



## New Jersey Crisis Counselor Newsletter

Chris Christie, Governor  
Kim Guadagno, Lt. Governor

Elizabeth Connolly, Acting Commissioner  
Lynn Kovich, Asst. Commissioner

### Spring 2015

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[The Mental Health Association in NJ](#)

Dear Disaster Response Crisis Counselor:

It has been a long cold winter and hopefully the snow is behind us. As we enter a new season, it is a good time to revisit our roles as Disaster Response Crisis Counselors (DRCCs). To this end, an updated [Frequently Asked Questions \(FAQ\)](#) is included here for your review. This edition also focuses on the Disaster and Terrorism Branch's push to "Go Green" and the introduction of a new training on Domestic Violence and Disasters which qualifies for re-certification credits.

All DRCCs are reminded to maintain their training and other pertinent information updated by logging into their accounts at [www.njdrcc.org](http://www.njdrcc.org) and clicking on the "edit your application". As you know from previous experience, we are entering into weather patterns that are characterized by storms that often lead to flooding in the state. It is important to always be at the ready by keeping your certifications current and your go-bag packed. If there is anything I can do to support you to do that, please do not hesitate to contact me using the contact information in the *FAQ*. We at the DTB appreciate your feedback on what works and what doesn't work to help us continually improve our emergency response program.

In addition, team members have been scheduling ID sessions throughout the state so we hope you have been able make an appointment to either update or obtain your ID badges.

As always, I appreciate your support for the DRCC program and all your responses on behalf of the state's residents affected by disaster. I look forward to seeing you at future training events and forums.

Adrienne Fessler-Belli, Ph.D., LCSW, DRCC  
Director, Disaster and Terrorism Branch  
New Jersey Division of Mental Health and Addiction Services  
New Jersey Department of Human Services



In December 2014, the DTB began putting its training modules and handouts in PDF format for online viewing or downloading. Currently the Core Trainings and many of the recertification trainings are available for online viewing. Training participants will be able to view training modules through Adobe Acrobat Reader, which is a free application and can easily be downloaded and installed from the web. In an effort towards eco-friendliness, the Branch will no longer provide hard copy paper versions of its PDF trainings.

## New Training: Domestic Violence and Disasters

The Disaster and Terrorism Branch is partnering with the **New Jersey Coalition for Battered Women** to offer their "Domestic Violence and Disasters" workshop to Disaster Response Crisis Counselors throughout the state. The full-day workshop has already been offered in Morris and Monmouth and will be offered in Cumberland, Atlantic and Middlesex in May and June. We will also be adding additional full-day and 3-hour evening workshops throughout the remainder of the spring.

Below please read information from their [workshop brochure](#):

*"Natural disasters like floods, hurricanes, and tornadoes can have devastating and lasting effects on individuals, families, and communities. Violence, specifically gender violence, often increases after a natural disaster. Domestic violence can be seen as an "ongoing disaster" happening at an intimate level. Therefore, the barriers and trauma that victims are already facing can be compounded by barriers and traumas specific to natural disasters. With isolation, financial dependence, and limited social networks already existing, victims of domestic violence are even more vulnerable when a disaster strikes. Both domestic violence programs and survivors could benefit from planning for a disaster."*

Some barriers to safety are :

- *"Domestic violence will continue post-disaster and may escalate.*
- *Increased time spent with abuser due to normal activities being disrupted (i.e. work/school is closed)*
- *Once protective, the environment is now dangerous for a victim.*
- *Social networks are disrupted or destroyed.*
- *Disaster response may focus on the needs of the many & those in acute need.*
- *Local providers will be challenged to respond.*
- *Local services are overwhelmed.*
- *Communication lines to other supporting agencies may be down.*

- Courts may be closed/cannot file for a restraining order.
- Shelters are full and lack privacy/confidentiality.
- Safety plan must be revised to account for disaster ".



Please continue to check the training calendar for updates on these important workshops. ([www.njdrcc.org](http://www.njdrcc.org))

## Crimes of Opportunity: Cyber Safety for the Crisis Counselor

### Emerging Safety Concerns

Over the past two years, the Disaster & Terrorism Branch (DTB) has added training programs addressing secondary crime in disasters. Secondary crimes such as fraud, exploitation, looting and even interpersonal offenses like domestic violence and human trafficking, can and do increase in the wake of disasters when many people may be the most vulnerable. Working with partners, the DTB has presented this information at larger conferences, and has added content in this area to the basic *Personal Safety for Disaster Behavioral Health Workers* course. One area of exploitation growing in prevalence has yet to be addressed in these programs; that of Cyber Safety.

Like secondary crimes in disaster, cybercrime is often opportunistic-it targets the vulnerable. Worldwide, cybercrime now results in a greater financial cost than the black market in marijuana, cocaine and heroin combined. As the fastest growing type of crime, it is important that we begin to incorporate this risk into our discussion of other threats to our safety. Let's start here with basic cyber safety for the crisis counselor.



{ of cyber attacks are opportunistic - not targeted at a specific individual or company }

Cyber safety and security is an expansive topic that includes both behavior and technology. For our purposes, we will limit this discussion to behavior, and for now, the key concepts of *Stop. Think. Connect.* More on cyber safety will be include in our live and web-based training programs, but applying these concepts now can have an immediate impact on your level of safety and security.

## Cyber Safety 101

In March 2013, a teenage girl was murdered while home alone in Tulsa. A few hours before she died, she tweeted, "Have the house to myself everybody gone." Sometimes, we share too much information online. Announcing you're home alone to the general public is not a good idea. Simply searching Twitter for the phrase "I'm home alone" can provide a predator with a list of potential targets with just a few clicks. While this is an extreme example, people often share too much information (TMI) via their social media accounts and online in general. Posting vacations pictures is a wonderful way to let friends and family know that you're having a blast at the beach, but it can also let others less friendly know that your home may be empty for the next few days. Think twice about what you share and who may see it. TMI can be a killer.

more  
than  
**{ 2/3 }**  
of cyber incidents  
reported to the  
federal government  
are phishing  
attempts

A great example of how easily information about you can be gathered and put to use can be seen in the [Dave the Psychic](https://www.youtube.com/watch?v=F7pYHN9iC9I) video (<https://www.youtube.com/watch?v=F7pYHN9iC9I>) seen on YouTube. Dave, pretended to be a psychic recording a program for TV lures people passing on the street of a city in Belgium to participate in his program. With his mystic powers, Dave provides incredibly accurate information about each participant: the color of their vehicle, the price of the home they're selling, their best friend's name, and lots of very personal and professional

information that can be turned against them by a scammer. Dave later reveals that in real time a team of co-conspirators was scanning the web and searching the participant's social media accounts to feed very personal and precise information to Dave via an earpiece. In the hands of someone practiced in deception, that information can easily become a weapon.

### **Stop.Think.Connect.**

The Stop.Think.Connect. Campaign is a national public awareness campaign created by the U.S. Department of Homeland Security. The program is aimed at increasing the understanding of cyber threats and empowering the American public to be safer and more secure online. Cybersecurity is a shared responsibility. We each have to do our part to keep ourselves and the Internet safe. When we all take simple steps to be safer online, it makes using the Internet a more secure experience for everyone.

Following this three-step model can significantly increase your safety online:

**Stop:** Before you use the Internet, take time to understand the risks and learn how to spot potential problems.

**Think:** Take a moment to be certain the path ahead is clear. Consider how your actions online could impact your safety, or your family's.

**Connect:** Enjoy the Internet with greater confidence, knowing you've taken the right steps to safeguard yourself and your computer.

Other helpful tips from Stop.Think.Connect. include:

- Keep a clean machine: Keep your software up to date and your Internet-connected devices free from malware and infections.
- Own your online presence: Set your privacy and security settings so you share at your comfort level and be savvy about your online reputation.
- Lock it up: Lock and password protect your computer, cell phone and other devices.

For more about the cyber safety and the Stop.Think.Connect. campaign visit <http://www.stcguide.com>



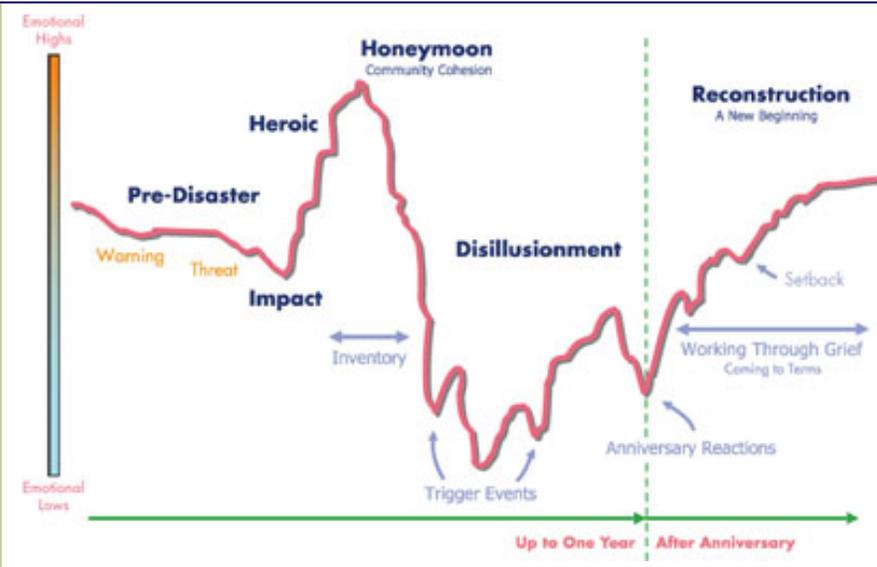
Cyber threats are currently considered the number one danger to national security. All of us are vulnerable. Being the victim of a hacked email account can be embarrassing and disruptive, but hacking into your financial or health records can be devastating. While we are thinking about our personal safety in the field, let's start including cyber safety into our overall personal protection plans. Let's be safe of the streets and smarter online.

## Understanding Disaster Mental Health in NJ

**Are you or someone you know interested in learning more about New Jersey's Disaster Mental Health System and the Disaster Response Crisis Counselor Certification process?**

If so, check out our brief online orientation program

at: [http://www.state.nj.us/humanservices/dmhs/disaster/State\\_Overview/System\\_Overview.swf](http://www.state.nj.us/humanservices/dmhs/disaster/State_Overview/System_Overview.swf)



## Be Prepared!



## AMERICA'S PrepareAthon!

Emergency preparedness is essential. **America's PrepareAthon!** is an opportunity for individuals, organizations, and communities to prepare for specific hazards.

**The first National PrepareAthon! Day is April 30, 2015.**

The goal of this program is to increase awareness by:

- Understanding which disasters could happen in their community
- Know what to do to be safe and mitigate damage
- Take action to increase their preparedness
- Participate in community resilience planning

For more information go to [America's PrepareAthon! Website](http://America's PrepareAthon! Website)  
[www.ready.gov/prepare](http://www.ready.gov/prepare)



## Disaster & Terrorism Branch

NJ DHS Division of Mental Health and Addiction Services