



New York City Medical Reserve Corps



February 2012

42-09 28 St., Queens NY 11101

347-723-1696

healthmrc@health.nyc.gov

Emergency Notification Drill - NYC MRC's Emergency Notification Drill was sent on Thursday, January 19, 2012 and 75% of our members responded. **BRAVO!**

MRC SPRING TRAININGS

Wed., Feb. 8 - 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. This training is offered 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: 42-09 28 St, Long Island City, room 12-22. A light breakfast and lunch will be served.

Why I Volunteer



Name: Angeli Medina, RN, BSN, MPA
MRC Member since 2007

Profession: Registered Nurse (BS in Nursing) with a Master in Public Administration and Board Certified in Emergency Nursing (CEN) with Certification in Trauma Nursing Core Course,

What MRC activities have you participated in lately?

Point of Dispensing (POD) 2011

Disaster Drill (Bomb threat) 2011

POD Functional Exercise

Fire & Police 2011 Games

ING Marathon 2011

CERT Search Activities

Emergency Nurses Association Committee Member

Why do you volunteer? As a nurse and an educator, I believe that emergency and disaster management is a dynamic process that requires preparation, mitigation, and recovery strategies. I think it is essential that nurses both current/licensed and retired nurses as well as community volunteers participate in all phases of emergency management process to decrease the morbidity and mortality related to disasters whether it is multiple patient incident, multiple casualty incident or mass casualty incident.

I believe that NYC MRC can best provide the guidance, training, management and leadership in promoting the safety and meeting the needs of the people during a disaster. I feel that it is an honor and a privilege to be a volunteer member of the NYC MRC and I am very grateful for the opportunity of being a member of the NYC MRC.

Tues., Feb 21st - Cultural Competency – An MRC core competency. Cultural competency is often misunderstood. Join us as Dr. Sujata Warriar helps us to explore our own cultural biases, gives concrete examples of what cultural competency means, and how our understanding of cultural differences will make us better able to help NYC's diverse population. This is a fun, interactive workshop. Training is open to all MRC members and especially useful for mental health professionals.

Location: Red Cross of Greater NY, 520 West 49th Street, NYC.

Registration and food 5:30 pm, training: 6:00 PM – 8:00 PM

Tues., March 20th – MRC Orientation – This is an introduction to the Medical Reserve Corps and includes information on how MRC fits into the emergency response plan, creating a family plan and a go bag, the ICS structure, and how MRC works. This training is a pre-requisite for many other trainings. Training is open to all members.

Location: 125 Worth St, 3rd Floor Boardroom, lower Manhattan, NYC

Registration and food: 5:30, training 6:00 PM– 8:00 PM

Wed., March 28th - Psychological First Aid – What are the stresses for both victims and responders and how can we help? Learn about this and other mental health issues in this training. This workshop will include small group exercises. Psychological First Aid is one of MRC's Core Competencies. This training is especially for non-mental health professionals

Location: 125 Worth St, 3rd floor Boardroom, lower Manhattan

Registration and food: 5:30, training 6:00 PM– 8:00 PM

Thurs., March 29th – POD Training – This hands-on training is one of the essential trainings for MRC members. 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.

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

Time: 3:30 PM– 8:30 PM

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. Please see the description and prerequisites above.

Location: 125 Worth St, 3rd floor boardroom, lower Manhattan

Time: 6:00 PM– 9:00 PM, with registration and food at 5:30. Late comers will not be allowed to participate.

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

Location: 42-09 28 St, Long Island City

Time: 9:00 AM – 5:00 PM (please arrive by 8:30 for registration and breakfast)

Sun., May 20th - 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.

The Medical Reserve Corps celebrates its 10th Anniversary

The Medical Reserve Corps was created as a direct response to the tragedy of 9/11.

Ten years ago during the 2002 State of the Union Address, President George W. Bush created the MEDICAL RESERVE CORPS, to help coordinate volunteer activities that will make our communities safer, stronger, and better prepared to respond to any emergency situation.

MRC units are now in almost every state, with 973 units across the country and 203,423 members nationwide.

To register for MRC trainings, please send an email to:

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

February 16 – Pet Preparedness

Sponsored by the NYC Citizen Corps Council and NYC Medical Reserve Corps, this workshop is designed to provide NYC volunteers with an in-depth understanding of how and why to plan and prepare pets for emergencies. The workshop will include presentations by the NYC Office of Emergency Management’s (OEM) Human Services unit and the American Society for the Prevention of Cruelty to Animals (ASPCA). OEM’s Human Services unit will discuss how the city plans for pets in the event of an emergency. The ASPCA will provide attendees with tangible preparedness skills for pet owners.

The workshop will be held on Thursday, February 16 from 6:30 – 8:30 PM at the NYC Office of Emergency Management (165 Cadman Plaza East, Brooklyn).

To register, email: citizencorps@oem.nyc.gov your

name, email address, phone number, volunteer organization affiliation, and the title and date of the training you are interested in registering for. Space is limited.

Article – American Medical News – Disaster Medicine Dilemmas

In an interesting Monday, January 2 article by Kevin O'Reilly from *American Medical News*, *Disaster Medicine Dilemmas* are analyzed. The article focuses on large-scale emergencies that have required quick action by medical personnel and the follow-up questioning of these quick decisions.

To read the article, visit: www.ama-assn.org/amednews/2012/01/02/prl20102.htm.

February is Heart Health Month - In the interest of healthy people and healthy hearts I encourage you to think about your health, and the health of those around you.

Things you can do:

- ❖ Get involved with the Million Hearts campaign and take action!
- ❖ Encourage your families, partners, and colleagues to participate in the American Heart Association's National Wear Red Day on February 3, 2012, to raise awareness of heart disease in women. Join the "Wear Red Day Challenge" – take a picture (be sure to send us a copy)!
- ❖ Promote basic education. Ensure individuals know their "ABCS" - Appropriate aspirin therapy, Blood pressure control, Cholesterol control, and Smoking cessation.
- ❖ Ensure health living. Start a walking club in your community.
- ❖ Using social media? Link to these initiatives on Facebook (<http://www.facebook.com/millionhearts>; http://apps.facebook.com/wear_red_day/?ref=ts) and Twitter (@MillionHeartsUS; @American_Heart).

Resources:

Million Hearts

<http://millionhearts.hhs.gov/index.shtml>

Million Hearts is a national initiative to prevent 1 million heart attacks and strokes over the next five years. Heart disease and stroke are two of the leading causes of death in the United States. Million Hearts brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.

American Heart Association

<http://www.heart.org/HEARTORG/>

National Wear Red Day – February 3, 2012

<http://goredforwomen.org/wearredday/> Heart disease kills more women than all cancers combined.

Act. Free downloadable resources available at: <http://goredforwomen.org/wearredday/>

CDC – Heart Disease Home

<http://www.cdc.gov/heartdisease/>

Report – Crisis Response and Disaster Resilience 2030

On Tuesday, January 17, FEMA's Strategic Foresight Initiative released Crisis Response and Disaster Resilience 2030, a report on future challenges in emergency management. The report includes analysis of the future role of emergency and disaster management; strategic needs and gaps the emergency management community will have to address; and insights that provide high-level observations to inform and guide decision makers. For additional information, visit:

www.fema.gov/about/programs/oppa/strategic_foresight_initiative.shtml.

New York City Completes Major 911 System Overhaul

New York City officials have announced the completion of a major 911 system overhaul that will allow the Emergency Medical Dispatch services to handle call volumes well above the peak hourly call volume that took place on September 11, 2001. Features of the new system include on-screen maps of the caller's location, and an integrated and streamlined approach to data sharing among public safety agencies. To read more about this, go to:

<http://www.emergencymgmt.com/safety/New-York-City-Completes-Major-911-System-Overhaul.html?elq=662e91228e7e4ee08867ce59d231517e>