

Competencies

The Centers for Public Health Preparedness, administered by the CDC and American Schools of Public Health, have prepared a draft set of Disaster Mental Health Core Competencies. DEEP PREP has been developed to train public health professionals and their community preparedness and response partners in a manner that addresses the full range of disaster behavioral health generalist competencies. DEEP PREP also trains on a wide range of disaster behavioral health topics that are not part of the current list of competencies.

Disaster Behavioral Health Core Competencies and Corresponding DEEP PREP Chapters

No.	Descriptor	Full Text	DEEP PREP Chapters
I	Key Concepts	Knowledge of key terms and concepts related to disaster mental / psychosocial / behavioral health preparedness and response as demonstrated by one's ability to define and/or describe the following:	
I.A	Stress response	Biopsychosocial and cultural manifestations of human stress	DISASTER BEHAVIORAL HEALTH (DBH), STRESS RESPONSE, MENTAL HEALTH OUTCOMES
I.B	Community response	Phases of psychosocial disaster and recovery reactions at the community level	ECOLOGICAL CONTEXT
I.C	Effects of trauma	Effects of psychological trauma and disaster-related losses and hardships	MENTAL HEALTH OUTCOMES
I.D	Incident management	Incident management structure and the role of disaster mental health in a multidisciplinary disaster response	RESILIENCE
I.E	Intervention principles	Disaster mental health intervention principles	INTERVENTION
I.F	Crisis intervention	Crisis intervention(s) with disaster affected individuals	INTERVENTION
I.G	Population responses	Population-based responses before, during, and after a disaster, e.g., evacuation, shelter in place	MENTAL HEALTH OUTCOMES, HURRICANES, PANDEMIC INFLUENZA, TERRORISM
II	Communication	Skill in communicating effectively as demonstrated by one's ability to:	
II.A	Rapport	Establish rapport	INTERVENTION
II.B	Active listening	Employ active / reflective listening skills	INTERVENTION

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II.C	Non-verbal skills	Demonstrate effective non-verbal communications	INTERVENTION
II.D	Boundaries	Establish realistic boundaries and expectations for the interaction	INTERVENTION
II.E	Cultural competence	Behave in a culturally competent and developmentally appropriate manner	INTERVENTION, DBH, ECOLOGICAL CONTEXT
III	Needs Assessment	Skill in assessing need for and type of intervention (if any) as demonstrated by, but not limited to, one's ability to:	
III.A	Gather information	Gather information by employing methods such as: observation, self-report, other reports, and other assessments.	INTERVENTION
III.B	Medical needs	Identify immediate medical needs, if any	INTERVENTION
III.C	Basic needs	Identify basic human needs (e.g., food, clothing, shelter)	INTERVENTION
III.D	Social/emotional needs	Identify social and emotional needs	INTERVENTION
III.E	Functionality	Determine level of functionality (e.g., the ability to care for self and others, follow medical advice and safety orders)	INTERVENTION, RESILIENCE
III.F	Distress vs. severe reactions	Recognize mild psychological and behavioral distress reactions and distinguish them from potentially incapacitating reactions	STRESS RESPONSE, MENTAL HEALTH OUTCOMES, INTERVENTION
III.G	Synthesis	Synthesize assessment information	INTERVENTION
IV	Action Plan	Skill in formulating and implementing an action plan (based upon one's knowledge, skill, authority, and functional role) to meet needs identified through assessment and as demonstrated by, but not limited to, one's ability to:	
IV.A	Develop action plan	Develop an action plan	
IV.A.1	Identify resources	Identify available resources (e.g., food, shelter, medical, transportation, crisis intervention services, local counseling services, financial resources)	INTERVENTION, RESILIENCE, SPECIAL POPULATIONS
IV.A.2	Identify interventions	Identify appropriate stress management interventions	INTERVENTION
IV.A.3	Formulate plan	Formulate an action plan	INTERVENTION
IV.B	Initiate plan	Initiate an action plan to include, but not be limited to, the ability to:	
IV.B.1	Stress management	Provide appropriate stress management, if needed	INTERVENTION



No.	Descriptor	Full Text	DEEP PREP Chapters
IV.B.2	Connect to resources	Connect to available resources (e.g., food, shelter, medical, transportation, crisis intervention services, local counseling services, financial resources)	INTERVENTION, RESILIENCE, SPECIAL POPULATIONS
IV.B.3	Connect to social supports	Connect to natural support systems (e.g. family, friends, co-worker, spiritual support)	INTERVENTION, RESILIENCE, SPECIAL POPULATIONS
IV.B.4	Other interventions	Implement other interventions as appropriate	INTERVENTION, RESILIENCE
IV.C	Evaluate	Evaluate the effectiveness of an action plan considering changes in situation or disaster phase through methods such as observation, self-report, other reports, and other assessments.	INTERVENTION
IV.D	Revise	Revise an action plan as needed (e.g., track progress and outcomes)	INTERVENTION
V	Peer-/Self-Care	Knowledge of responder peer-care and self-care techniques as demonstrated by one's ability to:	
V.A	Peer-care techniques	Describe peer-care techniques (e.g., "buddy" system, informal "town meetings")	RESILIENCE, HURRICANES, PANDEMIC INFLUENZA, TERRORISM
V.B	Self-care techniques	Describe self-care techniques (e.g., stress management, journaling, communication with significant others, proper exercise, proper nutrition, programmed "down time," sufficient quality sleep)	RESILIENCE, HURRICANES, PANDEMIC INFLUENZA, TERRORISM
V.C	Organizational approaches	Describe organizational interventions that reduce job stress (e.g., organizational briefings, adjustment of shift work, job rotations, location rotations, effective and empathic leadership, work/rest/nourishment cycles, support services, as indicated)	RESILIENCE, HURRICANES, PANDEMIC INFLUENZA, TERRORISM