

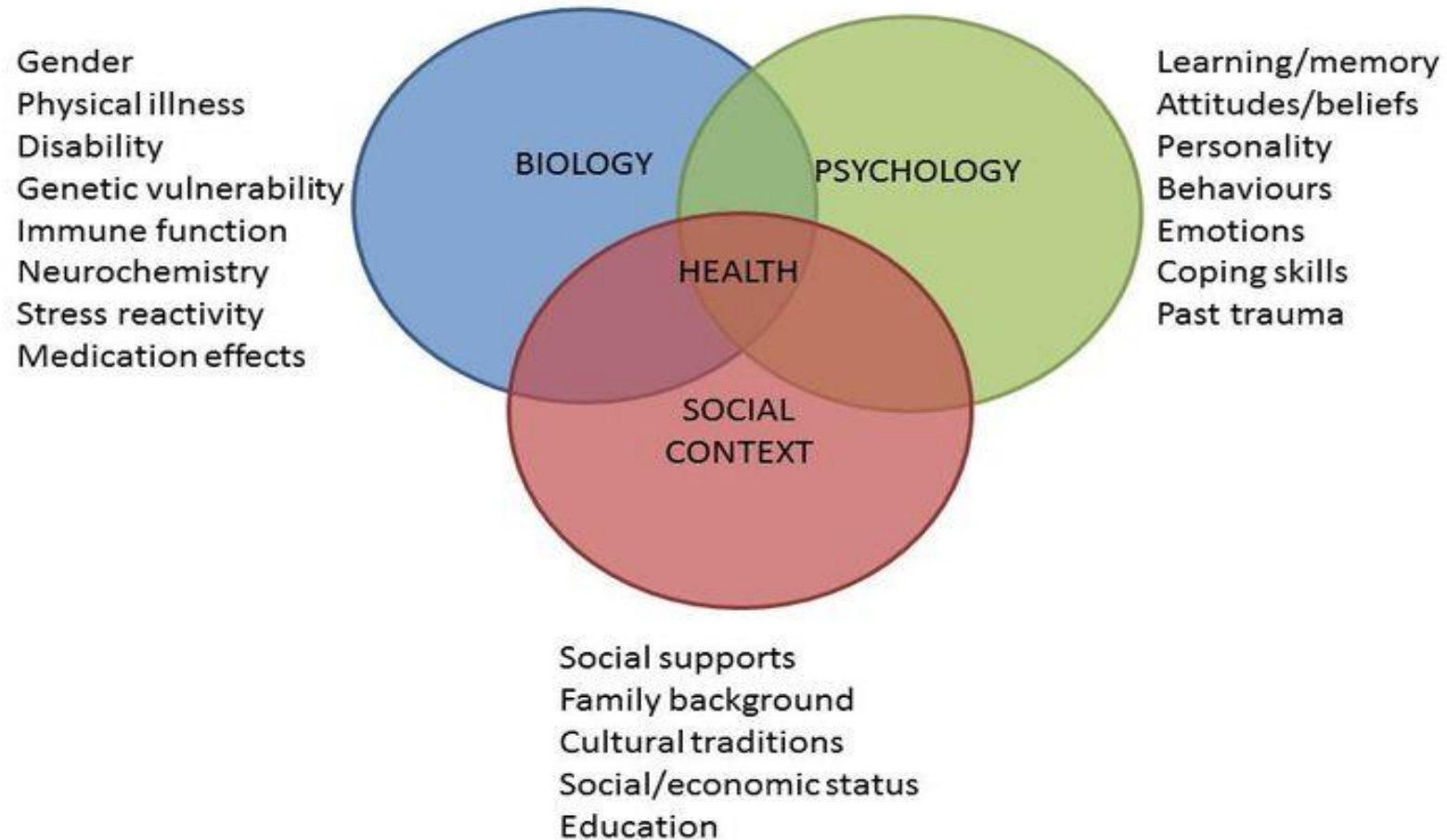
The Coalescence of Behavioral Health & Environmental Health

Question for the Audience



How often do community members tell
you they are stressed or worried about
environmental contamination?

BIOPSYCHOSOCIAL APPROACH TO UNDERSTANDING HEALTH



What is Stress?

- **Stress** –a feeling of strain or pressure.
- **Psychological Stress** –emotional and physiological reactions experienced when someone judges a situation to be beyond their ability to cope.
- **Psychosocial stressors** –factors which can cause stress in social settings are: personality types, education, socioeconomic status among other things.



What are Natural and Technological Disasters?

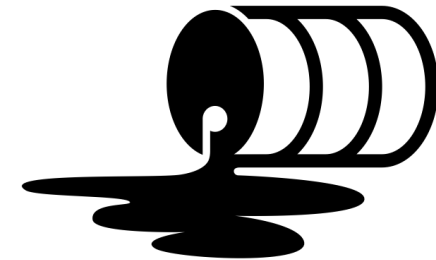
Natural

- Hurricanes
- Earthquakes
- Tornadoes
- Wildfire
- Tsunamis
- Floods
- Blizzards
- Droughts
- Extreme Heat
- Windstorms



Technological

- Oil Spills
- Industrial Fires
- Nuclear Material Accidents
- Hazardous Material Exposures (e.g., PFAS, Arsenic)



Uncertain risks to health from potential or documented exposures

Invisibility of exposures

Latency of health effects

Feelings of alienation from others

Community turmoil over the degree of threat posed by exposure

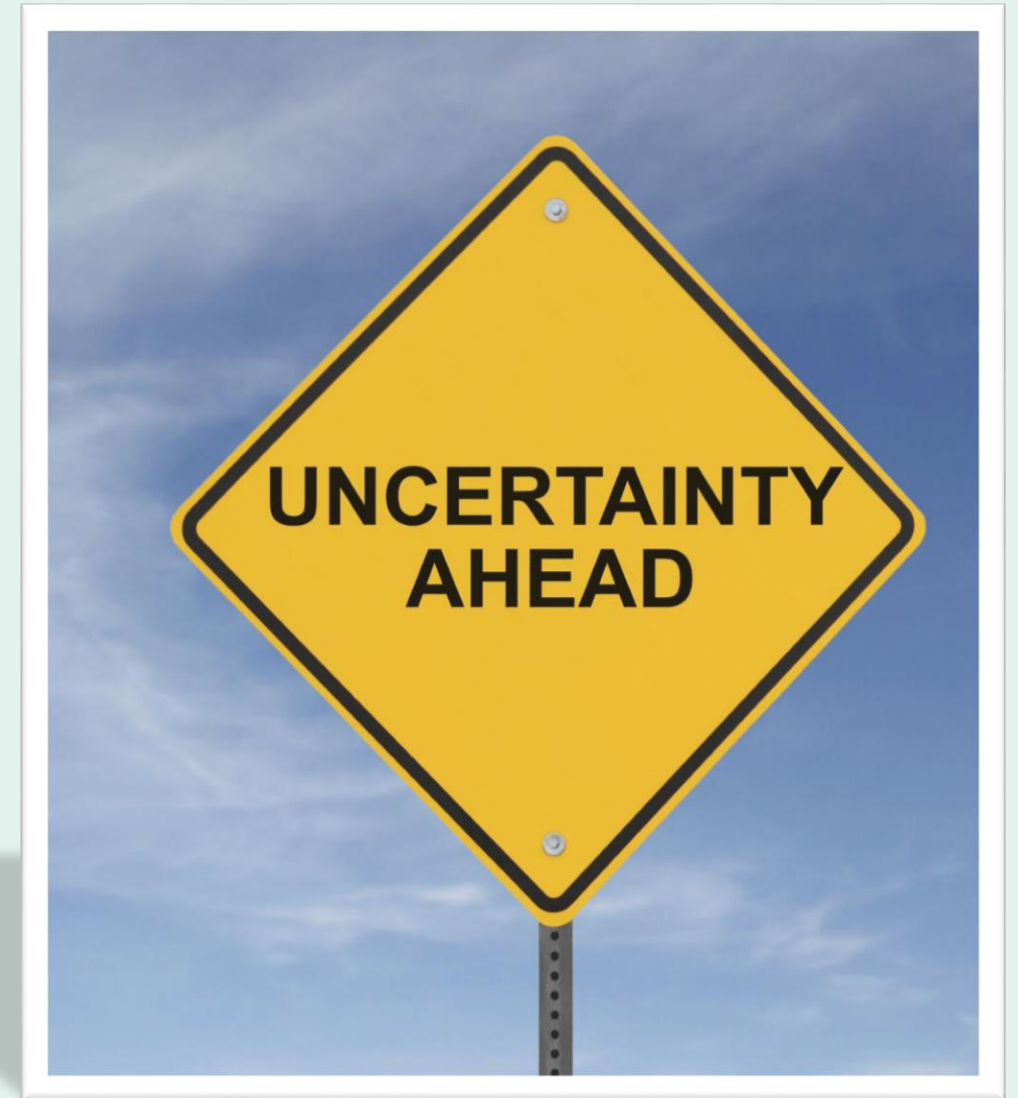
Concerns over economic loss

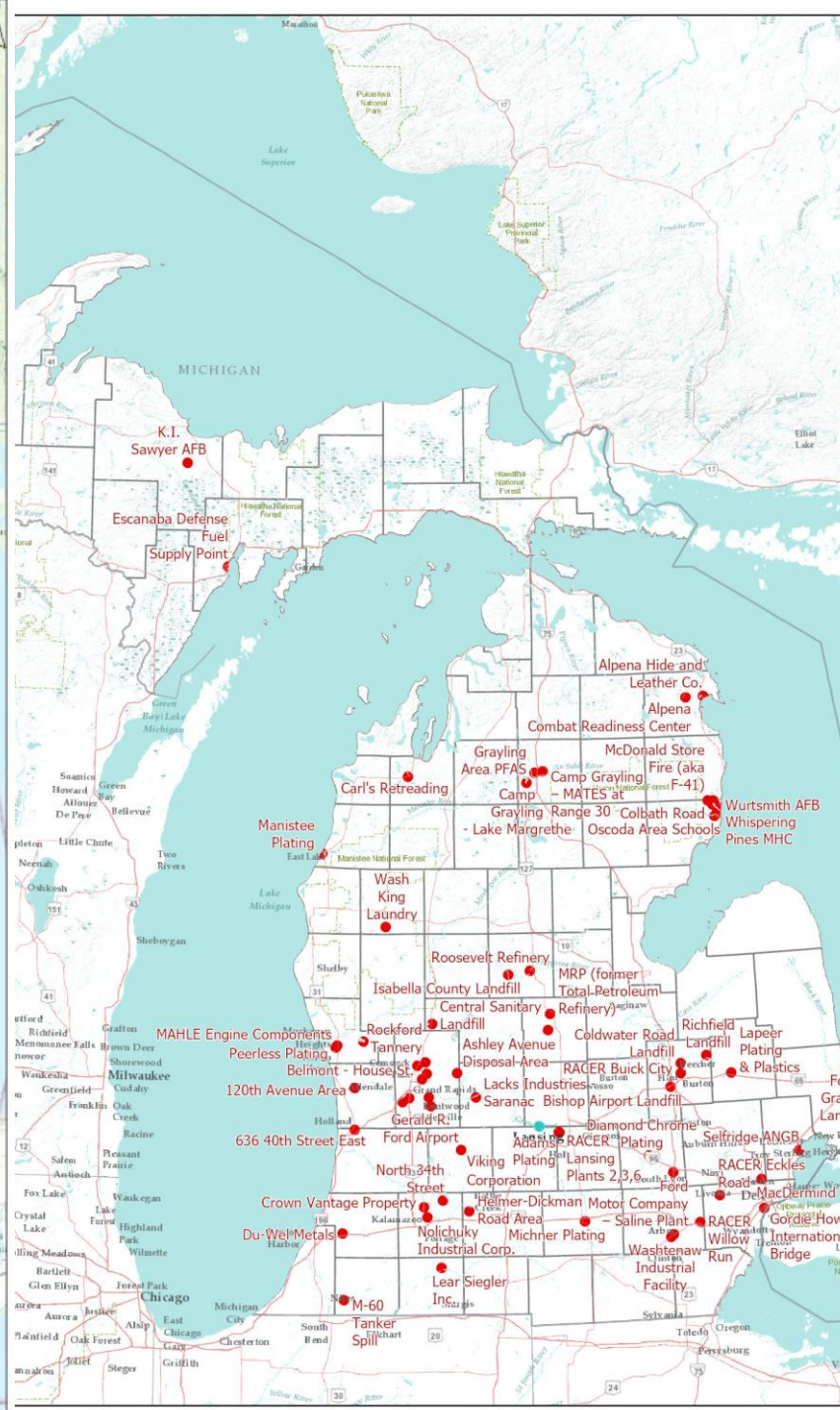
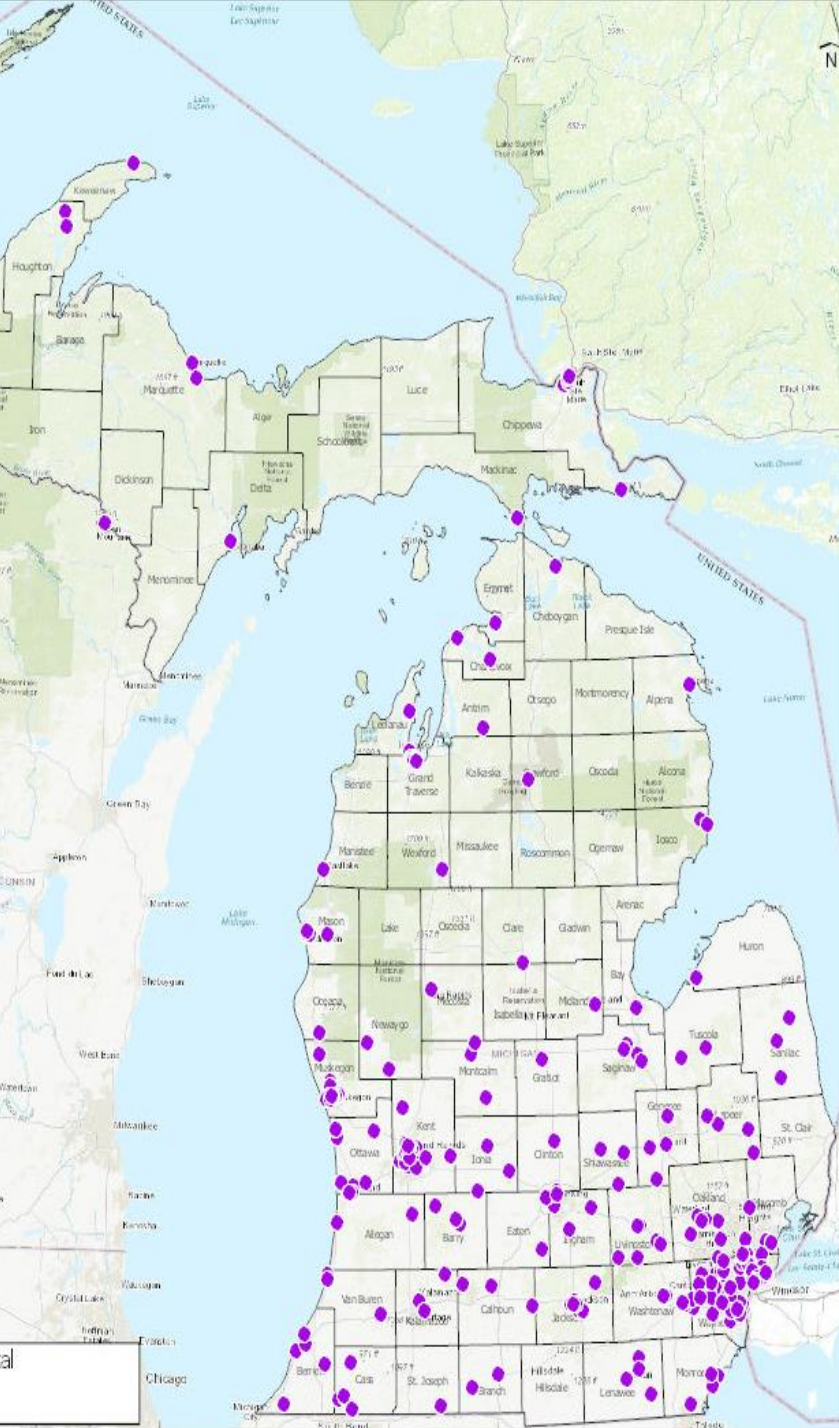
Feelings of loss of control over daily life

Frustration over the lengthy clean-up process

Frustration of dealing with bureaucratic agencies

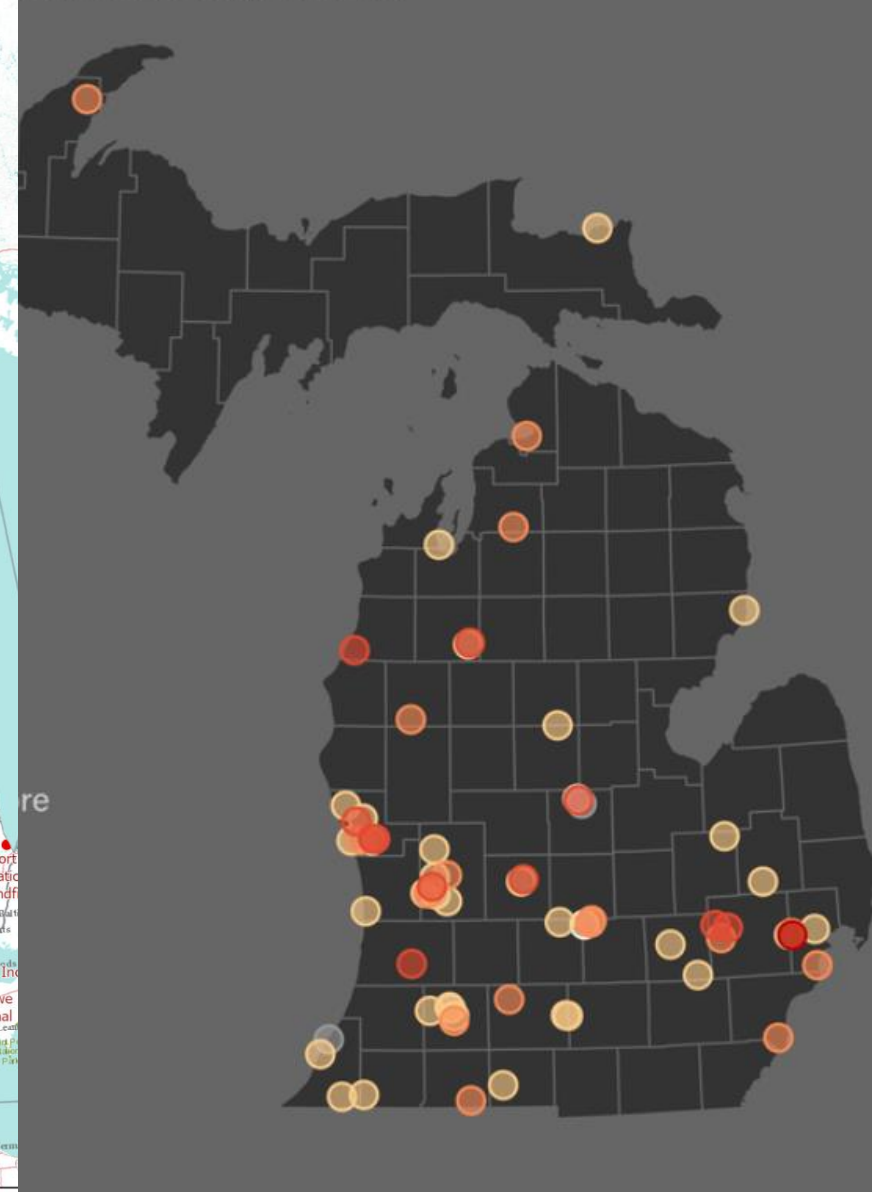
Frustration of being accused of “overreacting”





Superfund Sites on the National Priorities List

Superfund sites with the Hazard Ranking System, which scores sites from 0 to 100, are listed on the National Priorities List. Sites with scores of 28.5 or greater are eligible for superfund-financed removal actions. The number of sites on the list has declined over the years. The number of sites on the list has declined by 37% from 1999 to 2013.



Top Priority: MDEQ investigates dangerous gas in Grand Rapids

POSTED 10:25 PM, MARCH 6, 2019, BY DOUG REARDON, UPDATED AT 10:26PM, MARCH 6, 2019

'I've really had it,' says Ann Arbor official proposing dioxane Superfund cleanup

'Unusual' PFAS spike reaches water system in Southeast Michigan

Updated Sep 01, 2019; Posted Sep 01, 2019

Michigan residents concerned after dioxin found in several private wells

🕒 Posted Sep 9, 2018 | 🗣️ 0

Toxic chemical foam plume found at National Guard base in Alpena

Cleanup of Michigan's largest Superfund site, begun in 1998, could take 7 more years

Fish advisories issued for Michigan lakes, river impacted by PFAS contamination

PFAS hot spots found at Grand Haven school, nearby fire department

Do not eat: Hunters advised to avoid deer meat around Michigan marsh

Enbridge is still cleaning up three years after Kalamazoo River oil spill

PFAS found in Parchment system, residents told to stop using the water

Updated Jan 30, 2019; Posted Jul 27, 2018

Metro Detroit auto supplier is a source of PFAS pollution in Huron River

Updated Sep 30, 2019; Posted Sep 04, 2018

Contaminated water still plagues lakeside community in Michigan Environment

Arsenic in Orchardview soil worries residents

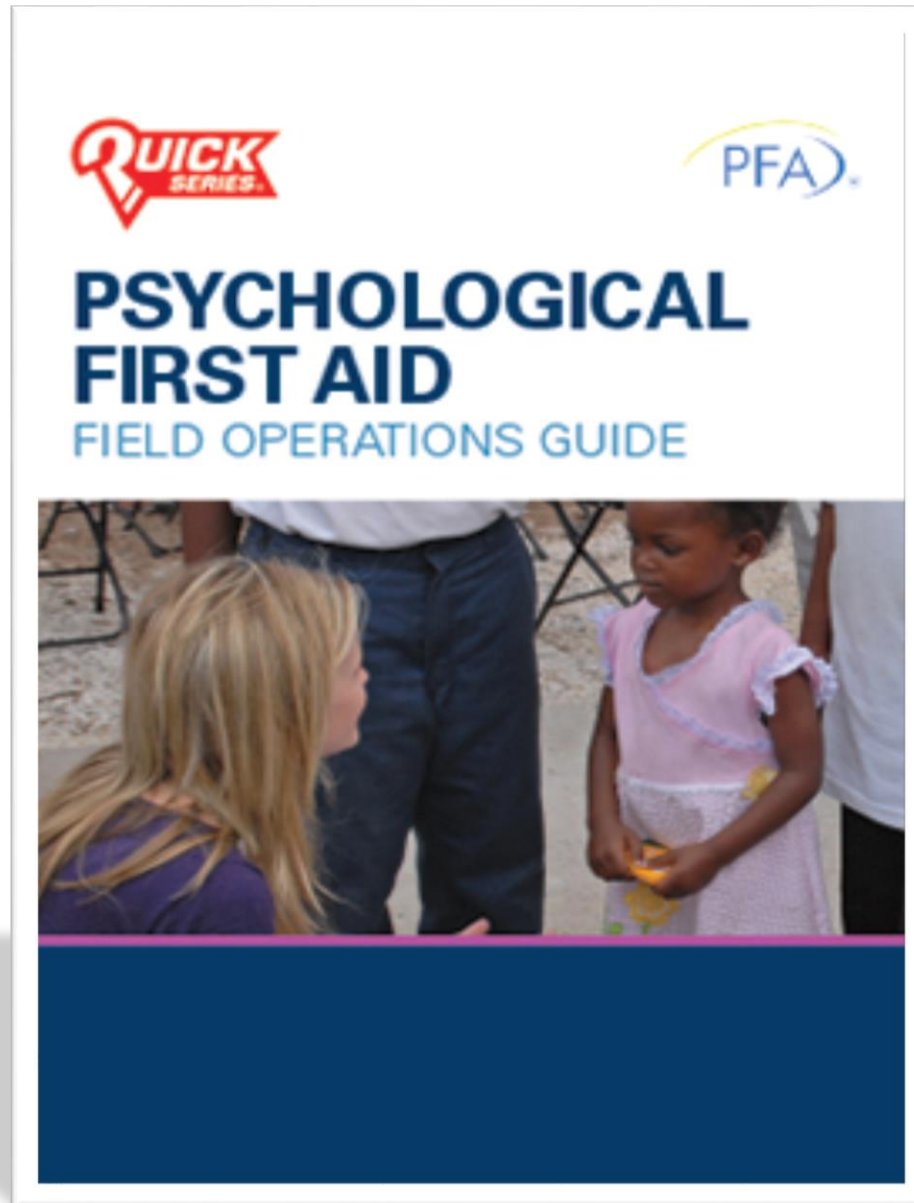
By Jordan Travis jtravis@record-eagle.com Sep 8, 2019

Pathway Toward a Robust Psychosocial Response


Build Relationships with Local, State, & Federal Stakeholders



Training for Environmental Health Professionals



Training to Behavioral Health Professionals



Environmental Contamination Response Training for Behavioral Health Practitioners

Training brought to you by the Michigan Department of Health
and Human Services with assistance from the
Community Mental Health Association

September 11, 2019

Fetzer Center
2251 Business Ct., Kalamazoo, MI
9:00 am – 4:00 pm
Check-in and networking, 8:30 am
The workshop is free. However,
registration is required as space is limited.
Continental breakfast and lunch provided.
Questions: Contact Lakecia
Powell-Denson at 517-284-1272 or
PowellDensonL@michigan.gov

Workshop Objectives

Gain an understanding of environmental
contaminants including PFAS (Per- and
Polyfluoroalkyl Substances).
Recognize that psychological stress is a normal
reaction to an abnormal situation.
Identify early community interventions to
address emotional and behavioral impacts.
Be aware of Michigan's response to PFAS and
resources available to the public.

Register online: <https://bit.ly/2Tfws2F>

Registration closes September 6, 2019

Continuing Education Credits

Social Workers: This course qualifies for a maximum of 4 Continuing Education hours. The Community Mental Health Association is an approved provider with the Michigan Social Work Continuing Education Collaborative.
Approved Provider Number: MICEC 060818.

Certificate Awarded: At the conclusion of this training, turn in your Certificate of Attendance form to the CMHA Staff to be approved. You will turn in the top sheet and retain the bottom sheet, which serves as your certificate. No other certificate will be given.

Certificate Issued By: Christina Ward, Director of Education & Training; cward@cmham.org or 517-374-6848

Evaluation/Grievance: There will be an opportunity for each participant to complete an evaluation of the course and the instructor. If you have any issues with the way in which this conference was conducted or other problems, you may note that on your evaluation or you may contact CMHAM at 517-374-6848 or through our web page at www.cmham.org for resolution.



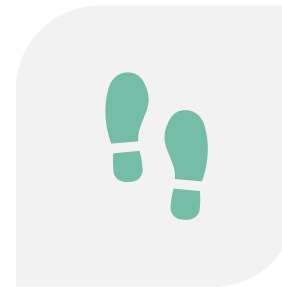
Pilot Testing: Environmental Contamination Response Training for Behavioral Health Professionals



ROUGHLY **12**
PARTICIPANTS FROM
KCMH



ACQUIRED INVALUABLE
FEEDBACK ON THE
TRAINING



NEXT STEPS ARE...

Conduct
in-depth
research into
resource/data
gaps & identify
best practices



Report of the Expert Panel Workshop on the Psychological Responses to Hazardous Substances

Prepared by
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Editor: Karen Resha, MA



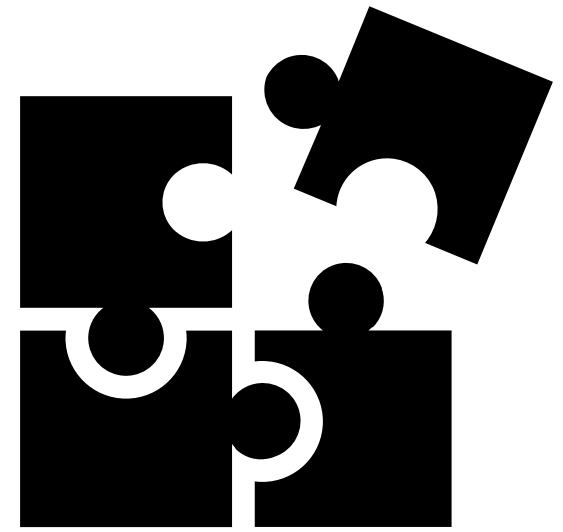
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Atlanta, Georgia



Plan, Design, &
Support Data
Collection
Methods &
Community-
Based Response
Efforts

**Actions will be dependent upon
findings and conversations with
federal and community partners**

But what can you do
right now to start
making an impact?





Tips: DO...

- Acknowledge that stress and worry are normal responses to potential chemical exposures.
- Work in partnership with the community
- Provide practical assistance
- Help the person/community be prepared for the long-term nature of the situation
- Have response staff get trained in Psychological First Aid

Coping with the stress that environmental contamination can cause

Environmental contamination in your community can disrupt life as usual. Feeling stress is a normal reaction to this unusual situation.

This fact sheet discusses some reasons people feel stress about environmental contamination, what you can do to support your health if you feel stress, and who to contact if you need help dealing with stress.



Stress is your body's natural reaction to any kind of threat that disrupts life as usual.

While not all stress is bad, ongoing stress can lead to mental and physical health effects.

Environmental contamination can cause stress for several reasons.

- **You may feel unsafe at home.**
You may worry that your home and neighborhood are unsafe.
- **You may fear for your children's health.**
If you have little or no control over possible harmful exposures, you may feel you can't protect your children from harm.
- **You may feel uncertain about your present and future health.**
It's often not easy to spot or measure health effects from exposure to environmental contaminants. Sometimes people exposed to contaminants don't show health problems until years later. Sometimes exposure is at levels that will not cause harm. You may feel like you can't protect your health or gain closure because of these uncertainties.
- **Your family and community may have conflict.**
Family and community members may disagree about how serious the environmental contamination is and what to do about it.
- **You may feel frustrated by the long investigation.**
Investigating environmental exposure and health risks, as well as cleaning up contaminated areas, can take years. Waiting can be stressful, especially if you are worried about your family's health.
- **You may lose trust in government, community leaders, organizations, and businesses.**
You may lose trust in people or organizations that caused the problem or could have prevented it. You may also worry that you are not getting the information you need to protect your health.
- **You may have financial concerns.**
If you are a property owner, you may fear that environmental contamination will lower your property value.

Cómo enfrentar el estrés que puede causar la contaminación ambiental

La contaminación ambiental en su comunidad puede alterar la forma en que está acostumbrado a vivir. Sentir estrés es una reacción normal ante esta situación inusual.

Esta hoja informativa analiza algunas de las razones por las cuales las personas se sienten estresadas por la contaminación ambiental, qué se puede hacer por la salud si se siente estresado y a quién contactar si necesita ayuda para enfrentar el estrés.



El estrés es la reacción natural del cuerpo ante cualquier tipo de amenaza que altera la vida tal cual uno está acostumbrado a vivirla. Si bien no todos los tipos de estrés son malos, el estrés continuo puede afectar la salud física y mental.

La contaminación ambiental puede causar estrés por varios motivos.

- **Se puede sentir inseguro en su propia casa.**
Es posible que le preocupe que su casa y el vecindario sean inseguros.
- **Se puede temer por la salud de los hijos.**
Si tiene muy poco o nada de control ante las posibles exposiciones perjudiciales, quizás sienta que no puede proteger a sus hijos de que sufran algún daño.
- **Se puede tener incertidumbre con respecto a la salud actual y futura.**
Con frecuencia no es fácil determinar o medir los efectos que la exposición a contaminantes ambientales provoca en la salud. A veces las personas que están expuestas a contaminantes no muestran problemas de salud por varios años. A veces la exposición es a un nivel que no causa daños. Es posible que sienta que no puede proteger su salud o darle un cierre al asunto a causa de estas incertidumbres.
- **Su familia y la comunidad pueden estar en desacuerdo.**
Quizás los miembros de la familia y los de la comunidad no estén de acuerdo sobre la seriedad de la contaminación ambiental y qué hacer al respecto.
- **Se puede sentir frustrado por la larga duración de la investigación.**
Investigar la exposición ambiental y los riesgos para la salud, como también la limpieza de las áreas contaminadas, puede llevar años. La espera puede resultar estresante, especialmente si le preocupa la salud de su familia.
- **Quizás pierda la confianza en el gobierno, los líderes comunitarios, las organizaciones y las empresas.**
Puede perder la confianza en las personas u organizaciones que causaron el problema o que podrían haberlo prevenido. Tal vez le preocupe, al mismo tiempo, que no esté recibiendo la información necesaria para proteger su salud.
- **Puede tener preocupaciones económicas.**
Si es el dueño de una propiedad, es posible que tema que la contaminación ambiental reduzca su valor.

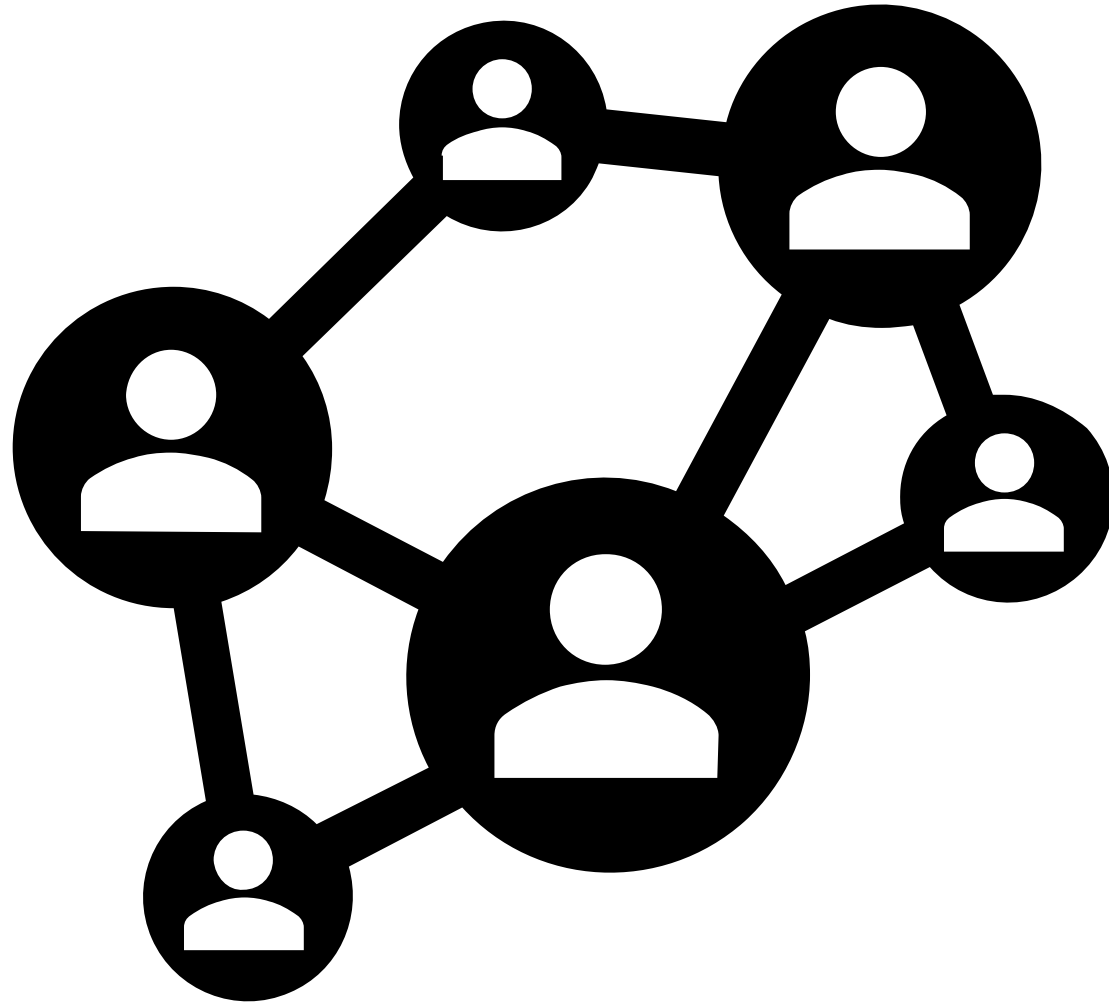


Tips: Don't..

- Compare stress and exposure-related health risks
- Talk about stress with a person who is angry
- Diagnose mental health issues

Next Steps:

Continuing
Conversations
& Identifying
Resources



Contact Information

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ManenteS@Michigan.gov

Question for the Audience



CAN YOU THINK OF A COMMUNITY OR SITE
WHERE ENVIRONMENTAL CONTAMINATION HAS
CAUSED STRESS? IF SO, WHAT DID THE
RESPONSE LOOK LIKE AT THE LOCAL LEVEL?