

NEWS from the North Dakota Department of Human Services 600 E Boulevard Ave, Bismarck ND 58505-0250

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Contacts: LuWanna Lawrence, Assistant Public Information Officer, 701-328-1892

Human Services Produces Video to Help Individuals Build Resiliency During a Disaster

BISMARCK, N.D. – “*Some Days: Dealing with Flood Stress – Staying Resilient*” is the title of a new video produced by the N.D. Department of Human Services to help individuals maintain good mental health and wellness during a natural disaster.

The 20-minute presentation is narrated by Dr. Andy McLean, medical director for the department and a Red River flood survivor. In the video, Dr. McLean takes viewers through the different stages of a disaster to recovery, and offers guidance on building individual and community resiliency. The video is online at www.nd.gov/dhs/info/floodrecovery.html.

“Dr. McLean has a tremendous amount of first-hand experience dealing with disaster mental health issues from his years on the front-lines fighting flooding and supporting his community and its residents,” said Carol K. Olson, executive director of the department. “We want to make his expertise available as a resource for individuals and communities looking for support and encouragement during the recovery process.”

The video is divided into segments including the signs of stress and burnout, post traumatic stress disorder and post traumatic growth, healthy coping skills, building resiliency through the three R’s of rest, routines and relationships, goal setting, and more.

Viewers will also learn about Red River Resilience, a group of mental health professionals, state agencies, faith-based organizations, and other partners created in 2009 to help individuals bounce back and adapt following a disaster.

In addition, the video also contains contact information regarding other disaster mental health resources in the state including public, private, and pastoral entities, and FirstLink 211.

The video production is part of the N.D. Department of Human Services’ crisis counseling effort called Project Renew, which is funded by FEMA and Substance Abuse and Mental Health Services Administration, and helps individuals who experienced flood-related trauma to build resiliency.

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