



American Psychiatric Association
Committee on the Psychiatric Dimensions of
Disaster (CPDD)
Disaster Psychiatry's 3x3



Nuts & Bolts—What to do Before, During, and After a Disaster

#1 BEFORE

PLAN

- Develop and practice a personal/family disaster plan
- Make sure your District Branch and members have an office disaster plan
- Consider ALL HAZARDS in your disaster plans

PREPARE

- Keep current on potential hazards
- Know where your members are practicing
- Maintain a stocked disaster supply kit at the APA District Branch office

PEOPLE

- Use your newsletter to remind members of the importance of readiness
- Know your members' current home, office, and cell phone numbers and email addresses
- If an event is imminent, notify and, if appropriate, pre-position your membership

#2 DURING

COMMUNICATE

- Contact affected members and potential member volunteers
- Provide resources for local media—e.g., APA, CPDD publications*
**Contact APA's Office of Communications and Public Affairs for press assistance (P: 703-907-8400; E: press@psych.org)*
- Pass along any useful information you have to emergency managers

COORDINATE

- Let your State Mental Health Agency know you are available to help
- Stay in touch with APA— and the CPDD— as well as your local medical society
- Stay in contact with state and local Emergency Operations Liaisons

CARE

- Take care of your self—you may also need help from others
- Encourage your colleagues to balance patient care with self care
- Take care of your family's needs—don't work too hard

#3 AFTER

REASSESS

- Make sure colleagues and patients are located and reconnected
- Don't put off filing claims for damage to the District Branch office or equipment*
**Contact APA's District Branch Office for additional resources (P: 703-907-8589; E: lhughes@psych.org).*
- Be mindful of long term mental health needs for the community

REGROUP

- Make sure your practice gets back up and running
- Get your membership together to talk over their experiences
- Plan some extra time off after it's over

RECOGNIZE

- Acknowledge the efforts of your members who helped out
- Acknowledge the effects on your members who were harmed
- Do this often, openly, and generously