



New York City Medical Reserve Corps



January 2013

42-09 28 St., Queens NY 11101

347-723-1696

healthmrc@health.nyc.gov

Emergency Notification Drill

MRC will conduct its quarterly Emergency Notification Drill the week of February 25th. Please be sure to respond to the message. You must answer the phone notification live – you may not call back after receiving a message on your voicemail. You may answer your email notification at any time. Phone calls will come from the 518 area code.

Hurricane Sandy

Thank you for serving during Hurricane Sandy. Your works made a huge difference to those who were displaced, lost homes and were otherwise impacted by the storm.

Here are some reflections some of you shared:



“I was able to serve a short shift at the Far Rockaway Recovery Center on Thanksgiving Day (8am - 12pm). It was a low volume day, and the center closed early, but it was moving to witness the coordinated efforts of all the organizations who had mobilized to initiate services for those who came. I was the only mental health professional and was well used by all the assisting staff members when someone demonstrated signs of distress. The people themselves were receptive to the support.” Anne S

Why I Volunteer



Mark Black

Name: Mark Black, LMSW

MRC Member since 2005

Profession: Social Worker, retired for 1 and 1/2 years, after 37 years of hospital-based work in NYC.

What MRC/CCC activities have you participated in lately?

MRC Orientation 2012

Hurricane Sandy: Volunteered at 3 Evacuation Centers: John Jay College, George Washington HS & Park Slope Armory.

At the John Jay shelter, I was appointed by Dr. Marder, Medical Director of NYC Dept. of Homeless Services, to coordinate a team of volunteers assigned to discharge planning for medically compromised evacuees. I also provided mental health support at two Restoration Centers: Graves End/Coney Island and Averno Center in the Rockaways.

Are You Involved In Any Other Volunteer Activities?

Gay Men's Health Crisis (GMHC)
Senior Advocacy and Services for GLBT Elders (SAGE)
Volunteer Park Tender, Riverside Park

Why do you volunteer?

I volunteer for NYC MRC, because I love my city and care about my fellow New Yorkers. Also, as a retiree, it enables me to utilize the professional training, experience, and people skills that I acquired as a social worker over many years



"I was working as an EMT during the weekend after Sandy went through at the High School for Graphic Arts on West 49th Street. There was this little senior citizen woman who had been lying on a cot outside the medical room for some time. I was told that she had wanted to go home but didn't know if the power was on. There was no way to find out. So she stayed patiently on the couch for hours. During my time there,



Dr. Permashaw & Janet Napolitano

Averne Restoration Center, Rockaways
gentleman complained of chest pains and 911 was called. Fire usually shows up with EMS and they all went into the back to take care of the patient (false alarm). On the way out one of the Fire guys, a big, young guy notices the little senior citizen and she notices him and a conversation ensues. They live in the same building and recognized each other as neighbors! The fireman hadn't been home in 5 days, and said he was going home later, and would call her when he found out about the electricity. They exchanged phone numbers and pecked her on the cheek on the way out. "Heartwarming and only in New York". Jon B



Lehman College

"I met very lovely staff from Bellevue, Sea View Nursing Home and the DMAT Team, as well as very many nice NYC citizens, including a man we assisted with admission for psych issues" Barbara S.

"Over six days there were so many stories to tell. Heartfelt, stories of people who lost

everything save their lives. I spent most of those six days, listening, hugging and listening some more. People were in shock but almost without a doubt at the end of each conversation, each person I talked to told me "Thank You. I really appreciate you sitting and listening to me. You didn't have to do that." and they smiled. That smile meant everything." Nesta H.



Petrides School, Staten Island



*Park Slope Armory, Brooklyn
PS 118, Manhattan*



Hillcrest HS Shelter MRC team



At the Breezy Point Restoration Center

MRC Trainings

MRC Orientation

January 16 – Churchill School (seats still available!)

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 (seats still available)

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.

MRC Exercise

Primary Care Emergency Preparedness Network (PCEPN) Family Health Center Exercise on Jan 22, 2013 has invited us to participate in an exercise they are conducting at 6 primary care centers on Tuesday, January 22nd. . The exercise tests the clinics' ability to manage mass surge for an infectious disease. MRC members will be playing patients, and will be giving feedback on how the clinic managed the surge during the hotwash immediately following the exercise.

We need 6 volunteers at each of these sites:

INSTITUTE FOR FAMILY HEALTH, 16th STREET FAMILY PRACTICE 16 West 16 St, New York, NY 10003 Volunteer Coordinator: Matthew Ziemer: phone 646 522-8964

FAMILY HEALTH CENTER OF HARLEM 1824 Madison Avenue, New York, NY 10035 Vol. Coordinator: Carmen Ayala - 646-574-7099

WALTON FAMILY HEALTH CENTER 1894 Walton Avenue, Bronx, NY 10453 Vol. Coordinator Richard Lecky - 646-430-3414

STEVENSON FAMILY HEALTH CENTER 731 White Plains Road, Bronx NY 10473 Vol. Coordinator: Michelle Penny – 845-707-2557

MORRIS HEIGHTS FAMILY HEALTH CENTER 85 Burnside Avenue, Bronx, NY 10453 Vol. coordinator – Jean Paul Ruggiero – 646-765-3281

BROOKLYN PLAZA FAMILY HEALTH CENTER 650 Fulton St, Brooklyn, NY 11217 Volunteer Coordinator – Madeline Taveres – 347-386 8762

Articles of Interest

Do 1 Thing in 2013

DO 1 THING is a web-based preparedness program that encourages participants to become better prepared by focusing on one topic each month. The Office of Public Health Preparedness and Response has recognized the project as a community effort that embodies the Whole Community approach.

To learn more, go to: <http://blogs.cdc.gov/publichealthmatters/2013/01/do-1-thing-in-2013/>

Storm Weakened a Fragile System for Mental Care

Beth Israel Medical Center is the only comprehensive psychiatric emergency room functioning in Lower Manhattan since Hurricane Sandy struck. To read more, go to:

http://www.nytimes.com/2012/12/27/nyregion/new-yorks-mental-health-system-thrashed-by-services-lost-to-storm.html?ref=health&_r=2&utm_source=BNT2%2C+December+27%2C+2012&utm_campaign=BN T122712&utm_medium=archive&

Reach out with a Winter Weather E-card

Click the above link to find out how to encourage friends and family members to get prepared for winter weather. CDC has winter e-card, such as "The Twelve Days of Health", "Don't let Jack Frost Take a Bite Out of You" and "Winter Weather". Click on this link:

<http://t.cdc.gov/ecards/browse.aspx?category=218> they have sound and healthy messages.

Text Messaging for Public Health Emergencies

The University of Washington is highlighting several research publications and products that address the effectiveness of text messaging for public health communication. To learn more, go to: <http://www.nwcphp.org/research/projects/completed/text-messaging-for-public-health-emergencies>

Article: "Adaptation: how our cities can be climate proofed"

Eric Klinenberg (who wrote the book on Chicago's Heat Wave) wrote this article for the **New Yorker** about urban adaptation. The second half has a lot to say about public health resilience. This is a really good piece on the benefits of resilience and what it might look like. To read more about this, please open the attached article.