

Upcoming Events:

- SEPT 9, 2016
- SEPT 24, 2016
- OCTOBER 1, 2016
- OCTOBER 12, 2016
- NOVEMBER 12, 2016
- NOVEMBER 17, 2016

NEXT MEETING:
 OCTOBER 11, 2016
 6:00 p.m- 8:30 p.m.
 CONTRA COSTA EMS

Please Update your DHV account!

<http://disasterhealthcarevolunteers.ca.gov/>



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 Contra Costa County
 Medical Reserve Corps

MRC UPDATES

California Statewide Med/Health Exercise: MCI

Each year Contra Costa participates in the California Statewide Medical and health Exercise. This exercise is sponsored by the California Department of Public Health and Emergency Medical Services Authority to align with both Public Health emergency Preparedness (PHEP)/Hospital Preparedness Program (HPP) grant program objectives. This year, the scenario is a Multi-Casualty Incident (MCI). This exercise will support the interface of emergency management, emergency response, and healthcare partners to practice emergency and disaster response plans. The Regional Emergency Operation Center will be activated to support participants throughout the state. For Contra Costa, this means area hospitals, skilled nursing facilities, and clinics will exercise to receive patients from Fire/EMS/Law in the field, while the county establishes support through the Department Operations Center (DOC). This will be held on November 17, 2016, with a tabletop exercise being conducted on month prior, on October 12, 2016.



Contra Costa MRC will exercise the weekend before November 12, 2016, with a shelter scenario at Dozier Libbey High School. This will give unit members the opportunity to establish a medical clinic within a shelter. The unit will deploy resources to replicate the deployment to the Valley Fire in 2015. Additionally, The MRC will be providing a community Flu vaccine clinic. The Dozier Libbey HOSA students will work with the MRC for this exercise providing logistics support and scenario patients.

Medical and non-medical team members are encouraged to participate in the MRC exercise. Contra Costa EMS will need facilitators and support staff to conduct the tabletop, as well as the functional exercise. We will also need volunteer victims for November 17th. If you are available to participate in any of the events please let the MRC Coordinator know or sign up on Signup Genius

Flu Season is Approaching

It is that time of year again. Fall and winter are just around the corner, which means healthcare is gearing up for the flu season. This year, the CDC has recommended that all people receive the flu vaccine via injection, and not recommending Flu-mist. Contra Costa MRC will provide a number of community flu vaccine clinics, only offering the injection. In order to participate in these events, vaccines must be in your scope of practice, and you must take the EZ/IZ training if you have never completed it. The stations use 2-3 non-medical personnel to assist with logistics and paperwork.

The following Flu Clinic dates have been penciled in, once they are confirmed a sign-up with be created.

- Saturday, October 8, 2016 Tibetan Community Center Richmond
- October 13, 2016 0900-1500-We need 3-4 nurses for Operation Homeless Connect | Antioch Fairgrounds (sign-up available)
- November 12, 2016 0900-1200 Dozier Libbey High School (sign-up available)
- We will also assist AMR with 3-4 clinics this year dates TBD

MRC Challenge Award

The MRC Challenge Award provides funding for a variety of projects MRC units across the nation carryout to support disaster preparedness and Public Health initiatives. This is one of the main sources of funding for many MRC units. Last year, Contra Costa MRC received this award to carry out recruitment and training of Mental Health professions, building our units response capabilities. and supporting current operations. The 2017 Challenge Award application period will begin soon. This is our chance to brainstorm and consider other projects for our unit. Do you have a project or partnership idea that might be something the MRC could do? Please contact the MRC coordinator with any ideas, or of you want to help with the application this year.

Upcoming Events

The MRC will be participating in the following events, contact the MRC Coordinator for details and to sign up. **Please sign up for events on Signup Genius.**

Community Outreach

- Flu Clinics-See above!!!
- San Ramon Preparedness Fair | Sept 24, 2016 9:00 a.m.-3:00 p.m. | San Ramon, CA
- Rossmoor Preparedness Fair | Sept 24, 2016 | Rossmoor, CA
- Moraga Open House| October 1, 2016 8:00 a.m.-12:00 p.m. | Moraga, CA
- Contra Costa Library CPR training | October 12, 2016 2:00 p.m.-3:00 p.m. | San Ramon, Ca
- Contra Costa SWMHE Tabletop Exercise | 8:30 a.m.-3:00 p.m. | Pleasant Hill Community Center

Training

- Urban Shield CP-0 | Sept 9, 2016 7:30 a.m.- 2:00 p.m. | Alameda Co. Fairgrounds
- MRC Annual Drill| November 12, 2016 8:00 a.m. - 12:00 p.m. | Dozier Libbey High School
- Contra Costa SWMHE Functional Drill | November 17, 2016 8:00 a.m.- 12:00 p.m. | Multiple locations
- Mental Health Services in CCC by NAMI- every Wednesday 7:00

Commit to your Community



Do you know someone who would be interested in joining the MRC?

Invite them to a meeting or connect them with the MRC coordinator

lisa.vajgrt-smith@hsd.cccounty.us

(925) 313-9548

p.m.-8:30 p.m. Family Justice Center-Concord

Welcome New Members

Marina Becerra LMFT has joined the unit as part of the BMHRT! Welcome!

CCC MRC is actively recruiting behavioral and mental health professional to our unit. If you know someone, please tell them about the MRC and have them call the coordinator. If you know anyone who wants to join the MRC please have them contact the MRC Coordinator at 925-313-9548 or invite them to an Open House.

Competency Corner

SINCE SEPTEMBER IS PREPAREDNESS MONTH LET'S REVIEW PERSONAL AND FAMILY PREPAREDNESS.

Preparedness is the cornerstone to what we do. We must lead by example and practice what we preach. In a 2009 survey conducted by the Citizen Corps and FEMA, 29% of American have not prepared because they believe emergency responders will help them. Additionally, 60% expect to rely on emergency responders in the first 72 hours (www.ready.gov) We all know or have seen this first hand when working in the community. But we have to ask, Are you really prepared? As an MRC volunteer we stress the need for you to be prepared. It is stressed you obligations go to family, then work, and hopefully we are 3rd or 4th on that list. In order to be an effective responder you and your family must be prepared, so you have piece of mind, and can complete the work your asked to do. Here is a brief overview of preparedness tips.

Get a Kit. Your kit needs at least a 3-day supply of food and water for each family member and pet. You also need to include medical supplies, vital medication, emergency medication, and back up health equipment (cane, walker, hearing aid batteries). Personal Care items, copies of personal documents are also imperative. Don't forget your Flashlight, cellphone chargers, radios and CASH!!! **Make a Plan.** Know how to contact one another in your family. Have an evacuation plan for your home and your neighborhood, as well as a meeting location near work, school or home. **Be informed.** Ensure you subscribe to community notification systems and know the warning signals. Use social media to receive up-to-date information about potential threats or emergencies. **Practice.** Its one thing to have a plan, and another thing to put it in motion. Be sure you check your supplies, rotate exportable goods. Practice your communication and evacuation plans. Run drills with your families and neighbors.

PREPARE FOR AN ACTIVATION

How does an activation work? Well, remember as an affiliated volunteer we DO NOT SELF DEPLOY. So you have to wait for directions. Affiliated volunteers have the mechanisms in place that spontaneous volunteers do not. As an MRC unit, we have malpractice and liability insurance, Workers Comp protection, background checks, and a management mechanism (the Coordinator). These features, plus your advanced knowledge and training ensure the community and emergency managers that you are the best volunteer option when help is needed. So they know to ask for us. That being said, it takes time. Often, after a small or large disaster happens an assessment needs to be conducted and an incident action plan needs to be created. Once that is done, and there is the determination that more resources are needed. The MRC could be called.

All activations will come from the Med/Health Branch Director, CCHS director, the health officer, EMS director, or Public Health Director. The MRC Coordinator will determine the appropriate personnel, and then use the Disaster Healthcare Volunteer Network (DHV) to activate the unit. (This is that annoying phone dialer that goes off quarterly). This system allows for mass notification, credential

checks, scheduling and more. From there, you will receive additional details of what the mission is, where to report, updates and more. You remember this from the Valley Fire Right!!

So, how do I ensure I am ready? Make sure your DHV account is up to date. You need to ensure your phone, and email information is correct, and update your license information.

Then activate your family emergency plan, so you know they are taken care of. With your emergency supplies keep a deployment go kit. This can be a small backpack with a change of clothes, your MRC fannypack, stethoscope, headlamps, water, snacks, a jacket and personal care items. It also helps to keep a sleeping bag close by. This allows you to spend less time searching, in case we have to mobilize quickly. When in doubt-Call the MRC Coordinator!!!

If you need help updating your DHV account, building a deployment kit, or family preparedness kit, let the MRC Coordinator know, they are there to help!!