The Benefits of an Integrated Mental Health Model for Disaster Recovery

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Hurricanes, tornadoes, wild fires, oil spills and even ice storms and a tsunami.

Lead agency post-Katrina

Pilot project following Gustav

DR after Isaac

Helped start the DCM program in NY after Superstorm Sandy.

Assisted agencies in Boston, Joplin, Birmingham and Oklahoma, among other locations.
<table>
<thead>
<tr>
<th>Event</th>
<th>Duration</th>
<th>Begins</th>
<th>Months</th>
<th>HHs Enrolled</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hurricane Katrina</td>
<td>5 months</td>
<td>DCM</td>
<td>23</td>
<td>1,900 HHs</td>
</tr>
<tr>
<td>Hurricane Isaac</td>
<td>8 months</td>
<td>DCM</td>
<td>23</td>
<td>450 HHs</td>
</tr>
<tr>
<td>March 2016 Flood</td>
<td>2 months</td>
<td>DCM</td>
<td>4</td>
<td>263 HHs</td>
</tr>
<tr>
<td>August 2016 Flood</td>
<td>Immediately</td>
<td>DCM</td>
<td>3 Months</td>
<td>2,137 HHs</td>
</tr>
</tbody>
</table>
HHs Served by CCDBR Disaster Operations in 2016

- **19,266 Households**

$70k in transportation, appliances, return to work, utilities, housing
CCDBR DCM HHs
HoH Demographics

- Female: 72%
- Male: 28%
Ethnicity:
Hispanic 4%

- Black or African American 65%
- White 30%
- Other 5%
Household Income Levels

- Extremely Low Income: 61%
- Very Low Income: 19%
- Low Income: 13%
- Above Low Income: 7%

<$24,300 for a family of 4

FY2016 HUD Metropolitan FMR Area's Income Limits
1/3 of survivors will develop some type of post-disaster disorder

- Depression, PTSD, social isolation, adjustment disorders, inability to concentrate, sleeplessness, substance abuse, domestic violence

Leaves long-term psychological scars.

Successive disasters can have cumulative effects.
Current FEMA Model

Existing Recovery Categories of Need

1. Animal Assistance
2. Appliances
3. Benefits
4. Children and Youth Services
5. Clothing
6. Emotional/Spiritual Care
7. Employment
8. Food & Nutrition
9. Functional Needs
10. Funeral Assistance
11. Furniture
12. Household Goods
13. Housing
14. Job Training
15. Legal
16. Medical Assistance
17. Missing Person
18. Mold Remediation
19. Other
20. Repair and Rebuild
21. Transportation
22. Utilities
A study following the BP oil spill found that more than one year later:

### La. Post Disaster Mental Health

<table>
<thead>
<tr>
<th>Condition</th>
<th>Study Participants</th>
<th>National Norms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serious Mental Illness</td>
<td>15%</td>
<td>6%</td>
</tr>
<tr>
<td>Depression</td>
<td>33%</td>
<td>10%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>28%</td>
<td>18%</td>
</tr>
<tr>
<td>Post traumatic stress</td>
<td>35%</td>
<td>4%</td>
</tr>
</tbody>
</table>

Source: LSU Health Sciences Center – New Orleans
Social Cost of Unresolved MH

- Half of BP study reported disturbed family and work
- Following a disaster, stress and loss of support systems increases public health problems.
  - Tobacco Use
  - Alcohol and Substance Abuse
  - Domestic Violence
  - Child Abuse & Neglect

- Obstacles to Recovery

- DCM Population Unlikely to Access Services
CCDBR DCM Demographics

- Extremely Low Income: 61%
- Very Low Income: 19%
- Low Income: 13%
- Above Poverty: 7%

- Female: 72%
- Male: 28%

- White: 30%
- Black or African American: 65%
Solution: Integrated Mental Health

- Current FEMA Model integrated Construction Supervision into Recovery Teams

- Recommendation
  - Clinical Supervisor
  - 1 Licensed Mental Health Professional per team
Benefits of Integrated Model

- Accessible
- Non-Stigmatizing part of the program
- “Warm Referrals”
- Builds on Natural Support Systems
- Includes Entire Family
- Pre- & Post-Testing to Demonstrate Impact
  - Screener developed with LSU Health Sciences Center and The Bridge Center
- Prevention
- Holistic
- Builds Resilient Families
Cost -- Benefit

- Integrated Teams of 10 LPCs and 1 Clinical Supervisor - about $1 million – to serve about 10K Households within CCDBR Structure
- Stand alone - >$2 million
- $1 spent on MH treatment returns
  - $7.00 economic benefit (increased productivity, decreased absenteeism)
  - $7.14 health cost savings
  - $3.68 in reduced criminal activity
1. Future Recommendation: FEMA funding of long term recovery to include integrated mental health.

2. Current Opportunity: SSBG if awarded, use for integrated mental health services for the 2016 floods.