



Mental Health Considerations for Emergency Preparedness, Response, and Recovery (EPRR)

Mental Health EPRR Office Hours

Join the National Center on Health, Behavioral Health, and Safety (NCHBHS) at special office hours open to Head Start program staff who have been impacted by natural disasters experienced in Regions II and IV.

How do I sign up? No registration is necessary. Simply click the link on the date(s) of your choice and join. (See page 2 for links)



Description

These office hours will provide an opportunity to connect with national experts and peers around issues related to EPRR and mental health. Office hours will be open to recipients who have experienced a disaster or emergency, or who live in an area prone to natural disasters and would like to discuss this with or listen to colleagues. Training and Technical Assistance (TTA) specialists are also invited to these discussions. These targeted office hours are offered as a follow-up to the institute held in December 2022 on site.

Mental Health EPRR office hours will be held weekly on Tuesdays at noon (ET) for one hour.

Office hours are a conversation; no agenda needed. Each session will provide the opportunity for participants to identify topic areas to explore in subsequent sessions. We hope to:

- Recognize cumulative stress and provide strategies to build resilience
- Deepen understanding of how to access and effectively use mental health consultation resources
- Assist recipients in identifying mental health needs and possible resources that could be supported through grants focused on mental health
- Encourage TTA and recipients to explore possible next steps and facilitate identifying and planning what they need to get to next steps
- Strategize how to build mental health supports into all phases of EPRR
- Empower TTA specialists to effectively support recipients experiencing the effects of disasters

Featuring Neal M. Horen and María Eugenia Vázquez Betancourt, with additional special guests. See page 2 for staff information.



Mental Health EPRR Office Hours Noon to 1pm ET

| Schedule | Region | Language | Zoom Link |
|----------|------------------------|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| May 9 | Region II | English | https://georgetown.zoom.us/j/93407631623?pwd=MTJGdGk0ZjFUOTFLakNDQ2VQeUt6UT09 |
| June 6 | Region II | English | https://georgetown.zoom.us/j/98189822282?pwd=UG84aVRXMnY3QjB4MkxhaUJXd29wZz09 |
| May 16 | Region II | Spanish Only | https://georgetown.zoom.us/j/97518155748?pwd=VHJ1aHNYVEhwSIRkOEtKZUt5cENTUT09 |
| June 13 | Region II | Spanish Only | https://georgetown.zoom.us/j/98088713624?pwd=ZnJJb0Z2TS9YSWc4NzdoV2poRy9QQT09 |
| May 23 | Region IV | English | https://georgetown.zoom.us/j/93531931778?pwd=ZUN4OFFxSFRUQ21tY0J3Tks5NWxvZz09 |
| June 20 | Region IV | English | https://georgetown.zoom.us/j/93296588553?pwd=ZEEExW5JMkRGS0xzaGE0WXPfZHNrQT09 |
| May 30 | Region II Region IV | English | https://georgetown.zoom.us/j/92966262721?pwd=aXVtN3BwSG54WWJWoeZiWWlxYUhh2UT09 |
| June 27 | Region II Region IV | English | https://georgetown.zoom.us/j/94834720203?pwd=RVFRTS9makJZRzVjTjFaTGvXtFJsZz09 |



Neal M. Horen, PhD, Co PI

Co-Project Director NCHBHS, Georgetown University
Center for Child and Human Development

Dr. Neal Horen is a clinical psychologist who has focused on early childhood mental health for the last 20 years. He is co-director of the NCHBHS and is the director of the Early Childhood Division for the Georgetown University Center for Child and Human Development. Dr. Horen is considered one of the leading national experts on early childhood mental health and trauma. Dr. Horen has worked closely with all 50 states and numerous tribes, territories, and communities in supporting their development of systems of care for young children and their families.



María Eugenia Vázquez Betancourt

MBHR; MEd, Training and Technical
Assistance Specialist, NCHBHS

María Eugenia Vázquez Betancourt has over 13 years of experience in the field of early childhood development. As a faculty member of the Georgetown University Center for Child and Human Development, she co-leads the EPRR workgroup for the NCHBHS. She also collaborates with internal workgroups at the national level such as the NCHBHS Equity group, the Office of Head Start Equity Administration for Children and Families workgroup, and the Inclusiveness and Culturally and Linguistically Responsive Practices workgroup. Ms. Vázquez also has collaborated with the Office of Head Start National Hurricane Recovery Team.



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