



## New York City Medical Reserve Corps



*April 2012*

42-09 28 St., Queens NY 11101

347-723-1696

[healthmrc@health.nyc.gov](mailto:healthmrc@health.nyc.gov)



### NYC Medical Reserve Corps Volunteer Recognition Celebration Wednesday, April 25, 2012

Please join us for an evening of celebrating you:  
NYC Medical Reserve Corps members.  
Our celebration will take place from 6:00 – 9:00 pm at  
Baruch College Vertical Campus, 14<sup>th</sup> Fl.  
55 Lexington Ave. (corner of 24<sup>th</sup> St.)  
Manhattan  
FOOD – MUSIC – GOOD COMPANY  
RSVP to [healthmrc@health.nyc.gov](mailto:healthmrc@health.nyc.gov)  
Or call Sharon at 347-396-2744



### Emergency Notification Drill

As you know, we conduct a quarterly drill of our Emergency Notification System. This drill is required by our grants, and it helps to ensure that in a disaster or emergency you know what to expect. It also allows us to note which contact information doesn't work. This drill is essential to MRC functions, since we need to be able to notify and deploy our members. We will be using the ServNY System for the notification, and the calls will come from the 518 area code. Please make every effort to respond. You will be contacted on all the devices you have listed. The drill will take place one day the week of April 16 – 20, 2012.

### *Why I Volunteer*



**Name:** Rhina R. Schiffman

MRC Member since 2008

**Profession:** Registered Nurse, BSN

**What MRC/CCC activities have you participated in lately?**

Focus on Floods-Impact of Insurance on Disaster Readiness, Response and Recovery Building Cultural Competency  
Pet Preparedness Workshop  
Locating Loved Ones After A Disaster

**Are you involved in any other Volunteer activities?**

I will start my volunteer orientation class with the ASPCA this summer. I am looking forward to it, because I like animals.

**Why do you volunteer?**

I volunteer because I believe it is a duty to do so. I believe we are on this earth to do the best we can to help one another regardless of who we are or from where we come from. Volunteering is like holding a job like any other job that comes with rewards. It is not, however a monetary reward. It is not even an expectation of being rewarded with fame prestige, high status or any material means. It is the rewards of the heart. Moreover; I think I am not alone with these statements and convictions. Like me, the almost 6,000 MRC volunteers do so because we all want to help our fellow citizens by being prepared for any emergency event. We all know that out of the disaster of Sept. 11, MRC was created. I had been told by Betty Duggan that hundreds of people were knocking on the door at the NYC Dept. of Health asking to volunteer. Sadly they were turned down because previously we had never considered the need for organized volunteers on this magnitude, Sept. 11 changed that. Finally, perhaps we all volunteer because it is a way to prepare. To be ready to protect, help and stand up for ourselves, our families and friends, for our home city and for our country the USA. Thank you everyone at MRC for being there for us.

## UPDATE YOUR RECORD

We rely on the information you provide in ServNY to send you information about NYC MRC, to share invitations to trainings, exercises and other events, and to contact you in the event of a disaster or emergency. Please take a few minutes to go into ServNY:

<https://apps.nyhealth.gov/vms/appmanager/vms/public?prog=34>

to assure that your contact information is correct. You may also call Haddie Lizasuain at 347-396-2713 or send an email to: [healthmrc@health.nyc.gov](mailto:healthmrc@health.nyc.gov) to update your contacts.

### Allocating Scarce Resources in Disasters: Emergency Department Principles

From the Annals of Emergency Medicine, key concepts from the disaster literature are reviewed and aggregated to provide emergency physicians with a framework of ethical and operational principals to guide them when adjusting medical interventions according to demand and resource availability. A range of strategies are reviewed. Go to: [http://www.annemergmed.com/article/S0196-0644\(11\)00676-7/fulltext](http://www.annemergmed.com/article/S0196-0644(11)00676-7/fulltext)

**IT'S AN EMERGENCY:  
DO YOU KNOW WHERE YOUR  
MRC ID IS?**

If you can't locate your MRC ID Card,  
please contact Haddie Lizasuain by  
calling 347-396-2713 or by emailing  
[healthmrc@health.nyc.gov](mailto:healthmrc@health.nyc.gov)

**You cannot serve without it.**

**Thanks for being an MRC member!**

### Crisis Standards of Care: A Systems Framework for Catastrophic Disaster Response

The Institute of Medicine (IOM) recently released a report titled *Crisis Standards of Care: A Systems Framework for Catastrophic Disaster Response*. This report describes how standards of care would change due to shortages of critical resources during a major disaster. A digital copy of the report can be downloaded for free at the above link. As a special offer to its members, the National Academies Press (NAP), the publisher for the IOM, is offering a 25% discount off the list price for print versions of either the prepublication which is currently available, or the forthcoming final version of the book. Please enter promotional code FCRISS in the NAP shopping cart to take advantage of the discount. To read more and to download, go to: [http://www.nap.edu/catalog.php?record\\_id=13351](http://www.nap.edu/catalog.php?record_id=13351)

## MRC SPRING TRAININGS

**NEW!: On Line Coastal Storm Training** - As we saw in Hurricane Irene, an approaching hurricane could require evacuation of thousands of people in NYC. As we approach hurricane season, learn about how hurricane shelters are set up and operated and takes you through a simulated event.

Since this is an online training, you choose the time and place.

This online training was created by CUNY, the Office of Emergency Management and the Department of Homeless Services, and will give you a great overview of how shelters work.

To access this training, go to: [www.nyc.gov/csptraining](http://www.nyc.gov/csptraining)

You must go to the bottom of the page where it says new users, and click on “register”.

Enter this activation code: **F63476AB3D3E91D9 (Please copy this code carefully)**. You will be asked to create a user name, password, and to create a security question.

Once you do this, will see three choices of trainings:

Evacuation Center Operator Training (3 hours)

Hurricane Shelter Operator Training (3 hours)

Hurricane Shelter Training for Specialists (1 – 1 ½ hours)

You may take any of the trainings you wish, but we highly recommend the Hurricane Shelter Training for Specialists.

### **NEW!: Free Online Courses - Columbia University Regional Learning Center –**

The Columbia Regional Learning Center (CRLC) is pleased to announce the launch of our new Learning Management System! The CRLC provides free, online certificate training courses, webinars, and lectures designed for individuals working in health systems including, but not limited to: health care, public health, home health, Medical Reserve Corps (MRC), community health, regional learning centers, and emergency management.

Some of the courses offered:

- \* [PREP 1110 - Personal Emergency Preparedness: Planning for the Public Health Worker](#)
- \* [PREP 2102/ENVI 2701 - Chem Rad Bio: Fundamentals for the Public Health Workforce](#)
- \* [MGMT 1201- Elements of Leadership: Decision-Making & Problem-Solving Under Emergency Conditions](#)
- \* [EPI 3404 - Spatial Approaches to Disaster Epidemiology: Dr. Snow Meets the Rev. Bayes](#)
- \* [VUL 2605/ PSY 2902 - State of the Science: The Health and Mental Health Consequences of Catastrophic Events](#)

To see the entire course catalog, please go to: <http://ncdp.crlctraining.org/catalog/>

**Wed., April 11 – All Hazards Training for Mental Health Professionals** - This full day training (9:00 AM-5:00 PM) is offered exclusively to mental health professionals.

At the end of this training, you will become part of the Resiliency and Emotional Support Team (REST) that works closely with the Mental Health staff of DOHMH to support both staff and victims in the event of a disaster or emergency.

As members of the REST Team you will receive free disaster related training and opportunities to participate in drills. As part of the REST Team you will gain satisfaction from knowing that you are helping New Yorkers become better prepared to respond to and recover from the mental health implications of disasters and public health emergencies.

**MRC orientation is a pre-requisite for this course.**

These trainings are for MENTAL HEALTH PROFESSIONALS ONLY.

You must have:

- NY STATE LICENSE OR CERTIFICATE as a (SW, Counselor, Therapist, Psychologist, or Qualified Psychiatrist
- MASTER DEGREE and at least 2 years of full time experience providing MH Services or 1 year of experiences providing services to those experiencing traumas or disasters
- BACHELORS DEGREE and 2 years of experience providing MH services

**Location:** 42-09 28 St, Long Island City, room 12-22. A light breakfast and lunch will be served.

**You need only take this course once and any late comers will not be allowed to participate.**

### **NEW! Thurs., April 12 – Infection and Exposure Control in a Biological Emergency**

DOHMH is responsible, in biological emergencies, for preventing exposure and transmission in all sectors of NYC. This effort is challenged by the size of the city, and by the many and intricate interfaces and interactions between and among populations, infrastructures, and environments. Standard infection and exposure control guidance tends to address discrete populations, predictable exposures, and controlled environments. Nevertheless, established infection control principles, adapted to account for scale, complexity, and uncertainty, provide a sound basis for effectively managing all phases of a biological emergency.

This presentation covers the basics of large scale, population based, infection and exposure control in our multifaceted and densely populated urban environment. Department of Health Infection Control Coordinator, Pamela Kellner, RN, MPH will give this presentation.

Time: 6:00PM – 8:00PM

Location: 9 MetroTech Center, Downtown Brooklyn - You must show photo ID to enter FDNY building  
Registration and Food: 5:30PM

**NEW! Sat., April 28 – Saturday POD Training** – For those of you who find it difficult to attend weekday trainings, this Saturday POD training is for you! PODs are an integral part of preparation for disaster response for MRC.

Points of Dispensing or PODS are emergency clinics that are set up around the city in the event of a disaster or emergency to provide mass prophylaxis to all 8.2 million of NYC's residents. Learn how PODs are organized, set up and run. Participate in activities that will familiarize you with all the facets of these clinics. Volunteers told us after Hurricane Irene that this training helped to prepare them for sheltering operations, so the skills learned from this training are transferable to other emergencies.

**Please make every effort to attend one of these POD trainings. Hurry! Only a few seats left!**

Time: 9:00AM – 3:00PM (lunch will be provided).

Location: Church of St Paul the Apostle Church, 405 West 59 St, (entrance on Columbus Ave, between 59 & 60 St.) Lower Level, Manhattan

### **Tues., May 8 & Tues., May 15 – Two part Evening All Hazards Mental Health Training for Mental Health Professionals**

– If you have wanted to take the All Hazards training to become part of the REST Team, but haven't been able to do so because of conflicts, here is the All Hazards training offered on two consecutive Tuesday evenings. You must attend both evenings

This training will prepare you to respond as mental health professionals. At the end of this training, you will become part of the Resiliency and Emotional Support Team (REST) that works closely with the Mental Health Staff of DOHMH to support both staff and victims in the event of a disaster or emergency. This training is conducted by the Office of Mental Health Disaster Preparedness and Response.

**MRC orientation is a pre-requisite for this course.** These trainings are for MENTAL HEALTH PROFESSIONALS ONLY.

You must have:

- NY STATE LICENSE OR CERTIFICATE as a (SW, Counselor, Therapist, Psychologist, or Qualified Psychiatrist
- MASTER DEGREE and at least 2 years of full time experience providing MH Services or 1 year of experiences providing services to those experiencing traumas or disasters
- BACHELORS DEGREE and 2 years of experience providing MH services

Location: 125 Worth St, 3<sup>rd</sup> Floor Boardroom, Lower Manhattan

Registration and Food: 5:30PM, Training 6:00PM– 9:00PM

**You need only take this course once and any late comers will not be allowed to participate.**

**NEW! Thurs., May 10 & Fri., May 11 – Skills for Psychological Recovery – This training is exclusively for REST team members who have taken the All Hazards Mental Health Training.**

This training is conducted for 2 full days and is being offered by the Office of Mental Health Disaster Preparedness and Response, Skills for Psychological Recovery (SPR) is a skills building intervention to help children, adolescents, adults, and families in the months and years after disasters and terrorism. SPR, developed in collaboration with the National Child Traumatic Stress Network and the National Center for PTSD, meets the specific criteria for the FEMA/SAMHSA Crisis Counseling Program. SPR is designed to help survivors gain skills to reduce ongoing distress and effectively cope with post-disaster stresses and adversities. SPR is based on an understanding that disaster survivors will experience a broad range of reactions (physical, psychological, behavioral, and spiritual) over differing periods of time. While many survivors will recover on their own, some will experience distressing reactions that interfere with adaptive coping. This training will help counselors to teach survivors:

- To manage the distressing physical and emotional reactions that linger after trauma
- To deal step-by-step with problems that arise and continue after disaster
- To reach out to family, friends, and community members for support
- To enhance their recovery through helping others
- To re-engage in activities they used to find meaningful
- To replace unhelpful and negative thoughts with more helpful ones

Time: 9:00AM – 5:00PM

Location: 42-09 28 St, Long Island City, Queens

Registration and Food: 8:30AM

**Sun., May 20<sup>th</sup> – Aids Walk NY** – Join your fellow MRC members for a spirited walk around Manhattan to help raise awareness and funds to fight Aids. Our team, the NYC Medical Reserve Corps will gather in Central Park to show our community support and to showcase MRC. To register for the AIDS Walk NY, go to our team registration at: <http://www.aidswalk.net/newyork>, go to the “Team Central” box in the lower left hand corner, and click on “Form or Join a Team”. Click on “Join a Team” and look for our team, NYC Medical Reserve Corps in the drop down list (team # 8264). I look forward to spending this fun filled day with you.



**Sat., May 19, & Sun., June 10<sup>th</sup> – CPR/AED**

These small group hands on classes provide professional level trainings. You need attend only one of these dates. Certification cards will be provided to those who pass this training. These trainings have very limited enrollment and are for MRC members only. Prerequisite: You must have attended an MRC Orientation plus at least one other training or exercise or deployment in the last year.

Time: 12:00PM – 6:00PM (snacks will be provided)

Location: The Churchill School, 301 East 29 St, Manhattan.



**Wednesday, May 30<sup>th</sup> – LIJ Decon Exercise** – Our colleagues at Long Island Jewish Medical Center are planning a decontamination exercise, and MRC is once again invited to role-play patients. The exercise will be based on a patient surge/decontamination event due to exposure to a dirty bomb. Those of you who participated last year know how important MRC’s role was to the exercise. We had a lot of fun, too.  
Time: 11:00AM – 4:00PM.

Location: Long Island Jewish Medical Center, New Hyde Park, Queens.

Free parking will be provided, as well as food. We will need 40 – 50 MRC members for this event.

**To register for MRC trainings, please send an email to: [healthmrc@health.nyc.gov](mailto:healthmrc@health.nyc.gov)  
Please include your name, license type, email and phone number. Please include the title of the training and date in the subject line**

## CITIZENS CORPS TRAINING

### **Tuesday, April 3 – Behind the Scenes: NYC Office of Emergency Management**

Conducted by the NYC Office of Emergency Management, this workshop provides NYC volunteers a better understanding of OEM, its different functions, and its role within NYC and the region. For more information about OEM, visit [www.nyc.gov/oem](http://www.nyc.gov/oem)

Time: 6:30 – 8:30 p.m.

Location: OEM, 165 Cadman Plaza East, Brooklyn.

### **Wednesday, April 18 – National Weather Service SKYWARN® Storm Spotter Workshop**

Conducted by the National Weather Service (NWS) in conjunction with NYC CERT and the NYC Citizen Corps Council, this workshop trains volunteers to help keep their local communities safe by providing timely and accurate reports of severe weather to the NWS. SKYWARN® volunteers are trained by NWS personnel to recognize features associated with rapidly developing, mature, and dissipating thunderstorms which cause hazardous weather. SKYWARN® spotters also provide reports of heavy snow, heavy rain, and flooding. Forecasters from the NWS in NYC conduct the training to help prepare spotters for the upcoming severe weather season. The training covers fundamental information with a focus on safety, identification of key weather features and proper reporting procedures.

Time: 6:30 – 8:30 p.m.

Location: NYC OEM – 165 Cadman Plaza East, Brooklyn

To register for Citizen Corps trainings, email [citizencorps@oem.nyc.gov](mailto:citizencorps@oem.nyc.gov) . and include your name, email and mailing address, phone number, volunteer organization affiliation, need for kosher meal, and the title and date of the training you wish to attend. Space is limited. A light dinner will be provided.

## **Volunteers Creating Change** **Sixth Annual Disaster Volunteer Conference**

### **SAVE THE DATE**

**Tuesday, May 1, 2012**

**5:15 PM - 8 PM**

**Pace University's  
Schimmel Center, Manhattan**

**REGISTER NOW**  
**WWW.NYC.GOV/CITIZENCORPS**



To Register, go to: <http://www.eventbrite.com/event/3249712979>