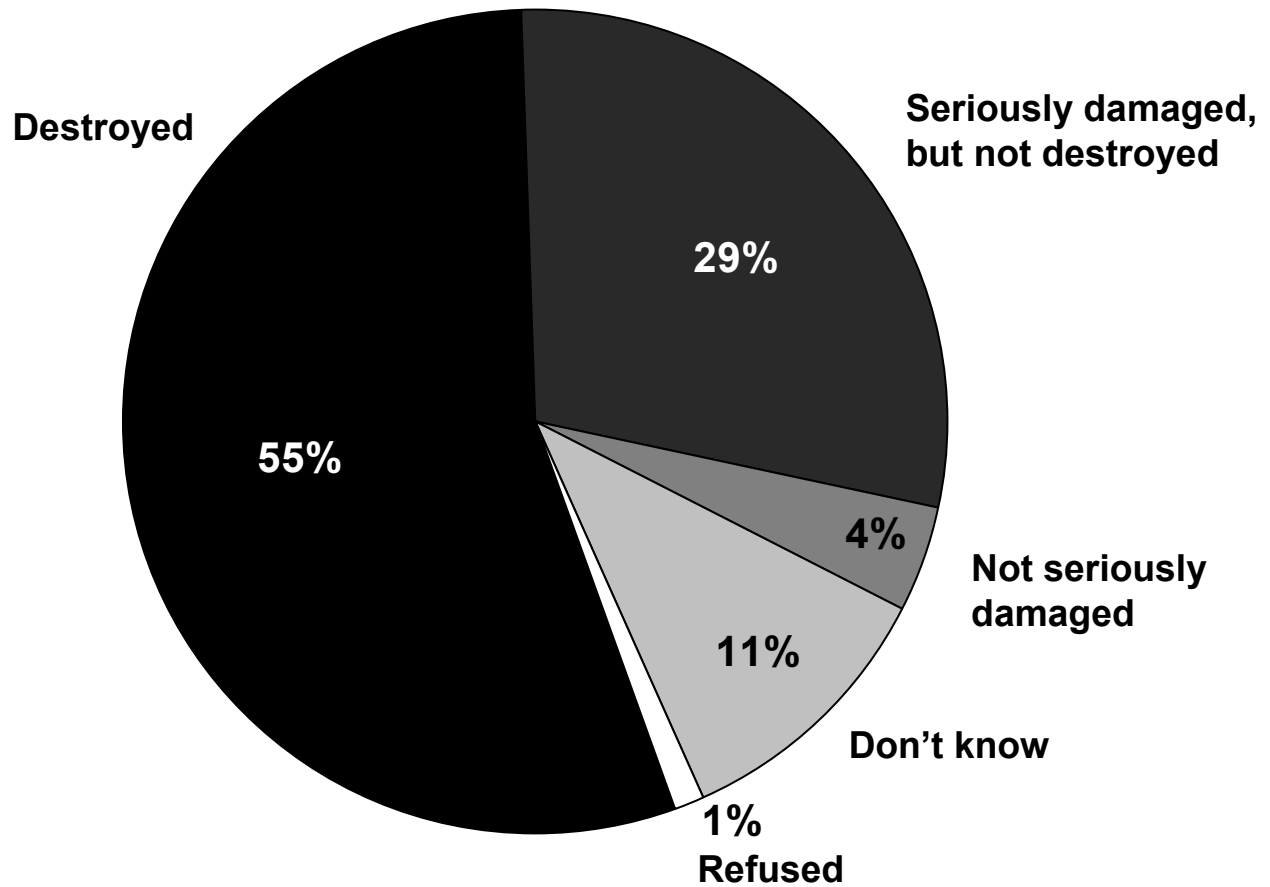
Among the 43% who are supposed to be taking prescription drugs: Are you having a problem getting the drugs you need, or not?



CHALLENGES FOR RECOVERY

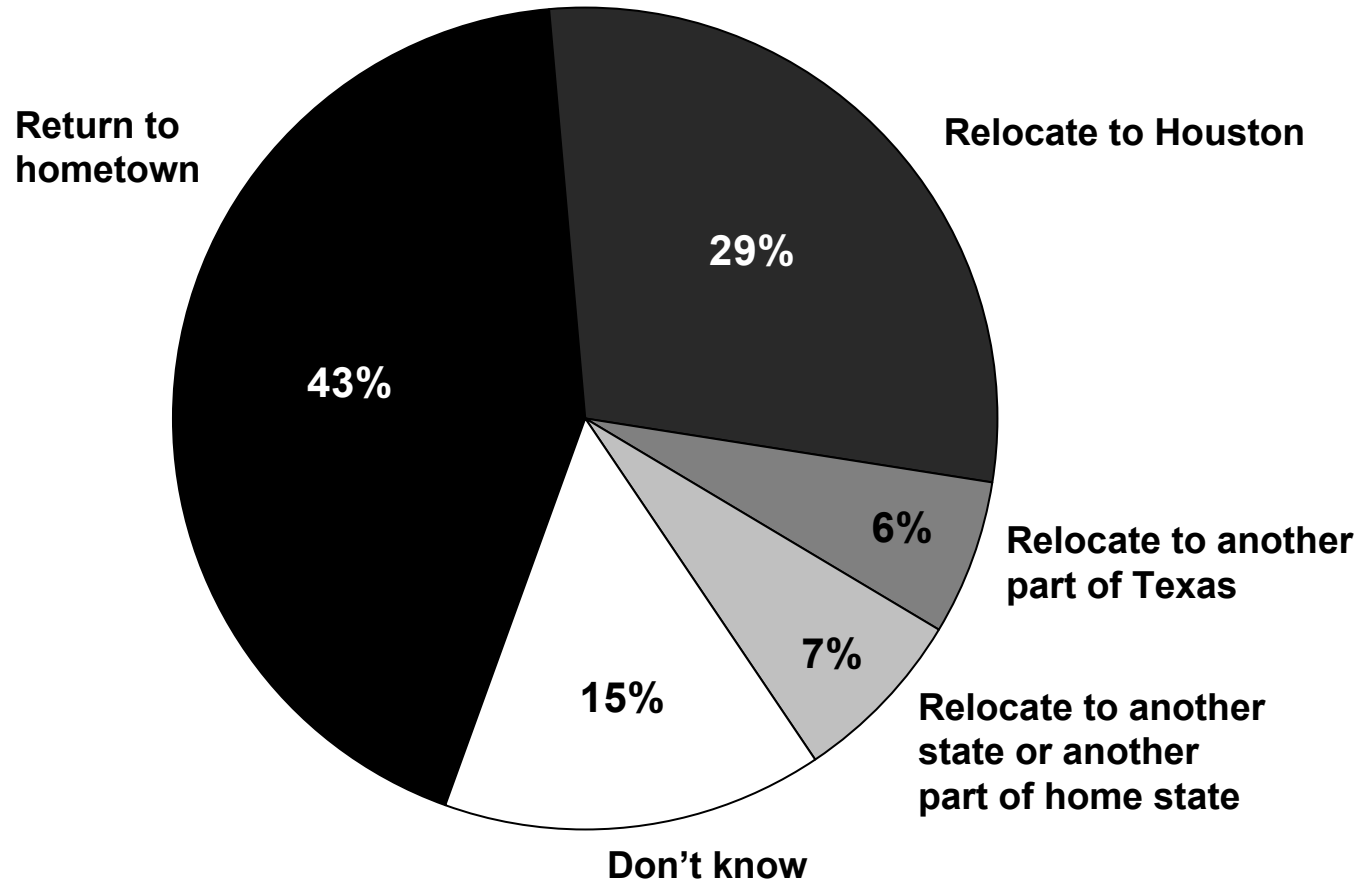
Condition of Home

As far as you know, was the place you were living...



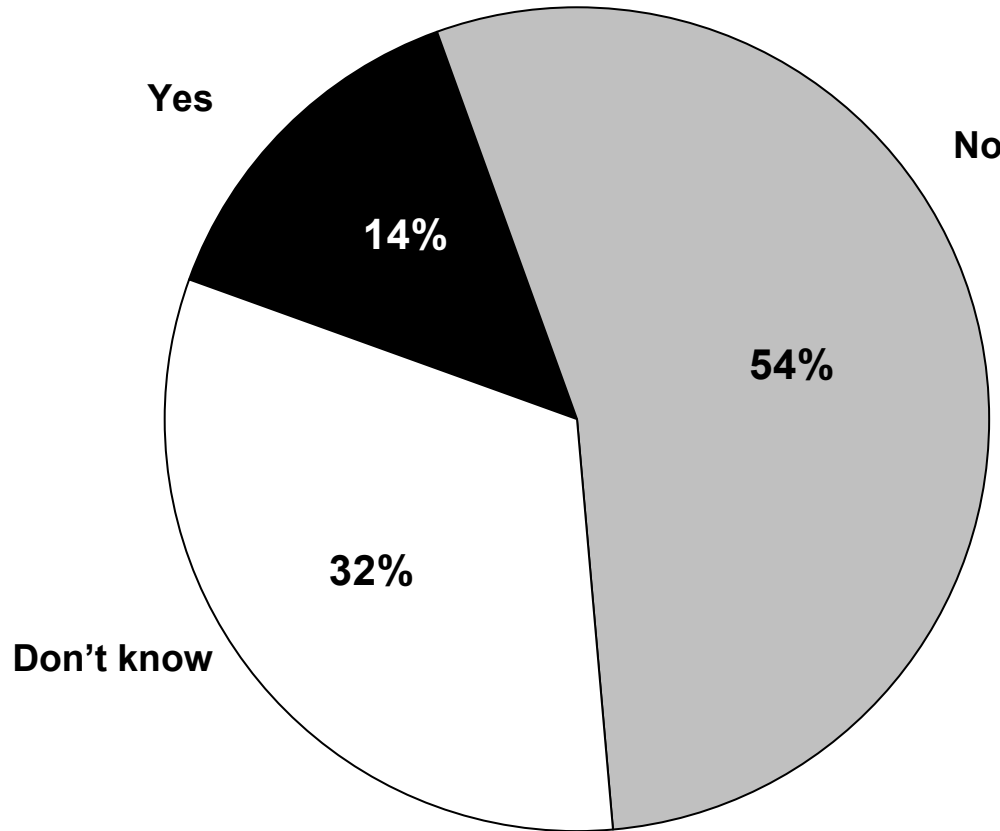
Plans To Return

Do you want to eventually move back to your hometown, or do you want to permanently relocate somewhere else?



Family or Friends Killed in Storm

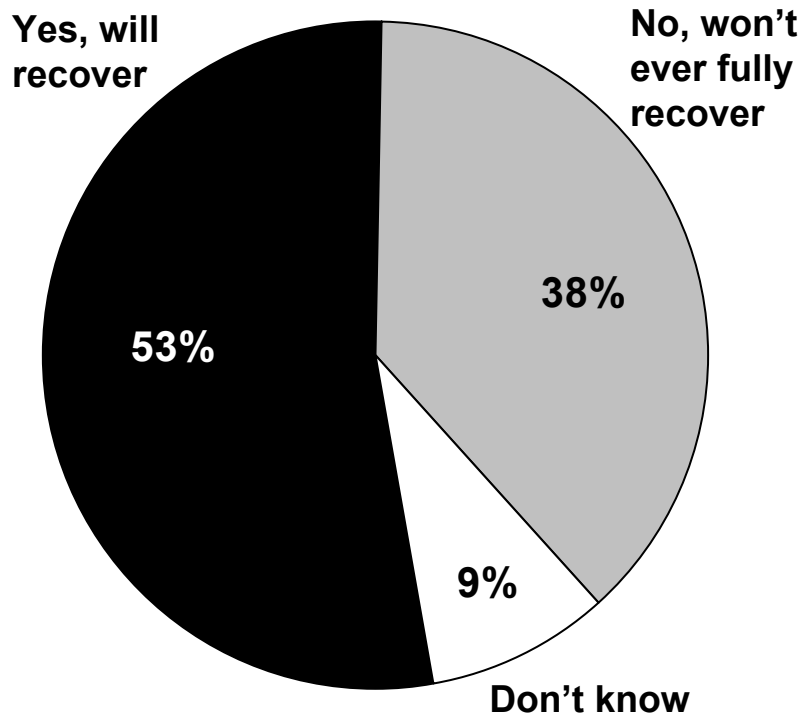
Were any members of your family, neighbors or close friends killed during the storm or flooding, or not?



Views on Recovery From Storm

Looking ahead, do you think you will ever fully recover from the hurricane, or don't you think you will ever fully recover?

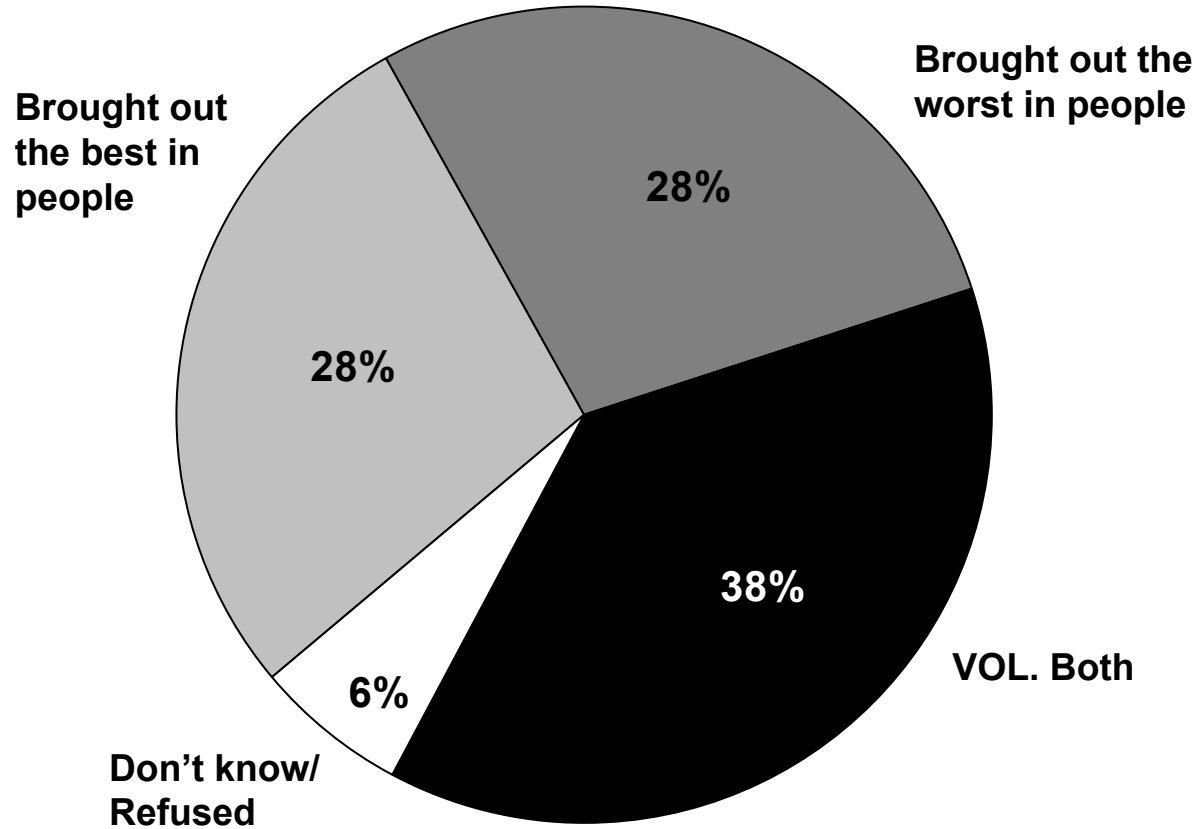
The 38% who say they think they will NOT fully recover from the hurricane are more likely than those who say they will recover to...



- Make less than \$10,000 a year
- Not have graduated from high school
- Not have insurance to cover any of their losses
- Have a chronic health condition
- Say they suffered an injury or health problems as a result of the storm

Final Reflections

Based on your own experiences, do you think the hurricane...



“VOL.” indicates a volunteered response

MENTAL HEALTH CHALLENGES???

Vast, Varied, and Likely Long Lasting

Methodology

- Face-to-face interviews conducted September 10-12, 2005 in Houston, TX
- N=680 randomly selected evacuees aged 18 or older residing in Houston shelters, including:
 - 439 interviews in the Houston Reliant Park Complex (which included the Reliant Astrodome and the Reliant Center)
 - 152 in the George R. Brown Convention Center
 - 77 interviews conducted in five of the fourteen smaller Red Cross shelters in the greater Houston area.
- The margin of error for overall results is plus or minus 4 percentage points.



Mental Health During Recovery

**“Rising from the Ashes:
Starting Over After Hurricane
Katrina”**

**Cheryll Bowers-Stephens, M.D., M.B.A.
Chief Executive Officer
The Schopenhauer Group, LLC**



June 2, 2006



What is Mental Health and Why is it Important?

- *Mental health* is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with adversity. (Surgeon General Report 1999)
- Data developed by the massive Global Burden of Disease study, conducted by the World Health Organization, the World Bank, and Harvard University, reveal that mental illness, including suicide, ranks second in the burden of disease in established market economies, such as the United States (Surgeon General Report 1999)

Campus Clips

Coping with

Stress

By Rachel Sokol

Mental Health Issues Common With Traumatic Events

- Acute Stress Disorder
- Post Traumatic Stress Disorder
- Anxiety and Depression
- Substance Abuse and Alcohol Use
- Domestic Violence



Symptoms of PTSD

- Refusal to return to school and "clinging" behavior, avoidance behaviors
- Persistent fears related to the catastrophe (e.g., fears about being permanently separated from parents);
- Sleep disturbances such as nightmares, screaming during sleep and bed-wetting, persisting more than several days after the event;
- Loss of concentration and irritability;
- Behavior problems, i.e., misbehaving in school or at home in ways that are not typical for the child;
- Physical complaints (stomachaches, headaches, dizziness) for which a physical cause cannot be found;
- Withdrawal from family and friends, listlessness, decreased activity, preoccupation with the events of the disaster.



Common Responses to Disaster and its Consequences

- Disbelief and shock
- Fear and anxiety about the future
- Disorientation; difficulty making decisions or concentrating
- Inability to focus on schoolwork and extracurricular activities
- Apathy and emotional numbing
- Irritability and anger
- Extreme mood swings
- Sadness and depression
- Feelings of powerlessness
- Extreme changes in eating patterns; loss of appetite or overeating
- Crying for “no apparent reason”
- Headaches and stomach problems
- Difficulty sleeping
- Excessive use of alcohol and drugs

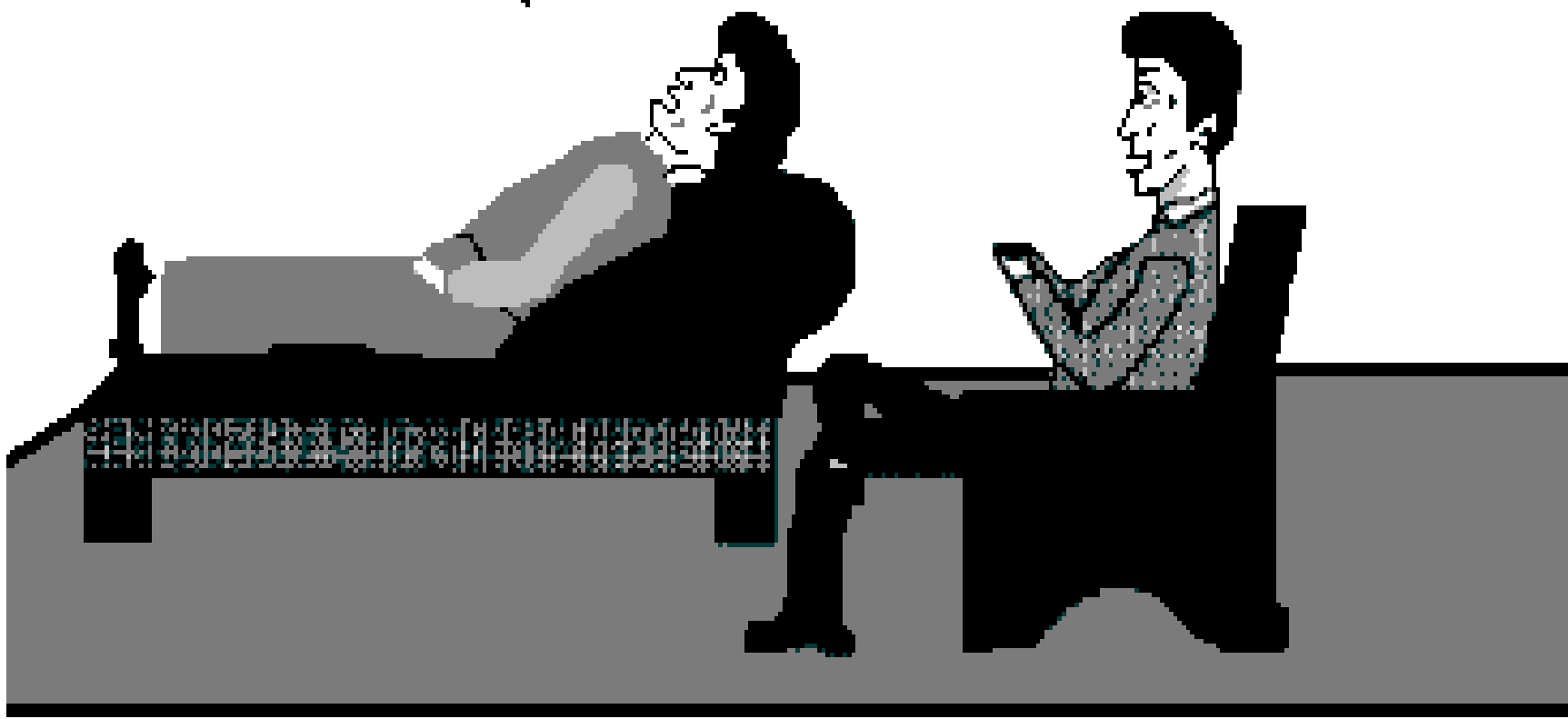


Crisis Counseling

- Short Term 2-3 months
- Preventive
- Education, Counseling, and Support
- Listen, Validate, Allow Questions
- Formalized Training Prior to a Disaster

**I believed at that moment
that I was about to die -
I WAS TERRIFIED!!**

**It's going to take some
time to get back to normal,
Psychotherapy might help.**



Disaster Mental Health Preparedness

State Health
Department
Disaster Task
Force

Disaster Response
Plans For each SMH
Hospital and Region
Including Planning
for SNS, SARBOS,
and TMOSA

4,000 Employees
Trained in 2004

- SNS Disaster Mental Health Training

Disaster
Response Drills
Including
Practice
Evacuations of
State Mental
Health
Hospitals

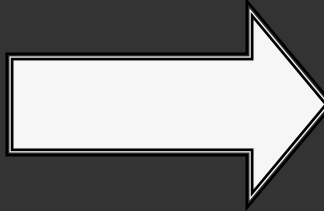
Staff Call
Out
Registry
Prepared

350 Mental Health and
Addictive Disorder Employees
Trained in May 2005

- All Hazards Response Planning
- Crisis Counseling Intervention With Special Populations
- Disaster Mental Health Intervention in Incidents Involving Mass Casualties

Pre-Incident Activities

Evacuated Southeast Louisiana State Hospital and New Orleans Adolescent Hospital to Eastern Louisiana Mental Health System

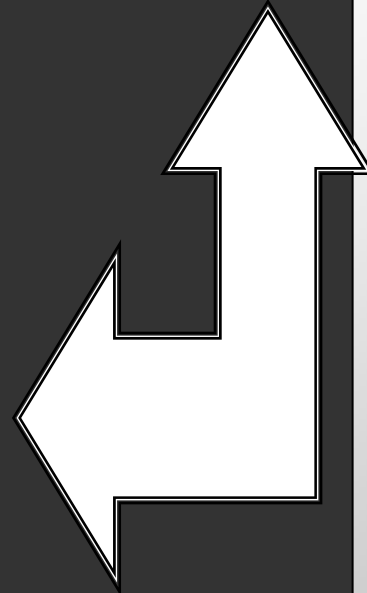


Activated OEP Command Center

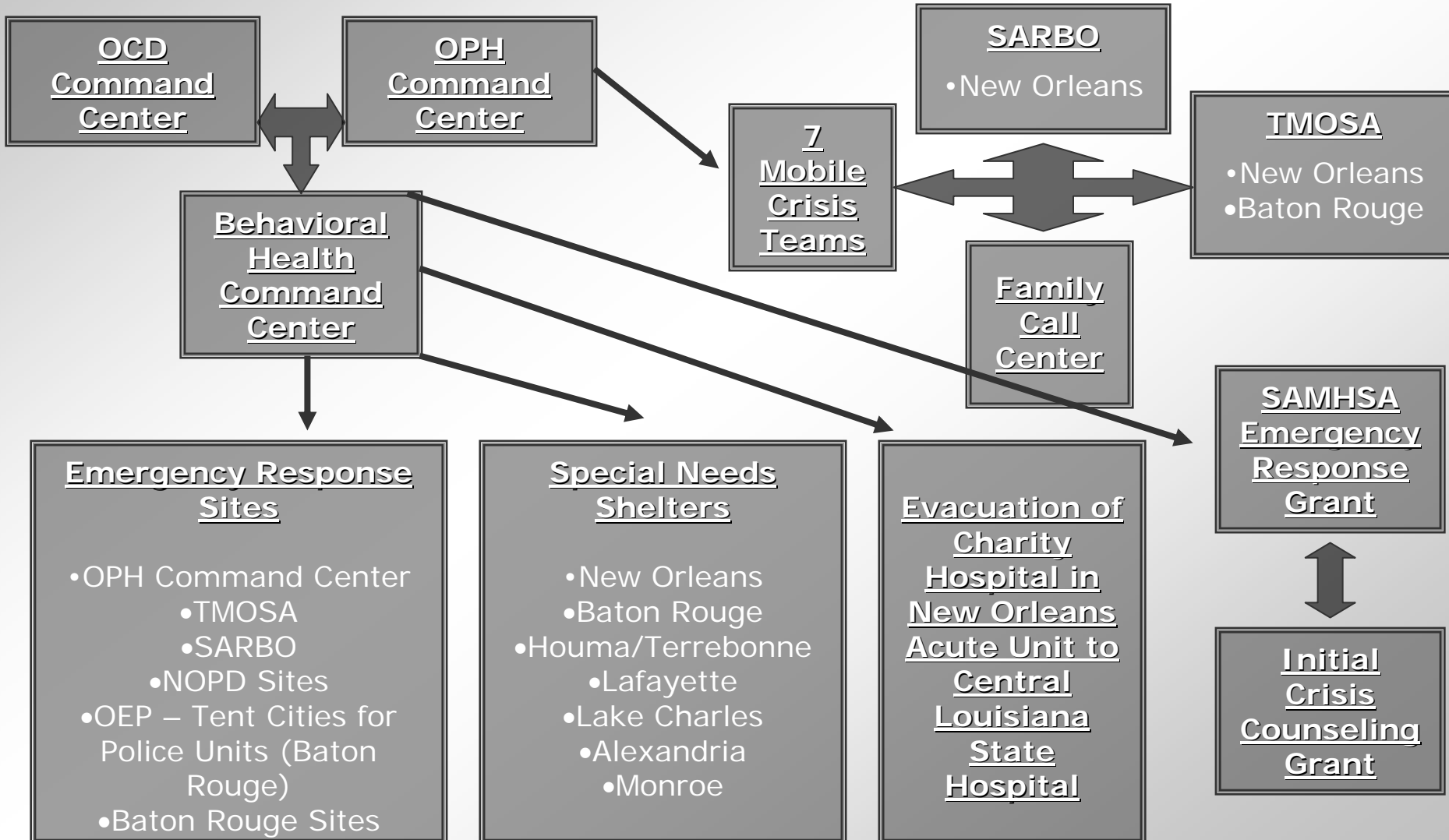
- DHH Operations

Activated Special Needs Shelter (SNS) Operations

- New Orleans
- Baton Rouge
- Terrebonne Parish
 - Lafayette
- Lake Charles
- Alexandria
- Monroe



Incident Response



Katrina's Impact on the Mental Health System in Louisiana

Preliminary Population-level needs assessment: loss of homes; overcrowded living situations; economic loss; chronic health concerns; significant need for mental health counseling

Up to 500,000 people may be in need of professional assistance.



The Severity of Katrina's Impact

Analysis of research from the National Center for Post-traumatic Stress Disorder has shown that in communities moderately exposed to the destruction caused by a natural disaster, 5-10% of the affected population will experience clinically significant issues as a result of the event. An additional 5-10% will experience issues that are sub-clinical but still require support. In severely exposed communities, 25-30% of the population will experience clinically significant issues and an additional 10-20% will fall into the sub-clinical category.



DeWolfe Disaster Population Model

- *Seriously injured victims and bereaved family members*
- *Victims with high exposure to trauma and victims evacuated from disaster zone*
- *Bereaved extended family members and friends, rescue/recovery workers with prolonged exposure, medical examiner's office staff, and other service providers involved with death notification and bereaved families*
- *Persons who have lost homes, jobs, pets, valued possessions,*
- *Mental health providers, clergy, chaplains, spiritual leaders, emergency health providers, school personnel, and media personnel*
- *Government officials and other groups that identify with the target population*
- *Businesses with financial impacts, and*
- *Community at large*

General Disaster Psychiatry

- Disaster—“a severe disruption, ecological and psychosocial, which greatly exceeds the coping of the affected *community*”

World Health Organization

- Man-made vs. natural vs. technological disasters
- Disaster Psychiatry vs. Trauma Psychiatry vs. General Psychiatry
- The Disaster Response System



The Mental Health Aftermath of Katrina

- PTSD, Major Depression, and possibly other anxiety problems
- Suicide?
- Drug and Alcohol Abuse
- How people and communities respond to and recover from man-made and natural disasters may differ
- Predictive factors: presence of violence, predictability and duration, sense of control (Baum, A et al 1983, Berren et al 1980)

Clinical Implications of Katrina

- Decrease immediate emotional/psychological distress and prevent psychiatric morbidity (psychological first aid)
- Short-term medication
- Cognitive Behavioral Therapy
- Supportive Therapeutic Techniques
- ?Debriefing Groups
- Media Advisor
- Linkage systemically of first aid, evaluation and treatment

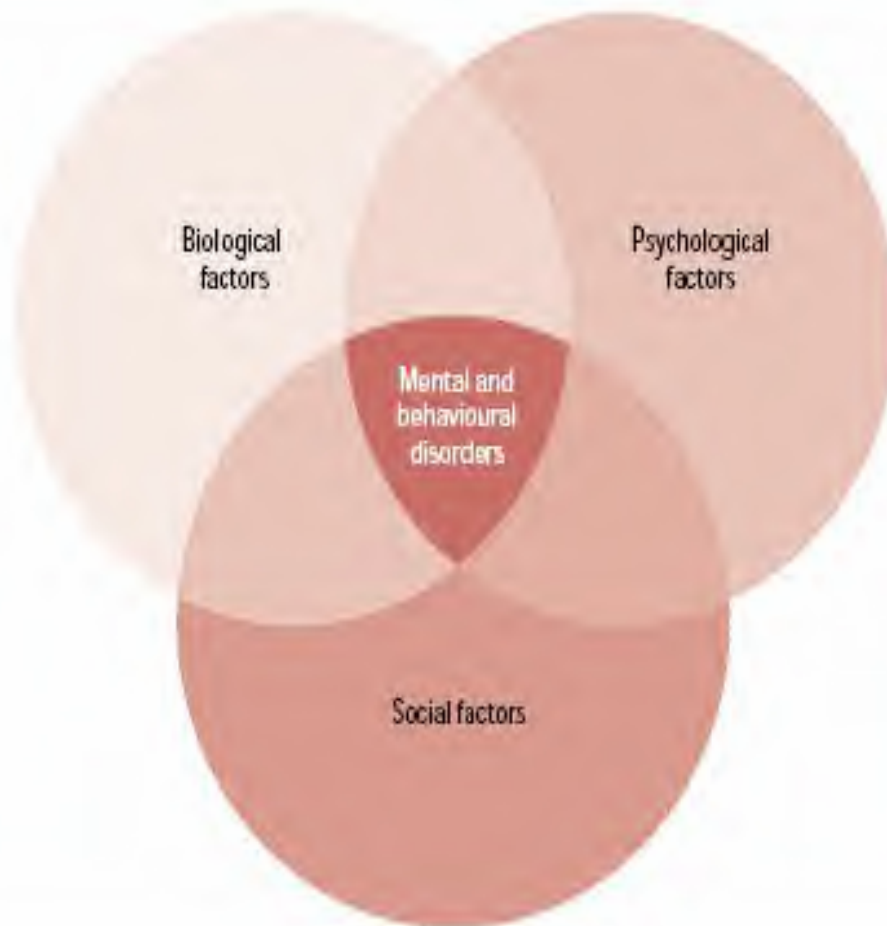


An aerial photograph of a long, multi-lane bridge stretching across a vast body of blue water. The bridge is viewed from a high angle, showing its length and the surrounding water. The sky is clear and blue.

Post-Katrina Public Mental Health Considerations

- Ethno-cultural Issues
- Special Populations: Children, Women, Elderly and Infirm
- Systems Issues
- Legal Considerations

Linkages between the Mental Health, Public health and Health Care Delivery Systems



- The Nation's contemporary mental health enterprise... is rooted in a population-based public health model. (Surgeon Generals Report 1999).
- The provision of mental health services within a .. primary health setting can improve ... utilization by neighborhood citizens (IOM).
- Mental Health is Essential to Overall Health (New Freedom Commission) .

Service System Solutions: Post Disaster Mental Health and Health

problem

FRAGMENTED

INADEQUATE
INEFFICIENT
FUNDING

MENTAL
HEALTH
TREATMENT
SHORTAGE

- Parity
- Stigma Reduction
- Pre-Training and Human Resource Development
- Funding Incentives—Funds available to private practitioners and clinics post disaster for Integrated Treatment of PTSD and Depression
- Clinical Integration of mental health, substance abuse, and public health at the local level
- Seamless systems: integration of public and private healthcare systems

LESSONS LEARNED

*"The
wise
one is
he
who
knows
what he
does not
know"*

Socrates

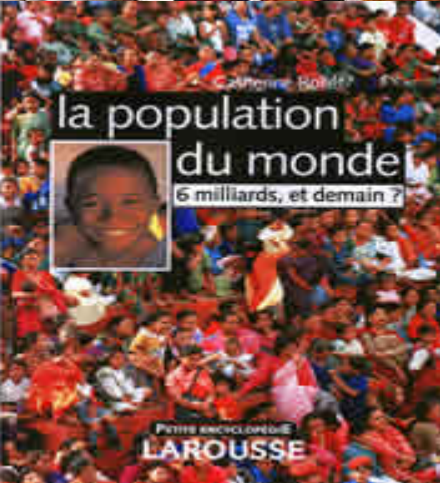
- **Evacuate Inpatient Facilities + Safeguard/Stockpile Psychotropic Medications**
- **Shore Up Infrastructure: Organizational Structure/ Incident Command**
- **Memorandum of Understanding**
- **Redundant Communication Systems**
- **Key Public Information Mental Health Disaster Response**

Topics for Research

- Epidemiology Studies
- Studies on Resilience
- Ethno-cultural Studies
- Anthropologic Research
- Behavioral Data related to Drug and Alcohol use post disasters
- Planning and design of mental health systems informed by research findings post Katrina i.e. system of care research



Population Approach to Mental Health Recovery



- Preparedness
- Resiliency and Response
- Promote Protective Factors
- Intervene with and minimize Risk Factors
- Recovery and the Media



“Rising from the Ashes”

- The goal is to improve the mental health of the entire population and to reduce disparities pre, during and post disaster
- Focus is on groups and/or subgroups rather than individuals
- Assumes an ecological approach
- Requires investigation of and acting upon the multiple determinants of health and mental health within the context of disasters

- Cycle of Trauma and Recovery: the dance of the media and the public health sector

- Employ Political Strategy as primary intervention: Name recognition and Citizen Participation

- Multi-system and Cross Agency Strategic Public Policy Intervention



starting
over

an artclash collective project



Comments

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