

involving  $^{137}\text{Cs}$ , a radioactive cesium isotope. The authors compared subjects exposed to low levels of ionizing radiation, subjects who experienced anticipatory stress from fear of radiation exposure, and a non-irradiated control group.

Results indicated the presence of chronic stress, as measured by psychological, behavioral, and neuroendocrine indices, in subjects who were exposed as well as in subjects fearful of potential radiation exposure. Anticipatory stress

associated with potential exposure to ionizing radiation resulted in a level of stress similar to that from actual exposure to ionizing radiation. These findings have implications for past and future radiation accidents.

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## COLLABORATION FOR SERVICE DELIVERY AND FOR RESEARCH

### Collaboration with Local Mental Health Groups: Sending in Mental Health Teams

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Whenever external disaster mental health teams enter a community, it is important that they interface effectively with the community's pre-existing mental health agencies. This paper addresses strategies used in two different interventions. The first intervention to be described will be Project Recovery, South Dakota's [U.S.] Federal Emergency Management Agency (FEMA)-funded, flood crisis intervention. The second will be the American Red Cross's (ARC) intervention in the aftermath of the crash of Flight 427 in September.

Project Recovery was funded by two FEMA grants, an Immediate Services Grant, that continued for eight months after the presidential disaster declaration, and a Regular Services Grant, that is proceeding for an additional nine months. In developing this intervention program, community mental health centers in the affected region were consulted. Changes in funding structure, however, had reduced their flexibility and ability to respond fully to the flood emergency. It became necessary, therefore, to design an intervention program that could provide a long-term interface with the existing mental health system without threatening the existing system and without wasting available funds by duplicating services.

The disaster mental health response to the crash of Flight 427 which was addressed was an American Red Cross's (ARC) intervention. Aspects of it were typical of American Red Cross's (ARC) disaster response, while others were relatively unique. The intervention was relatively brief, and was designed to address the immediate needs of those affected by the disaster. The role of the ARC team was in support of the local mental health community. The division of labor and collaboration were outlined. Principles and challenges in ensuring a smooth working relationship with local resources were discussed. The paper also discussed how these principles can be employed in more typical ARC disaster responses.

## Mental Health Training Programs and Clinical Services in Armenia after the 1988 Earthquake

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The earthquake in Armenia on 07 December 1988 offered mental health professionals in the United States the opportunity to provide direct psychotherapeutic treatment to individuals suffering from the trauma of the disas-

ter. It also offered training in American psychotherapeutic methods to mental health professionals in Armenia. The delivery of service in the earthquake zone became a model to teach methods of crisis intervention. The model eventually impacted on the delivery of mental health services in the entire country.

Countries worldwide responded to the devastating earthquake in Armenia by providing humanitarian aid such as food, clothing, reconstruction materials, medical supplies, and psychological

intervention. The French government in particular, arrived the day after the earthquake and eventually provided psychological help to children by establishing clinics with French speaking psychologists who conducted therapy via interpreters. The Psychiatric Outreach Program (POP), established by the Armenian Relief Society, an American-based Armenian organization offering humanitarian aid to needy Armenians worldwide, provided financial support for American mental health profession-