

## ARC DISASTER MENTAL HEALTH TEAM ON-CALL GUIDELINES

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- It is a pleasure to welcome you to our Chapter's Red Cross mental health team. This is a rewarding opportunity to apply your clinical skills to an important public service endeavor. Contact me if you want to join our team, or with any questions.

- Requirements set by National ARC includes:

- (1) You must be a currently licensed mental health professional

- (2) You are encouraged to complete the "Introduction to Disaster" course which you can do online at [www2.redcross.org/flash/course01\\_vo1](http://www2.redcross.org/flash/course01_vo1)

- (3) When possible, complete a first aid/CPR class given for a small materials fee at our chapter on a regular basis. Call the Chapter (831)-462-2881 x17 for details.

- (4) Most important is completion of the one day ARC disaster mental health course. Previously this was a 2 day course. Those who have taken that course are strongly encouraged to take the new 2005 one day course which will be offered periodically at our Chapter and in the Bay Area.

- Our own Santa Cruz County Team Requirements include:

- (1) Attending the 3 mental health team meetings usually in Oct, Feb. and May from 12:15 to 1:45 at the Chapter on 2960 Soquel Ave; S.C. 95062. The meeting is a time to review procedures, materials, and a guest speaker presents on a disaster mental health topic.

- (2) Taking call once or twice a year with a partner for a shared 3 week period. During non major disaster times this usually means responding to a single family fire or other significant critical incident in our community. You would typically be called by our Disaster Director or a DAT team member and you would call the person or people involved to set up a time for 1 or 2 pro bono check-ins. These are not psychotherapy sessions. We provide psycho-educational, stressreduction and normalizing guidelines. This is considered a type of psychological first aid with good self-care strategies. We do not use a paging or beeper system. We are contacted through our own answering service or cell numbers that we provide to the chapter. You are assigned with a colleague and you can share the full 3 weeks or each take a segment, while the intent for pairing is to serve as support for each other.

- (3) This local experience with the Chapter's team is strongly encouraged by National ARC and serves as excellent training if you decide to go out on a National Assignment.