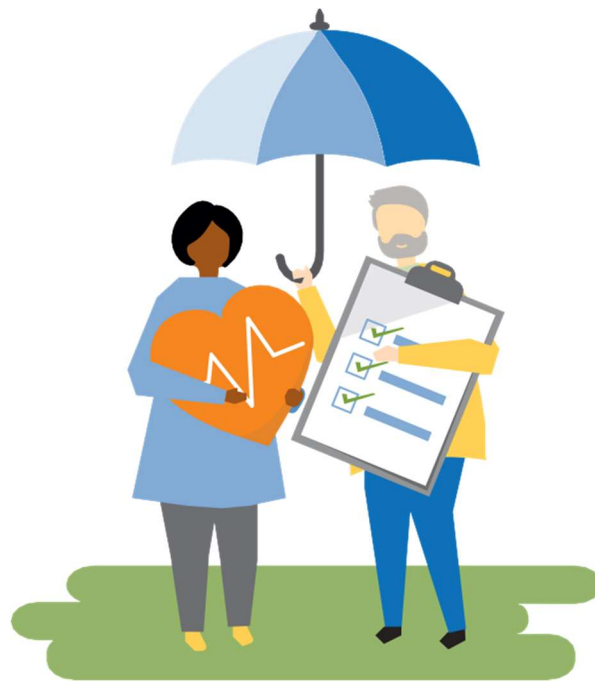


Post-Disaster Telehealth Checklist

Mental Health Providers





The California Telehealth Resource Center (CTRC) and all resources and activities produced or supported by the CTRC are made possible by grant number U1UTH42520-01-01 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS, and the California State Office of Rural Health (CalSORH). This information or content and conclusions are those of the CTRC and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, the U.S. Government, CalSORH or the State of California.

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ABOUT CTRC

The California Telehealth Resource Center (CTRC) offers no-cost, unbiased training, educational resources, and technical assistance to help California providers and patients get the most from telehealth. As the federally designated telehealth resource center for the region, we offer unbiased tools and services based upon proven telehealth practices. We create lasting change and improvement by focusing on implementation, sustainability, reimbursement and policy, integration, workflows, and patient/provider adoption.

As part of the National Consortium of Telehealth Resource Centers and the OCHIN family of companies, CTRC assists thousands of providers and patients annually. We have extensive experience supporting the health care safety net, rural and urban providers, and patients and families throughout California who would otherwise be unable to access quality health care due to geographic isolation, language/cultural barriers, lack of insurance, disability, homelessness, and more.

Disaster Response: Guide for Mental Health Providers

Natural disasters leave a trail of devastation, not just in physical landscapes, but also in the mental and emotional well-being of those who experience these and those who respond.

A sense of safety. Calmness. Connectedness. Hope.

Each of these is disrupted in each person and community differently.

While these disruptions are a natural response to uncommon situations, natural disasters are becoming more commonplace.



Value: Why Digital Health & Telehealth?

- **Accessibility:** Immediate support, regardless of location or time constraints.
- **Confidentiality:** Secure and private platforms for sensitive discussions.
- **Flexibility:** Adaptable to your demanding schedules and changing needs.
- **Resource Expansion:** Connection with a wider network of specialists.
- **Continuity of Care:** Minimize disruptions to needed care.



For Clinicians: Expanding Practice to Support California Wildfire First Responders

Understanding the Need

California's recurring wildfire seasons create unique mental health challenges:

- ☐ Cumulative trauma from annual fire seasons
- ☐ Rural access barriers
- ☐ Cultural competency in fire service
- ☐ Need for immediate and ongoing support

Remember: California's fire seasons are becoming longer and more intense. First responders need sustainable, accessible mental health support that recognizes the unique challenges of repeated wildfire response.



Expanding Your Practice

1. Telehealth Implementation:

- ☐ Leverage resources provided by the California Telehealth Resource Center related to telehealth implementation (<https://www.caltrc.org/>)

2. Cultural Competency:

- ☐ Understand fire service culture and hierarchy
- ☐ Learn wildfire-specific trauma presentations
- ☐ Develop protocols for extended deployment support

3. Billing and Insurance:

- ☐ Work with California fire service insurance providers
- ☐ Understand workers' compensation for psychological injuries
- ☐ Partner with California fire departments' EAPs

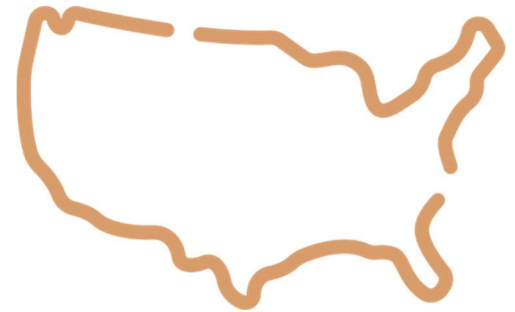
4. Additional Clinician Resources:

- California Behavioral Health Planning Council
(<https://www.dhcs.ca.gov/services/MH/Pages/CBHPC-PlanningCouncilWelcome.aspx>)
- California Institute for Behavioral Health Solutions
(<https://www.cibhs.org/>)
- For technical assistance in expanding your practice, contact:
 - California Telehealth Resource Center: 1-877-590-8144
 - California Mental Health Services Authority:
info@calmhsa.org



National Resources

- **SAMHSA Disaster Distress Helpline (DDH):** 1-800-985-5990 or ddh@vibrant.org
- **988 Suicide & Crisis Lifeline:** Call or text 988, or chat at 988lifeline.org
- **SAMHSA Disaster Technical Assistance Center (DTAC):** samhsa.gov/dtac 1-800-308-3515 or dtac@samhsa.hhs.gov
- **SAMHSA Disaster Mobile App:** Offers tools and resources for disaster responders.
- **Help Kids Cope Mobile App:** Developed by NCTSN to help children cope with disasters.
- [Tips and A Guide to Managing Stress for Disaster Responders and First Responders](#)
- [My Disaster Recovery](#)
- [55 First Responder Mental Health Resources](#)
- [Mental Health Resources to Support First Responders](#)
- [Essential Resources for Natural Disaster Recovery](#)
- [Alternative First Responders | TRANSFORM911](#)
- [Mental Health for First Responders: Addressing the Unique Challenges Faced by Our Everyday Heroes - Mindstate Psychology Blog](#)
- [First Responders and Mental Health: How We Can Support our Firefighters, Police Officers, and Emergency Medical Personnel - Relief Mental Health](#)
- [Crisis Resources - Integrated Telehealth Partners](#)
- [LA Wildfires: The Critical Need for Scalable Mental Health Solutions in Disaster Response - California Telehealth Resource Center](#)
- [Disaster Preparedness Plan as COVID, Wildfires & Hurricanes Surge](#)
- [Disaster Behavioral Health All-hazards Planning Guidance | SAMHSA Publications and Digital Products](#)
- [Essential Telehealth Resources: How To Prepare for Telehealth Emergency](#)
- [Essential Resources for Natural Disaster Recovery](#)
- [HHS emPOWER Program](#)
- [Responder Peer Support for Disasters | SAMHSA](#)
- [Recovery and Resilience Resource Library | FEMA.gov](#)
- [Home - Heal the Hero Foundation](#)
- [Behavioral Health - First Responder Center for Excellence](#)
- [Help & Resources – The Code Green Campaign](#)
- [First Responder PTSD: Coping and Healing](#)



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