

# DBH Responder Qualifications Model Summary

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## What are the considerations for development of Disaster Behavioral Health Responder Qualifications Model (DBH Model)?

The framework for the Disaster Behavioral Health Responder Qualifications Model (DBH Model) involves the need to standardize the training, experience, and key qualifications of those who provide DBH support, in the short-term aftermath of an emergency event. The DBH Model is based on graduated levels of comprehensive DBH service delivery. As illustrated by the accompanying diagram, and checklist, DBH responders may only deliver DBH services in the aftermath of an emergency event if they have a combination of training and experience. All levels of DBH responders should be trained in the Incident Command System (ICS). Through the use of ICS, DBH responders will seamlessly integrate into and understand the overall organizational framework of the incident response.

## Three types of Disaster Behavioral Health Responders

- A. **Type 3 Psychological First Aid** DBH responders have a basic level of training and experience and will provide disaster behavioral health services to the majority of the population impacted by the emergency event.
- B. **Type 2 Crisis Intervention** DBH responders that have training and experience in providing specialized crisis intervention services to specific affected groups. Responders will provide disaster behavioral health services to a smaller percentage of the impacted population.
- C. **Type 1 Professional Behavioral Health** DBH responders are licensed in a behavioral health field and will provide disaster behavioral health services to the smallest percentage of the impacted population. This population may be identified as needing the professional services of a licensed behavioral health provider, beyond those provided by either Type 3 or Type 2 DBH responders.

## Training requirements by Disaster Behavioral Health Responder type.

### Type 3 Psychological First Aid

- A. Psychological First Aid:
  - I. The most fundamental and widely-needed crisis intervention service for the impacted population.
  - II. Evidence-based approach intended to help all impacted populations.
  - III. Designed to reduce the initial distress caused by these events and acknowledges the seriousness of the experience of danger and the increased feelings of vulnerability that often follow.
  - IV. PFA training is available free of charge and from a variety of sources.

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- B. Cultural Awareness: allows DBH responders the knowledge to better offer services to increasingly diverse populations.
- C. Endorsed by an affiliated organization and sign a Non-Discrimination Affidavit to ensure consistent and common practices. Faith-based organizations will have agreed to work within NVOAD points of consensus.
- D. Response during two emergency events where individual provided DBH services while under the supervision of an affiliated organization or an individual with DBH experience
- E. Member of a mobile crisis outreach team or crisis response team.
- F. Experience as a volunteer, under supervision, tasked to provide psychological first aid services. Supervision time frames will be dependent on the affiliate organizations guidelines or supervisor's assessment of the responder's skills, but should not typically be longer than 2-4 days.

## **Services provided by Type 3 Disaster Behavioral Health Responders.**

Emotional Care – services that address the need for those in crisis to express their fears, doubts, and questions without judgment or interruption.

## **Type 2 Crisis Intervention**

Type 2 DBH responders must not only meet all requirements specified for Type 3, they must also be trained in early psychological intervention models such as:

- A. International Critical Incident Stress Foundation (ICISF), Critical Incident Stress Management (CISM).
- B. National Organization for Victims Assistance (NOVA) Basic and/or Advanced Crisis Response Training.
- C. Spiritual Care – Providers are professional Chaplains or professional Ministers with additional training in trauma ministry. Person holding this position must have at least a bachelor's degree in theology or related subject from an accredited or legally exempt college or university. The person must have at least one of the following:
  - I. One year of experience providing services as a chaplain;
  - II. Be ordained or have obtained the equivalent of being ordained from a recognized faith tradition; or
  - III. Have an ecclesiastical endorsement or equivalent from a recognized faith tradition.
  - IV. Have training in a spiritual care curriculum that is consistent with National Voluntary Organization Active in Disaster (NVOAD) standards.

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- V. Spiritual Care providers will need to operate under the NVOAD Points of Consensus for Disaster Spiritual Care.
- D. Two years of professional experience or supervised work experience delivering early psychological intervention services.

Types of services provided by Type 2 Disaster Behavioral Health Responders include specialized crisis intervention services to groups such as, but not limited to the following:

- A. **Crime Victims** – providers are employed by or volunteer for a local, state or federal criminal justice based victim assistance program with specialized training in death notification, investigative processes, victims’ rights and crime victim compensation.
- B. **First Responders** – general term used to describe those individuals who, in the early stages of an incident, are responsible for the protection and preservation of life, property, evidence, and environment. These individuals may work within the public or private sector and may include emergency management, public health, equipment operators, behavioral health workers, etc. (See also definition of “Certified First Responder”)
- C. **Pastoral Care** – care usually provided by a pastor or other faith leader to those who invite it to support the person’s unique spiritual quest for meaning and purpose in the context of relationships with self, others, nature, and the faith tradition which the pastor and the person hold in common.
- D. **Spiritual Care** – usually provided by a trained chaplain and not affiliated with an individual’s faith. Spiritual Care supports the person’s unique spiritual quest for meaning, purpose and sense of place in the context of life-altering events (i.e., crisis, trauma, disaster, illness, injury) as well as their relationships with self, others, nature, and possibly a faith tradition/Higher Other.
- E. Children

### **Type 1 Professional Behavioral Health Services**

DBH responders will need to have the requirements of Type 2 DBH responders and hold a current license, certification, registration or other evidence of authority to practice the individual’s profession from a recognized Texas behavioral health licensing board.

- A. Licensed Psychologist (Independent Practice) Persons holding this position must be licensed and certified according to Texas State Board of Examiners of Psychologists, 22 TAC §463.11
- B. Licensed Social Worker Persons holding this position must be licensed and certified according to Texas State Board of Social Work Examiners, 22 TAC §781.401.
- C. Licensed Counselor Persons holding this position must be licensed and certified according to Texas State Board of Examiners of Professional Counselors, 22 TAC §681.82..

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- D. Licensed Chemical Dependency Counselor Persons holding this position must be licensed and certified according to qualifications defined in DSHS, 25 TAC §140.408 (Requirements for LCDC Licensure):
- E. Licensed Marriage and Family Counselor Persons holding this position must be licensed and certified according to academic requirements defined by Texas State Board of Examiners of Marriage and Family Therapists, 22 TAC §801.113.

## **Common definitions used by Disaster Behavioral Health Responders.**

**Certified First Responder** – public sector personnel such as a police officer, firefighter and/or emergency medical services (EMS) who respond during an emergency and who are certified to provide basic life support skills.

**Crisis** - an acute emotional reaction to a powerful stimulus or demand. A state of emotional turmoil

**Crisis Management Briefing (CMB)** – a structured large or small group community/organizational “town meeting” designed to provide information about an incident, control rumors, educate about distress, inform about basic stress management, and identify resources available for continued support.

**Critical Incident** - an event which overwhelms an individual’s normal coping mechanisms and impairs normal functioning causing physical, cognitive, emotional, behavioral, and spiritual distress.

**Critical Incident Stress** - a state of cognitive, physical, emotional, and behavioral arousal that accompanies the crisis reaction.

**Critical Incident Stress Debriefing (CISD)** - a specific, 7-step group crisis intervention tool designed to assist a homogeneous group of people after an exposure to the same significant traumatic event.

**Critical Incident Stress Management (CISM)** - a comprehensive, systematic and integrated multi-tactic crisis intervention approach to manage critical incident stress after traumatic events.

**Crisis Intervention** - temporary, but active and supportive entry into the life of individuals or groups during a period of extreme distress.

**Disaster** - the occurrence of imminent threat of widespread or severe damage, injury, or loss of life or property resulting from any natural or man-made cause, including fire, flood, earthquake, wind, storm, wave action, oil spill, or other water contamination, volcanic activity, infectious disease, air contamination, blight, drought, infestation, explosion, riot, hostile military paramilitary action, terrorist act, other public calamity requiring emergency action, or energy emergency. An executive order or proclamation from the Governor of Texas declaring a state of disaster may or may not exist at the time that DBHS may activate the deployment provisions of a contract.

**Disaster Behavioral Health (DBH)** - the provision of mental health, substance abuse, and stress management services to disaster survivors and responders.

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**Early Psychological Intervention (EPI)** - a body of psychological interventions designed to mitigate acute distress while not interfering with the natural recovery process.

**Emergency** - an event or series of events that require DBHS response. Examples include evacuation, sheltering, or a public health emergency.

**Incident Command System (ICS)** - a set of personnel, policies, procedures, facilities, and equipment integrated into a common organizational structure designed to improve emergency response operations of all types and complexities. ICS is based upon a flexible, scalable response organization providing a common framework for people to work together effectively. These people may be drawn from multiple agencies that do not routinely work together. ICS is designed to give standard response and operation procedures to reduce the problems and potential for miscommunication on such incidents.

**License** - a current license, certification, registration or other evidence of authority to practice the individual's profession.

**National Incident Management System (NIMS)** - a systematic, proactive approach to guide departments and agencies at all levels of government, nongovernmental organizations, and the private sector to work seamlessly to prevent, protect against, respond to, recover from, and mitigate the effects of incidents, regardless of cause, size, location, or complexity, in order to reduce the loss of life and property and harm to the environment.

**Pastoral Crisis Intervention** - as defined by the International Critical Incident Stress Foundation ICISF – the functional integration of any and all religious, spiritual, and pastoral resources with the assessment and intervention technologies used in the practice of emergency mental health. Pastoral Crisis Intervention is not the same as pastoral care.

**Voluntary Organization Active in Disaster (VOAD)** - a coalition of nonprofit organizations that respond to disasters as part of their overall mission.