

Long-Term Disaster Cascade Recovery: Re-connecting and Supporting Behavioral Health

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General information:

- The recent major flooding, in addition to COVID-19 pandemic has affected our personal and professional lives in many ways that we may not recognize.
- In the context of a disaster cascade, where we have experienced more than one large-scale disaster in a relatively short time frame, finding the mental, emotional, and other resources necessary to feel resilient is more challenging than ever before.
- All community members have unique opportunities to help others navigate their experiences while also taking care of themselves.

What this presentation covers and what participants will learn:

- Behavioral health considerations for the current phase of the disaster cascade and recovery.
- Information about the physical and neurological processes at work that influence our behavior, thinking and decision making at this point in our recovery.
- Risk and harm reduction techniques as we have fun, re-engage, and recover.
- Strategies for working through grief, loss and anger, and managing our complex emotional, cognitive and interpersonal challenges.
- Finding ways to re-connect meaningfully with our work and things that matter at home and in community.

Presenter Bio:

Dr. Kira Mauseth is a practicing clinical psychologist who sees patients at Snohomish Psychology Associates in Everett and Edmonds, WA, teaches as a Senior Instructor at Seattle University and serves as a co-lead for the Behavioral Health Strike Team for the WA State Department of Health. She also owns Astrum Health, LLC, and consults with organizations and educational groups about disaster preparedness and resilience building within local communities.

Dr. Mauseth has provided training to community groups and professionals both regionally and abroad as the co-developer of the Health Support Team® program. Her work and research focus on disaster behavioral health, resilience, and recovery from trauma as well as small and large-scale critical incident response and preparation for organizations. She has worked abroad extensively with disaster survivors and refugees and has trained first responders and health care workers throughout Puget Sound the United States, and currently serves in the adult mental health clinical seat on Washington State's Disaster Medical Advisory Committee (DMAC).

