



New York City Medical Reserve Corps



March 2012

42-09 28 St., Queens NY 11101

347-723-1696

healthmrc@health.nyc.gov



SAVE THE DATE: NYC Medical Reserve Corps Volunteer Recognition Celebration Wednesday, April 25, 2012

Please plan on joining us at Baruch College for an evening of celebrating you: NYC Medical Reserve Corps members. Details to follow.



A Peek into the Future of Emergency Management Solutions

An interview with Knowledge Center's Chief Operating Officer, John Degory, provides insight into the emerging technologies in emergency management. Knowledge Center is a private technology company located in Pittsburg that works closely with the emergency management community in southwestern Pennsylvania. Degory addresses topics such as considerations to be made before implementing an Emergency Operations Center (EOC) information management system, and the role of social media. To read more about this, go to:

<http://www.emergencymgmt.com/safety/A-Peek-Into-the-Future-of-Emergency-Management-Solutions.html>

Why I Volunteer



Name: Peter Reynolds

MRC Member since 2009, member of the Radiological Response Team since 2010

Profession: Director of Facilities Management and Emergency Management Coordinator. Emergency Management has become my professional passion.

What MRC activities have you participated in lately?

Point of Dispensing (POD) 2011

Are you involved in any other Volunteer activities?

Blauvelt Volunteer Fire Company, Blauvelt, NY

Rockland County Safety Officers Association, Rockland Regional Technical Rescue Team (RRTRT)

International Association of Emergency Managers

NY State Plant Manager Association, (Past President)

International Facility Management Association

Long Island Healthcare Life Safety Association

Hospital Engineers Society of Greater New York

CERT member of CB-12, Deputy Chief

NYC Medical Reserve Corp

Integrated Emergency Management at Columbia University Medical Center

FASNY, Firemen's Association of the State of New York

Why do you volunteer? I heard about MRC from someone at the NYC Department of Health in 2010. I wasn't sure I was eligible to join at first, since I am not a medical professional, but MRC explained to me that there would be plenty to do for everybody, both clinicians and non-clinic in the event of a disaster. Now that I've completed several MRC trainings, I realize that with my facilities and emergency management experience, there are many services I can offer to the MRC in an emergency.

Besides, NYC is the greatest city in the world!

New York State Overhauls Emergency Response Capabilities Post-Irene

In the wake of lessons learned from Hurricane Irene, New York Governor Andrew Cuomo has proposed several key initiatives to improve the state's emergency response capabilities. In his announcement last week, Cuomo proposed creating five Regional Disaster Logistics Centers that will stockpile equipment and serve as staging grounds to ensure resources are in place prior to an emergency. He also proposed the creation of a new state emergency database, and has ordered the state to take an inventory of all emergency response gear so that unnecessary or outdated equipment may be sold. To read more about this, go to: <http://www.homelandsecuritynewswire.com/dr20120226-new-york-overhauls-emergency-response-capabilities-postirene>

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

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.

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

Registration and Food: 5:30PM, 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 designed for non-mental health professionals.

Location: 125 Worth St, 3rd Floor Boardroom, Lower Manhattan

Registration and Food: 5:30PM, 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. **Please make every effort to attend one of these POD trainings.**



Location: Church of St Paul the Apostle Church, 405 West 59 St, (entrance on Columbus Ave, between 59 & 60 St.) Lower Level, Manhattan
Time: 3:30 PM– 8:30PM (dinner will be provided)

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.

Thurs., April 12 – NEW! - 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.

Location: 9 MetroTech Center, Downtown Brooklyn - You must show photo ID to enter FDNY building
Registration and Food: 5:30PM, Training: 6:00PM – 8:00PM

Sat., April 28 – NEW! – 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.

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

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

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 prerequisite for this training. 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 experience providing services to those experiencing traumas or disasters

*Bachelor's degree and 2 years of experience providing MH services.

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

Location: 125 Worth St, 3rd Floor Boardroom, Lower Manhattan

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

Thurs., May 10 & Fri., May 11 – NEW! - 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, Queens

Registration and Food: 8:30AM, Training: 9:00AM – 5:00PM

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.



Sat., May 19, & Sun., June 10th – 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.

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

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



Wednesday, May 30th - LIJ Decon Exercise – Our colleagues at Long Island Jewish Hospital 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. The exercise is tentatively scheduled to take place from 11:00AM – 4:00PM. More information will follow as we receive it.

**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

Thursday, March 22 – Focus on Floods: Impact of Insurance on disaster Readiness, Response and Recovery – Property Insurance covers more than 80% of funds for rebuilding following a disaster. Sponsored by the NYC Citizen Corps Council, this training will cover insurance basics, including key coverage and common shortfalls, followed by an in depth look at insurance's impact on flood readiness and response and recovery. Insurance expert Elizabeth Malone will conduct the workshop which will include examples from past disasters.

Time: 6:30 – 8:30 p.m.

Location: Office of Emergency Management, 165 Cadman Plaza East, Brooklyn.

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

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 . 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.