

### Upcoming

### Events:

JAN 19, 2016  
FEB 16-21, 2016  
APRIL 29, 2016

### NEXT MEETING:

JANUARY 10, 2016  
6:00 p.m- 8:30 p.m.  
CONTRA COSTA EMS

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your DHV  
account!

[http://  
disasterhealthcarevol  
unteers.ca.gov/](http://disasterhealthcarevolunteers.ca.gov/)



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Contra Costa County  
Medical Reserve Corps

# MRC UPDATES

## MRC Holds Shelter Medical Operations Drill

The Contra Costa MRC held a functional exercise to test establishing medical operations in a shelter. This exercise was designed to simulate the emergency response deployment similar to the Valley Fire. The MRC deployed their team and equipment cache to Dozier Libbey High School. The Dozier Libbey HOSA students established a shelter footprint and then participated in different aspects of this exercise. MRC members established the medical operations area, the behavioral and emotional support area, and a flu clinic. MRC nurses provided free influenza vaccines to members of the community. The MRC Mental/Behavioral Health Response Team (MBHRT) talked to the Dozier Libbey students about crisis intervention and mental health resources available in the Bay Area. The Dozier Libbey HOSA students then had a class on moulage, bleeding control and patient movement. Several MRC members joined the HOSA students by attending the group discussion and learning moulage. Overall all the students had a positive experience interacting with MRC members and learning new skills. The MRC had a successful exercise but also learned a few areas of improvement. The After-Action Report (AAR) will be available for review soon. The MRC will use the improvement plan to continue to build and improve capabilities and response.



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The MRC also supported a variety of activities during the Statewide Medical Health Exercise on November 17, 2016. Although it was not our intention to participate, several MRC members stepped up to the plate filling significant needs for the exercise. Thank you to all the volunteers that helped that day, you provided a positive experience for many participants and proved the value of the MRC in various roles during a response.

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## HOSA Partnership is Growing

Health Occupations Students of America (HOSA) has chapters all over the Bay area. The students involved in HOSA are all interested in careers in the medical profession. For several years Contra Costa MRC has partnered with Dozier Libbey Medical High School in Antioch, CA. MRC members have provided career mentorship and disaster preparedness education and training. The

HOSA students have participated in several MRC activities filling a variety of roles. Recently the Clayton Valley High School HOSA has approached the MRC for a partnership. This HOSA has a new advisor and is interested in finding more opportunities for their students. The Clayton Valley HS HOSA chapter is looking for medical professionals to do career presentations during the lunch hour **(12:00-12:30) on the first and third Wednesday of the month.** They are also interested in places that allow tours and other training opportunities. If you are interested, please contact the MRC coordinator to schedule.

## MRC Challenge Award

We have submitted an application for the 2017-2018 Challenge Award. Last year the MRC received a \$15,000 award to grow the mental health resources in the unit as well as restore some of the equipment within the unit to maintain capabilities. The Challenge Award has helped provide PFA training, and NADA training for the 2016 year and will continue to fund mental health training for our volunteers and BMHRT members.

This year's application will focus on the implementation of a training program in partnership with Health, Housing and Homeless Services. If the application is accepted, the MRC will begin program development in February. The workgroup will attend meetings, help develop the training program, and design surveys and educational material. The commitment will include attending meetings during business hours, developing training material and assisting in training. Contact the MRC Coordinator if you are interested in being on the workgroup for this project.

## Upcoming Events

The MRC will be participating in the following events, contact the MRC Coordinator for details and to sign up. **Please sign up for events on Signup Genius.**

### Community Outreach

- Flu Clinics-There will be a Flu Clinic at the Loma Vista Adult School in late January more update once available
- CPR training | Antioch High School| January 11, 2017 8:15 am
- CPR Training | Contra Costa College | January 19, 2017 9:45 am
- CPR Training | Diablo Valley College | January 30-31,2017 TBD

### Training

- MRC/HOSA POD| Dozier Libbey High School | January 19, 2017 2:45 pm
- Operation First On Scene | Oakland, CA | April 29, 2017

## Welcome New Members

**CCC MRC is actively recruiting behavioral and mental health professional to our unit. If you know someone, please tell them**

## Commit to your Community



Do you know someone who would be interested in joining the MRC?

Invite them to a meeting or connect them with the MRC coordinator

[lisa.vajgrt-smith@hsd.cccounty.us](mailto:lisa.vajgrt-smith@hsd.cccounty.us)

(925) 313-9548

**about the MRC and have them call the coordinator. If you know anyone who wants to join the MRC please have them contact the MRC Coordinator at 925-313-9548 or invite them to an Open House.**

**We need your help! If you are available to help recruit new active team members please contact the MRC Coordinator for recruitment materials and to identify opportunities to talk to groups of healthcare providers.**

## Competency Corner

### DMPH 5.0 DEMONSTRATE KNOWLEDGE OF PERSONAL SAFETY MEASURES THAT CAN BE IMPLEMENTED IN A DISASTER OR PUBLIC HEALTH EMERGENCY

Self Care. This Holiday season can be a stressful time for many people as they try to juggle the demands of family, work, and preparing for the holidays. Current events can also add to stress levels. The CCMRC unit has been focusing on behavioral and mental health capabilities for the last year and will continue to build this capability for both our unit, responders, and the community.

#### Activities to Promote Self-Care:

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| <p>Manage personal resources, Plan for family/home safety</p>   | <ul style="list-style-type: none"> <li>▶ Use the buddy system to share upsetting emotional responses</li> </ul>  |
| <p>Getting adequate exercise, nutrition and rest</p> <ul style="list-style-type: none"> <li>▶ Use these stress management tools regularly: Share concerns, identify difficult experiences and strategies to solve problems with your supervisor</li> <li>▶ Practice brief relaxation techniques during the workday</li> </ul> | <ul style="list-style-type: none"> <li>▶ Be aware of limitations and needs</li> <li>▶ Increase activities that are positive</li> <li>▶ Practice religious faith, philosophy and spirituality</li> <li>▶ Spend time with family members</li> <li>▶ Write, draw, or paint</li> <li>▶ Limit caffeine and cigarette use</li> </ul> |

#### At Work Make Every Effort to:

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| <ul style="list-style-type: none"> <li>▶ Pace yourself, Maintain boundaries</li> <li>▶ Delegate, say “no” and avoid working with too many supervisors in a given shift</li> <li>▶ Perform regular check-ins with colleagues, family, and friends</li> <li>▶ Work with partners in a team</li> </ul> | <ul style="list-style-type: none"> <li>▶ Take relaxation/stress management/bodily care/ refreshment breaks</li> <li>▶ Use regular peer consultation and get advice from your supervisor</li> <li>▶ Try to be flexible, patient and tolerant</li> <li>▶ Accept that you cannot change everything</li> </ul> |
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#### Avoid Engaging in:

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| <ul style="list-style-type: none"> <li>▶ Extended periods of solo work without colleagues</li> <li>▶ Working around the clock with few breaks</li> </ul> | <ul style="list-style-type: none"> <li>▶ Negative self-talk that reinforces feelings of inadequacy or incompetence</li> <li>▶ Excessive use of food/substances as support</li> </ul> |
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This competency corner information is from the NACCHO MRC Volunteer Core Competencies Quick Guide (2015). You can borrow this resource for check out from the MRC Coordinators Office. Did you know the CCMRC has a Little Lending Library. The MRC has PALS, BLS, and ACLS books to checkout for renewal as well as Quik Guide series books and disaster resources. Do you have a resource to contribute to the Little Lending Library?