



Date: July 3, 2024

To: BHD Adult Foster Home Licensees
BHD Residential Treatment Providers
BHD Substance Use Disorders Residential Treatment Programs
BHD Withdrawal Management Programs
Community Mental Health Programs

From: Cissie Bollinger, Behavioral Health Licensing & Certification Manager
Connie Rush, Mental Health Licensing & Certification Manager

Subject: Extreme Heat Advisory

The [National Weather Service](#) has issued an excessive heat warning advising excessive heat with potential records will impact much of Oregon through Independence Day and into next week. Triple digit high temperatures are expected this weekend.

During times of high heat and dry conditions, there is the potential for power outages, power being shut off to minimize the risk of fires, and people experiencing heat related illness including heat exhaustion and heat stroke. Heat-related deaths and illnesses are preventable.

OHA relies upon all partners within the behavioral health system to ensure continuity of operations during times such as these and to keep residents safe. We want to support you in these efforts.

Tips for staying cool

- Keep window blinds closed
- Close off unused parts of the home
- DO not keep any unnecessary electrical items plugged in
- Stay inside during the hottest times
- Stay in the shade if you must be outside
- Hydrate! Ensure water is plentiful and offered to residents regularly.

Be prepared for possible power outages

- Ensure access to a backup generator
- Ensure access to alternative energy sources for recharging cell phones, tablets and other electronic devices used for communication.
- Ensure access to food that doesn't require cooking
- Obtain additional water for residents and staff and encourage to stay hydrated
- Plan alternative activities to minimize heat impact in the home, including limiting outdoor activities in the heat of the day, cooling off upstairs bedrooms and rooms with high heat exposure.
- Ensure you have contact information and coordination plan with Community Mental Health Provider (CMHP)
- Ensure you have contact information and coordination plan with Coordinated Care Organization (CCO)
- Ensure you have contact information for Local Public Health Authority (LPHA)
- Know the location of nearby cooling stations
- Identify partner providers in other areas that can help or provide temporary sanctuary
- Have an evacuation plan that includes where you will relocate should that be needed
- Make sure all residents and staff are aware of your facility safety protocols and emergency plans relating to extreme weather conditions including changes in routines, staffing and the possibility of evacuation.

Extreme heat resources

Cooling centers

- 211 is an emergency hotline that acts as a resource for connection to community services in your area. [A list of cooling centers](#) for each county is available.
- For help anytime, members can call 211 or 866-698-6155. For help 9 a.m. to 5 p.m., Monday to Friday, members can text their zip code to 898211 or email help@211info.org.

Weather alerts

- Sign up for [emergency notifications](#) from OR-Alert.
- Check [alerts and advisories](#) from the National Weather Service.
- Check the [Heat Risk map](#) from the National Weather Service.

Fact sheets and other information

- [Fact sheets are available in multiple languages](#), including frequently asked questions, first-aid for heat illnesses, caring for patients during a heat wave and more.
- [Social media graphics and extreme heat tips](#) are also available.
- [Tips for Preventing Heat-Related Illness](#)

- Local Public Health Authority contact information can be found at:
 - <https://www.oregon.gov/oha/ph/providerpartnerresources/localhealthdepartmentresources/pages/lhd.aspx>.
- [Local and tribal emergency managers](#)
- [OHA Resources for Crisis and Emergency Risk Communication](#)
- Centers for Disease Control and Prevention (CDC) regarding Extreme Heat can be found at:
 - <https://www.cdc.gov/disasters/extremeheat/index.html>

Questions

If you have attempted to connect with your LPHA and still need assistance, please contact Cissie Bollinger, Behavioral Health Division at 503-602-1403 or Connie Rush, Behavioral Health Division at 503-559-7595.