

## WHERE ARE WE WITH HOPE AND RESILIENCE?

### The Role of the Healthcare Provider in Long Term Disaster Recovery

Presented by: Michéle Puoget-Drum, MS; Karen Lehman, MS, PhD; Layla Farinpour, MS, LMFT

One year ago, our community experienced the Thomas Fire and the 1/9 Debris Flow. The long-term impact and recovery are unique in many ways. This “new normal” has created a need for innovative interagency collaboration and has resulted in the creation of the Community Wellness Team, which has worked to facilitate our community’s recovery. This presentation will address not only how to properly assess symptoms of long term traumatic stress in your patients, but how you can intervene, educate and provide coping strategies, in cooperation with other professionals in the community during this multi-year recovery process.

Objectives:

1. Identify the unique factors and stressors that may affect your patients as a result of natural disasters.
2. Assess common physical, cognitive, emotional, relational, behavioral and spiritual reactions to disasters.
3. Provide coping strategies for impacting resilience and recovery from disasters.

**Michéle Drum, MS** received a MS in Developmental Psychology from Université de Paris X, France, MS in Counseling Psychology from University of Bridgeport, Connecticut and subsequently attended the Kennedy School of Government at Harvard. Michéle has served on many boards including; The International Institute, The Massachusetts Coalition of Battered Women and the City of Boston’s homeless planning committee during her tenure as Director of Operations for New England’s largest organization for Battered Women and Children. A mental wellness advocate for many years, Michéle is currently working for the Mental Wellness Center as a team co-leader for California HOPE 805, a crisis counseling assistance and training program created by SAMSHA and funded by FEMA.

Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine Department invites you to attend its January 2019 presentation.

Wednesday, January 16

Noon to 1:30 PM

Amphitheater

Santa Barbara Cottage Hospital.

**Please note this is a venue change.**

**For directions please inquire with the concierge at the main entrance.**



**Cottage**  
Psychiatry and  
Addiction Medicine

**Layla Farinpour, LMFT** received her Master's in Clinical Psychology and Master's in Bio-Social Anthropology from Antioch University and University of California respectively. Layla currently works as the Manager of Inpatient and Outpatient Therapeutic Services for Cottage Health. Layla involves herself in helping create a safe community where people can heal. Layla's professional interests focus on disaster relief and related trauma, and her current project "How We Heal," is an intensive outpatient program that focuses on disaster related trauma and anxiety. In addition, she serves as member of the Community Wellness Team and is a member of The California Association of Marriage Family Therapists. Layla was recently honored along with her team and Director at the annual Tiara Ball for their post disaster care of our community.

**Karen Lehman MS, PhD**, has worked as a Licensed Clinical Psychologist for over 20 years. She is currently the co-chairperson for the Santa Barbara County Psychological Association's Disaster Response Team and represents Santa Barbara County at the California Psychological Association's Disaster Response Network. In addition, Dr. Lehman is a member of the SB County Community Wellness Team. She works primarily in private practice in Santa Barbara, seeing individual teens and adults, as well as couples, with a specialty in anxiety, trauma, and depression.

## CONTINUING EDUCATION UNITS

**Physicians: Please note that due to changes in the requirements to qualify for CMEs Psychiatric Grand Rounds is no longer able to offer CMEs.**

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved for 1 contact hour for RNs by the California Board of Registered Nursing (Provider #00252), through the Education Department, Cottage Health.
- No RSVP or advance registration is required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.
- CH employees may receive the continuing education credit through HealthStream.
- Continuing education certificates for others will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.
- Grievances may be addressed directly to the Education Department.
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

## Program Coordinators

Cynthia Manigault, RN, BSN

Carole Reynolds Ingraham,  
LMFT

---

## Education Consultant

Christine Block, MSN, RN, CNRN

---