



New York City Medical Reserve Corps



December 2012

42-09 28 St., Queens NY 11101

347-723-1696

healthmrc@health.nyc.gov

Happy Holidays!



Wishing you and yours a very happy holiday and a wonderful new year. – Betty and Haddie

Hurricane Sandy Hotwashes

Thank you for serving during Hurricane Sandy. Now is your chance to tell us what went well, what didn't, and to make suggestions for improvements in the future. MRC will host two "hot washes" or debriefings for those who served. We will serve some food, and staff from the Department of Health as well as SRA will facilitate a group discussion about Sandy. **YOUR FEEDBACK IS IMPORTANT!** Please make every effort to attend one of these meetings:

Tuesday, Jan. 8th at the Churchill School,
301 East 29 St., Manhattan

OR

Meet the MRC staff



Haddie Lizasuain

Name: Haddie Lizasuain
MRC Coordinator since 2010

When you want to register for a training, or need a new MRC shirt or a new ID card, who you gonna call? It's not Ghostbusters, it's Haddie.

Haddie is the friendly voice on the other end of the phone, the person who makes sure we have a good space for trainings, and food so you don't go hungry.

Haddie is the glue that holds MRC together. She is in charge of MRC materials, MRC registrations, volunteer inquiries, and all the other things that make NYC MRC run smoothly.

Haddie has a BS in Business Administration. She is the proud mother of two sons. And she is always ready and willing to help. She makes MRC a great place to work and to volunteer.

Thursday, Jan. 10th at Baruch College, 151 East 25 St., Manhattan
Both hot washes will take place from 5:30 – 8:00 pm.

Please RSVP by sending an email to: healthmrc@health.nyc.gov indicating which evening you will attend.

2012: A Year In Review

NYC Medical Reserve Corps had a very successful 2012. Here are some of our accomplishments:

- **January 2012** – conducted an “MRC Orientation” for 37 members.
- Emergency Notification Drill conducted using ServNY system – NYC MRC had a 75% response rate.
- **February 2012** – “Building Cultural Competency Skills” with Dr. Sujata Warriar was attended by 48 members.
- **March 2012** – NYC MRC Advisory Board meeting was held. Board offered revisions of MRC Code of Conduct, and reviewed new brochure.
- MRC Orientation attended by 26 members.
- “Psychological First Aid” was given by Amanda Lehrer, LMSW from the Office of mental Health Disaster Preparedness and Response. This training was attended by 40 members.
- “POD Training” – 6 hour hands on training exercise including the running of a POD. 86 MRC members participated.
- FDNY exercise: “Fire in Yankee Stadium” – 58 MRC members played victims, and then gave clinical feedback during the hotwash.
- **April 2012** – “Infection Control in a Biological Setting” – conducted by Pamela Kellner, RN, MPH. NYC Dept. of Health Infection Control Coordinator. Attended by 117 volunteers.
- NYC MRC Volunteer Recognition Event - Speakers included Deputy Commissioner Weisfuse, MD, MPH, NYC Dept. of Health; Kristen Lepore, MPH, MRC Region 2 Coordinator, Michele Davis, Ph.D., Region 2 Health Administrator, and Ann Barber, MD, MRC Board member. 145 members attended.
- “POD Training” – Offered on a weekend for those who could not attend during a weekday. Attended by 98 MRC members.
- NYC Disaster Volunteer Conference – a multi-agency event with the theme “Volunteers Creating Change”. 91 MRC members attended.
- **May 2012** – “All Hazards Training for Mental Health Professionals” – this training is required to become a member of the REST Team. 29 MRC members attended.
- “Skills for Psychological Recovery” – advanced training open only to REST responders who have attended the All Hazards training. This was a 2 day course. 96 MRC members attended.
- “CPR/AED Training” – offered to all interested MRC members – 24 members attended this session.
- Aids Walk NY – NYC MRC sponsored a team for the Aids Walk.
- Emergency Notification Drill was conducted using the ServNY notification system. NYC MRC had a 72% response rate.



- Long Island Jewish Medical Center “Pediatric Decontamination Exercise” – 31 MRC members played victims, then participated in hot washes where they offered clinical feedback.
- **June 2012** - NYC MRC Advisory Board quarterly meeting
- “CPR/AED training for Clinicians” – 25 MRC members attended
- “Assisting Older Persons during Disasters and Emergencies”, offered by Linda Whittaker, Assist. Commissioner, Dept. of Aging. 53 MRC members attended.
- PriMed Conference – Betty and Haddie tabled at the PriMed conference to recruit new members.
- Outreach to NYC Society of Hospital Pharmacists.
- **July 2012** – “Pediatric Intensivist Response Team training” – 12 new members attended.
- “NYC MRC Orientation” – 31 members attended.
- “Bombs, Blasts, and Triage” training, conducted by Dr. Dario Gonzalez. Attended by 44 members.
- **August 2012** - “Mass Surge Exercise with FDNY and 3 campuses of Montefiore Hospital” – 89 MRC members played victims, and offered clinical feedback during the hotwash.
- Emergency Notification Drill – conducted using ServNY system – 75% response rate.
- **September 2012** – MRC Advisory Board Meeting
- Citizens Corps Kick-off Event for Emergency Preparedness Month – 23 MRC members participated.
- CERT/MRC Flu outreach at Columbia Hospital
- “MRC Orientation” – 27 members attended.
- Emergency Preparedness Coordinator meeting – attended by MRC staff to promote further relationships with hospitals.
- “Fire and Evacuation at Lenox Hill Hospital” – Exercise with FDNY. 21 MRC members participated.
- “ICS in person Training” – Offered by Tom Mauro, Director of Training and Exercises, DOHMH. 39 MRC members attended.
- **October 2012** – “Planning for Mass Prophylaxis Training” – Offered by David Starr, Director of Countermeasure and Response, DOHMH. 39 MRC members attended.
- “NYU Medical Center Decontamination Exercise” – 31 MRC members participated.
- MRC Presentation at Grand Rounds to Family Medicine Residents at Jamaica Hospital (recruitment)
- October 26 – Present – MRC response to Hurricane Sandy. Over 1,100 NYC MRC members deployed to provide medical and mental health support in DOHMH Call Center, Evacuation Centers, Hurricane Shelters, Special Medical Needs Shelters, and Restoration Centers.
- **November 2012** – MRC presentation at Grand Rounds, Metropolitan Hospital.
- **December 2012** – NYC MRC Advisory Board meeting.



MRC Trainings

MRC Orientation

January 16 – Churchill School

February 12 – Baruch College

March 22 – Churchill School

Time: 6:00 – 8:00 training (5:30pm – registration and food)

This training is an introduction to MRC. It is a great over view for both new members and longtime members, and is the prerequisite for our most popular trainings. Orientation covers how MRC fits into the bigger emergency response picture, what MRC members will do, what protections are offered, and what you can do to be prepared.

All Hazards Training for Mental Health Professionals – 9:00 – 5:00pm

Jan 25

Feb. 27

March 28th

What is the REST Team? The MRC REST (Resiliency and Emotional Support Team) is comprised of a core group of qualified, trained mental health MRC professionals who, when activated, can be rapidly mobilized to provide on-site disaster mental health services. The REST team provides disaster mental health services such as information and referral, Psychological First Aid (PFA) and crisis counseling. These services might be provided on site within DOHMH and/or at City-designated response sites.

Who qualifies to be a MRC REST Responder? MRC orientation is a pre-requisite for this course. This training is for Mental Health professionals only. You must have:

- A NYS license or certificate (i.e.- SW, Psychologist or therapist)
- Master's degree and at least two years
- Experience or 1 year experience with those experiencing trauma or Disaster
- Bachelor's degree and 2 years providing mental health services

****You only need to take this full day course once

Location: NYC Department of Health and Mental Hygiene, 42-09 28 St, Room 14-43 LIC, NY

POD Training

Sat., March 2nd – 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.

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

Wed., June 5th (weekday POD training)

Time: 3:00 – 9:00pm

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

Please make every effort to attend one of these POD trainings.

To register for any of the above trainings, please send an email to healthmrc@health.nyc.gov and indicate what training you wish to attend, your name, profession and phone number.

On-line Training:

At Risk in Primary Care - NYC DOHMH is now offering a new online interactive course that has just been introduced and is available without cost to all NYC primary care providers by the. The course is designed to prepare providers to screen and manage the treatment of patients with trauma-related mental health disorders, including PTSD, depression, alcohol and substance use disorders, and general anxiety disorder. NYC DOHMH is hoping that all NYC primary care physicians and their staff members will take this CME & CNE training.

The interactive course, entitled *At-Risk in Primary Care*, includes several narrative “cases” and high levels of interactivity, including virtual role-play conversations with intelligent, fully-animated, emotionally responsive patient avatars.

At-Risk in Primary Care Course Features:

- Interactive Cases, including interactive role-play with two Virtual Patients
- Available online 24/7 from any internet connected computer
- Provides 1.50 CME or CNE credits
- Divided into five 10-20 minute modules
- Self-paced and can be completed in multiple sittings

NYC Primary Care Providers and Staff can access the training here:

Access the training: www.kognitomed.com/34

Use Enrollment Key: nyc34

Articles of Interest

[Reacting to the Sandy Hook Elementary School Shooting](#)

The American Psychological Association has provided tips for managing distress in the aftermath of the shooting. To read more, go to: <http://www.apa.org/school-shooting.aspx>

[With New Rules, Few Public Health Labs to Handle Riskiest Agents](#)

According to the Association of Public Health Laboratories (APHL) and officials with state labs, few state public health laboratories plan to maintain stocks of certain pathogens that could be used in a bioterrorist attack due to more stringent security requirements set to take effect in April, 2013.

To learn more, go to:

http://www.cidrap.umn.edu/cidrap/content/bt/bioprep/news/dec1312select.html?utm_source=BNT%2C+December+14%2C+2012&utm_campaign=BNT121412&utm_medium=archive

[HHS Offers Some Forecasts on Medical Countermeasures](#)

This month, the U.S. Department of Health and Human Services released the 2012 [Public Health Emergency Medical Countermeasures \(PHEMCE\) Implementation Plan](#). This report offers predictions on when new countermeasures against biological threats will become available. To read more, go to:

<http://www.cidrap.umn.edu/cidrap/content/bt/bioprep/news/dec1112phemce.html>