DISASTER CRISIS OUTREACH REFERRAL TEAM (DCORT): EMERGENCY BEHAVIORAL HEALTH (EBH)

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WHAT IS DCORT/EBH?

• DCORT stands for Disaster Crisis Outreach and Referral Team.
  • “DCORT's mission is to assist those individuals that have been impacted by crisis or disaster by providing emotional support and therapeutic activities to ease stress, foster a compassionate presence, and to aid in community resilience.”
  • “DCORT” is a specific model in crisis response.

• EBH stands for Emergency Behavioral Health
  • Name changing from DCORT to EBH due to the different models in crisis response.
  • Overall, all models share the same goals in crisis response to a critical incident.
DCORT TRAINING

• Basic DCORT response training consist of:
  • NIMS 700
  • ICS-100
  • ICS-200 for Supervisors / Leads
  • DCORT
  • Psychological First Aid (PFA)
CRITICAL INCIDENT STRESS MANAGEMENT (CISM SPECIALTIES)

• CISM is a specific modality that WCSI have adopted as our model of expertise.
  • Debriefings (introduction, facts, thoughts, reactions, teaching, re-entry).
  • Defusing (introduction, exploration, information) small homogenous group.
  • Demobilization (large group intervention for operations personnel disaster large scale incidents) Equal exposure to the event.
  • Crisis Intervention (emotional first aid) used to mitigate impact of stress.
  • SAFE-R model (stabilize, facilitate, encourage, recovery, referral).
WHAT ARE EBH METHODS OF INTERVENTION?

• EBH Methods of Intervention:
  • Pre-crisis education
  • General Briefing
  • Defusing
  • Debriefings
  • Critical Incident Stress Debriefing
  • One-to-one in person
  • One-to-one telephone
  • Other
EBH

• Critical Incidents can impact an individual in four main areas:
  • Physical
  • Cognitive
  • Emotional
  • Behavioral

• EBH member focuses on the RESPONSE, not the EVENT.
  • This is NOT therapy or counseling.
WHO IS EBH?

- Westmoreland County currently has six teams with about 45-50 active members.
  - Westmoreland County Behavioral Health & Developmental Services Office
  - Heather McLean: MHA-SWPA Outreach Coordination
  - WCSI, Excela, SPHS, WFS, Blackburn Teams
- Each team is made up of trained crisis outreach responders.
- Each team has a team lead, as well as leads.
WHAT IS THE ROLE OF EBH?

• EBH provides support to individuals who have been impacted by a trauma, disaster and/or pandemic events whether natural or manmade.
• Help the individual(s) understand what they are experiencing.
• Help the individual(s) explore ways to cope.
• Seek to prevent longer-term mental health problems by returning individual(s) to pre-critical event levels of functioning more quickly.
• Normalizing individual(s) reactions.
WHAT IS THE ROLE OF EBH?
CONTINUED…

• The response can be immediate or as determined necessary by the impacted individual(s).
• Alleviate distress through supportive listening, providing comfort and empathy.
• Facilitate effective problem-solving of immediate concerns.
• Recognize and address pre-existing psychiatric and/or other health conditions in the context of the current.
  • This is NOT therapy or counseling.
  • This is NOT clinical assessments. We DO NOT diagnosis individuals.
HOW IS EBH DEPLOYED?

EBH Teams NEVER self deploy.

The Individual impacted contacts crisis hotline to request EBH support.

- 724-830-3617
- After hours, weekends, or holidays: 1-800-836-3617

*In the school setting, utilize SAP Liaison to deploy EBH Team.

The EBH Team Lead is contacted by the County BH/DS office or MH Outreach Coordinator.

Once the EBH Team lead has been contacted regarding a potential deployment, specific information is gathered and the call down process begins.
WHERE DOES EBH DEPLOY TO?

- Community
- Shelters
- Disaster Recovery Centers
- Emergency Operation Centers (EOC)
- Schools
- Accidents and fire events
- Exercises and Drills
- Funeral Homes
- Places of work/employment
- Anywhere a critical incident has occurred and there is a need.
ADDITIONAL TRAININGS EBH MEMBERS HAVE (SPECIALTIES)

• Mass Disasters and Terrorism
• School Crisis Response
• Active Shooter response
• Death notification
• Biochemical warfare response
• Talking to children and families about grief and loss
• Working with first responders (police and EMS on scene)
• NOVA (National Organization Victim’s Assistance)
• Victims of crime resources
QUESTIONS…
ANSWERS…
COMMENTS…
CURIOSITY…

THANK YOU FOR YOUR TIME!!!