



# The Pulse

SPRING 2014

Official Newsletter of the MD Responds Medical Reserve Corps

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The Maryland Responds Medical Reserve Corps (MDRMRC) Newsletter is brought to you by the Maryland Department of Health and Mental Hygiene (DHMH) Office of Preparedness and Response (OP&R).



## PrepareAthon!

Over five million people around the nation joined together on April 30, 2014 to prepare for emergencies. While some put together their first emergency supply kits, others practiced their family communications plan.

The Federal Emergency Management Agency conducted this community-based campaign to increase awareness of emergency preparedness and community resilience.

The Maryland Responds Medical Reserve Corps (MDRMRC) state program contributed to this event by disseminating emergency preparedness information through the MDRMRC Facebook.

Over a two week period, the Facebooks of the MDRMRC state program and Office of Preparedness and Response posted resources relating to family and business preparedness, hurricanes, tornadoes, earthquakes, and flooding.

This initiative will pick up again in the fall to prepare for the Great ShakeOut – a national drill on earthquake preparedness.

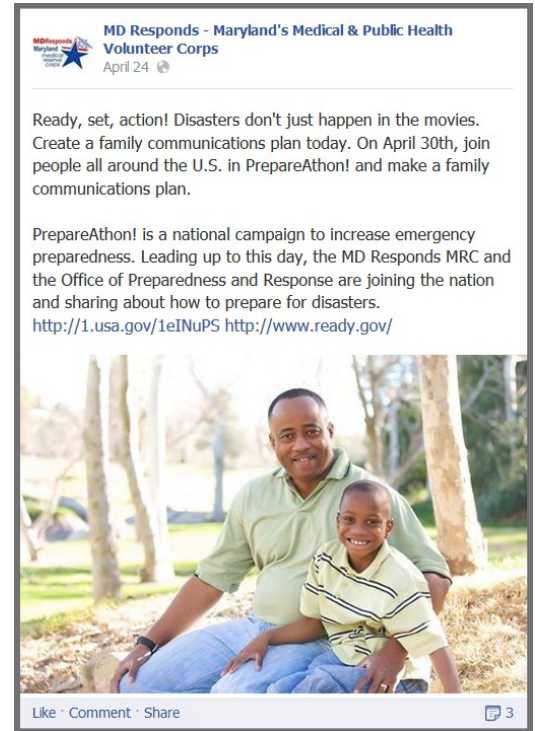
## Build the MD Responds MRC

Call for feedback. The MDRMRC, in partnership with the Maryland Institute College of Art Center for Design Practice, is actively seeking new approaches to how we engage with volunteers.

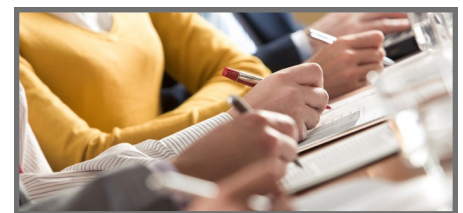
We want to learn from your experiences — the good and the bad so that we can make your experience better and our impact stronger. Please participate in the survey link here: <http://bit.ly/MDRfeedbacksurvey>.

Want to help us shape the future of the MDRMRC? In addition to completing the survey, join the MDRMRC Advisory Board — contribute to community outreach activities and help develop strategies for recruitment, training and exercise, and volunteer engagement.

For more information on the MDRMRC Advisory Board of volunteers, unit administrators, and other partnering organizations, expect an email in May 2014 application announcement.



April 24, 2014's PrepareAthon emergency preparedness information post on the MDRMRC Facebook.



## Winter Storm Pax: A Peak into Deployment Steps

From February to March 2014, residents of Maryland braced themselves for a number of potential emergency events, including a tornado watch, polar vortex, ice storms, and general winter weather warnings, to name a few.



During Winter Storm Pax, the MDRMRC state program received an emergency activation request from the Department of Human Resources who was opening a state shelter and had several other shelters on standby. Volunteers were needed to staff a health station. This is the process that followed:

Volunteers received an activation notification from the MDRMRC. Information provided included: state shelter location, shift dates and times, staffing needs (mental health and medical providers), and other incident specific details. Volunteers with outdated contact information

in their profile did not receive this notification.

Volunteers responded to the activation notification with their availability to deploy. An MDRMRC state administrator contacted, scheduled, and assigned roles to volunteers.

Scheduled volunteers received a deployment packet. This packet briefed volunteers with deployment site logistics, a job action sheet, deployment go kit checklist, and a list of health station supplies that would be available for use.

In total, the MDRMRC scheduled 13 shifts. Fortunately, the weather improved and the state shelters were closed before anyone physically deployed. Even so, we appreciate each volunteer who quickly responded and set aside time to serve their community through the MDRMRC. Thank you to: Frank Cammarata, Joyce Johnson, Steven Carreras, Janet Caughlan, Joy Goodie, Joy Malanyaon, Catherine Beers, Kristen Hill, Sharon Covington, Kelly Wetzal, and Emanuel Johnson for your dedication.

Many other volunteers also responded to help. Even more volunteers prepared their communities by sharing weather alert information with their friends and families. We appreciate your time and dedication to serving Maryland.



Help pioneer our  
LinkedIn group!

[http://bit.ly/  
LinkedInMDResponds](http://bit.ly/LinkedInMDResponds)

## 2013 MRC Network Profile



Wonder what other Medical Reserve Corps throughout the United States are doing? A 2013 network profile of all MRCs across the United States has been published by the National Association of County and City Health Officials (NACCHO).

The 2013 network profile captures MRC unit composition, administration, and community impact. View the report here: <http://bit.ly/1lu2jq6>.

## Sharing Emergency Management Evaluations



"Evaluate and Improve" is the final phase of the Federal Emergency Management Agency's Preparedness Cycle.

You participate in an exercise or training. Given a survey at the end, you answer questions. You evaluate what you just experienced. After handing in the evaluation, what happens with your responses?

Participants of the 2013 MDRMRC orientation class completed an evaluation of the course. After collecting all the responses, MD Responds MRC state administrators analyzed and reported findings in a modified after action report.

An after action report (AAR) is a tool used in the emergency management field. Lessons learned, corrective actions, and gaps are reported during the evaluation and improvement phase of the emergency preparedness cycle (see figure). Many AARs are published on the Lessons Learned Information Sharing webpage (<https://www.llis.dhs.gov/>), where people in emergency management and homeland security can share with one another lessons learned and best practices.

The MDRMRC state program published its 2013 orientation AAR to this resource. Find a link to this AAR on the "News and Resources" section of our Web page: <http://1.usa.gov/lpogUaD>. To directly access the report, click here: <http://1.usa.gov/lnEsREI>.

## Tailored Opportunities for You

From February to May 2014, MD Responds MRC (MDRMRC) volunteers have participated in over 6 training opportunities. Trainings covered topics ranging from introductory to advanced Federal Emergency Management Agency courses.



Participants in a drill help test the flow of a point of dispensing. Photo courtesy of Kristopher Durham with the Talbot County Health Department.

Over this time span, nearly 100 participants engaged in these trainings coordinated by the MDRMRC state program. The MDRMRC arranged learning opportunities to complement a range of volunteer schedules.

Courses took place online and in class, both during and after business hours. Trainings were geared towards audiences with medical and non-medical backgrounds.

Additionally, two MDRMRC county units directed volunteers to emergency response drill opportunities. In Montgomery County, a full scale exercise to dispense antibiotics was conducted. In Talbot County, volunteers helped with a points of dispensing drill.

Your MDRMRC administrators at both the county and state level thank you for your participation. We are excited to connect you to more training and exercise opportunities!

## Amendment

Our sincerest apologies go to Kelly Brinkley who wrote the winter 2014 MD Responds MRC newsletter article titled, "Community Outreach for Worcester County." The article failed to correctly identify her as the author.

## Winter Highlights — Howard County Unit

*Contributed by Giselle Bonilla, MPH, CHEP, MD Responds MRC Howard County unit administrator*

Once again, the MD Responds MRC Howard County unit would like to express our gratitude to volunteers for their time and work.

On April 10, 2014, Veterans Elementary School conducted their 3rd annual Wellness Fair. On behalf the Howard County Health department, “Thank you for the generous donation of your time and effort during the fair providing blood pressure screenings and discussing risk of heart attack and stroke with the participants. You truly made a difference in our community.”

Additionally, thank you to those who volunteered their time and expertise to the Cancer Control and the Adult Evaluation and Review Services (AERS) programs. We do appreciate the countless hours you put in to help with patient intakes, reviewing charts,



Volunteers provide blood pressure screenings and discuss heart disease risks with the Howard County community. Photo courtesy of the Howard County Health Department.

filing documents to patient charts, and entering patients’ information into our health database. Your contribution supports the Howard County Health Department’s efforts of strengthening public health, emergency response, and community resilience.



## Faith-Based Community Outreach

*Contributed by Shawn Stoner, Public Health Emergency Planner, MDRMRC Washington County unit administrator*

The Washington County Health Department (WCHD) participated as a partner agency in the training, *What Every Faith-Based Facility Should Know About Emergency Preparedness and Planning*. This half day training was sponsored by the Washington County Citizen Corps, a subgroup of the Washington County Local Emergency Planning Committee.

Additional partner agencies included the Washington County Emergency Management Agency, Washington County Emergency Communications Center, Washington County Department of Social Services, and American Red Cross Chesapeake Region.

This was our first training targeting the faith-based community. It was attended by 14 faith-based organizations who worked together to outline 1) how our organizations can assist the faith-based community with their emergency planning activities and 2) how their facility and congregation can assist us in our emergency planning activities.

The WCHD highlighted volunteerism, specifically the MDRMRC, promoting the importance of volunteers in emergency response activities such as points of dispensing operations, shelter activations and family assistance centers. As a result, the MDRMRC Washington County Unit successfully recruited a couple of new volunteers.

## Baltimore City Prepares—Join us!

Contributed by Meghan Stepanek, JD, MPH, Baltimore City MDRMRC unit administrator

The next meeting of the Baltimore City Local Emergency Planning Committee will be Tuesday, May 6 from 8:00am to 12:00pm at the Baltimore Museum of Industry. For more information and to sign up to receive information on future meetings, go to <http://emergency.baltimorecity.gov/LEPC.aspx>.

If you are interested in joining Baltimore City Health Department to assist in collecting survey data at health preparedness and resilience presentations in the community, email [OPHPR@baltimorecity.gov](mailto:OPHPR@baltimorecity.gov).

## Food and Drink Policy Change

The Department of Health and Mental Hygiene (DHMH) will not provide food or drinks at trainings or exercises effective April 23, 2014. In the past, MDRMRC hosted trainings offered lunch. Funding for such offerings has been discontinued.



The MDRMRC staff acknowledge that volunteers invest their own time and resources to attend classes and participate in events. In

training and exercise announcements, flyers will remind volunteers to pack a lunch and drinks so that volunteers can prepare accordingly.

*Does this mean that any training I attend through MDRMRC will not provide food?*

The MDRMRC connects volunteers to a variety of trainings. Some trainings are hosted by DHMH. Other trainings are hosted by outside agencies.

Outside agencies may have funding and may provide lunch to its participants. Thus, carefully read training announcements to see if food and/or drink will be provided.

## Stay Connected — Follow Us Through Social Media



[www.facebook.com/MDResponds](http://www.facebook.com/MDResponds)

Connect with other MD Responds MRC volunteers.  
Receive reminders about training or exercise opportunities.  
Learn about online resources and preparedness tips.

<http://bit.ly/LinkedInMDResponds>

Show your professional network your volunteer activities.  
Help pioneer this new initiative.  
Connect with other MD Responds MRC volunteers.



## Building Resilient Communities: Psychological First Aid

The DHMH OP&R is happy to announce two Psychological First Aid (PFA) training opportunities.

### RAPID PFA

The Johns Hopkins Preparedness and Emergency Response Learning Center and the DHMH OP&R are pleased to offer the RAPID PFA Workshop.



This 6-hour, interactive training provides non-mental health professionals with the concepts and skills associated with PFA. Utilizing the RAPID model (reflective listening, assessment of needs, prioritization, intervention, and disposition), this specialized training provides perspectives on injuries and trauma that are beyond those physical in nature.

Additionally, the RAPID model is readily applicable to public health settings, the workplace, the military, faith-based organizations, mass disaster venues, and even the demands of more commonplace critical events, e.g., dealing with the psychological aftermath of accidents, robberies, suicide, homicide, or community violence.

This training is offered twice in May 2014:  
May 15, 0900 to 1600, Solomons, MD 20688.  
May 22, 0900 to 1600, Linthicum, MD 21090

For registration instructions, please visit:  
<http://1.usa.gov/lfS76i>

### Community PFA

In partnership with the American Red Cross, the DHMH



**American Red Cross**  
of the Chesapeake Region

OP&R is pleased to offer a new course, Community PFA. Take this free, 4 hour training and learn about how to improve your mental health!

You will learn the fundamentals of mental health and emergencies, such as how to:

- Spot stress in adults and children.
- Lower your stress using resilience.
- Build your resilience – and your help your kids build their resilience, too!
- Give immediate support to people in stressful situations.
- Practice PFA skills with your neighbors, friends and families.

You will also receive information on community resources for stress, which can be used to help children or adults. After taking this course, you will be prepared to teach your community about how to cope with stress.

Feel free to bring your colleagues, neighbors, or friends to this training! Trainings will be held all across Maryland and are scheduled for August and September.

Stay tuned and watch for a training announcement with specific dates, times, and locations.

## Help Exercise Hospital Emergency Plans

On May 22, 2014, MedStar Hospital will conduct disaster drills at two of their locations: Union Memorial Hospital and Good Samaritan Hospital. Volunteers are needed to play the part of disaster victims who present to the medical staff during and after a category 5 hurricane.

On August 20, 2014, MedStar Hospital will also conduct a disaster drill at their Harbor Hospital location in Baltimore. This drill will focus on tracking and evacuating patients during an emergency situation. Volunteers are needed to play the part of patients.



**MedStar Health**

To sign up for any of these exercise opportunities, email:

[MDresponds.dhmh@maryland.gov](mailto:MDresponds.dhmh@maryland.gov).

## Is There an App for That?

Applications, or “apps,” are programs you download to a mobile device. Check out these free disaster preparedness apps:

Maryland Prepares:

<http://mema.maryland.gov/Pages/mdprepares.aspx>

Responder Self Care:

<http://sph.umn.edu/ce/perl/mobile/>

CPR – Hands Only:

<http://bit.ly/1oaEeEr>

Psychological First Aid:

<http://sph.umn.edu/ce/perl/mobile/>

Disaster Behavior Health:

<http://store.samhsa.gov/apps/disaster/>

Pet First Aid:

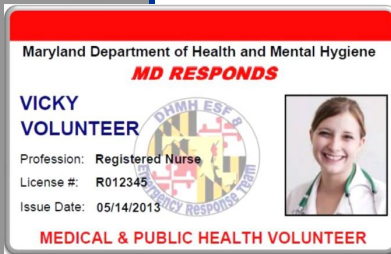
<http://www.redcross.org/mobile-apps/pet-first-aid-app>

The “MD Prepares” app is designed by the Maryland Emergency Management Agency (MEMA). You can download this app and others for free by visiting the links to the left!



## Are You Deployment Eligible?

Check to see if you are eligible for an MD Responds MRC deployment by answering these questions:



- **Have you completed the 3 required training courses?**
  - 1) MD Responds MRC Orientation;
  - 2) ICS-100 Intro to the Incident Command System;
  - 3) NIMS-700 Intro to the National Incident Management System
- **Did you sign and submit your Liability and Confidentiality policies?**
- **Do you have your MD Responds MRC ID badge?**

If you answer YES to all above questions, Congratulations! YOU ARE ELIGIBLE FOR DEPLOYMENT. If you answered NO to any of the questions above, visit <http://bit.ly/mdrDeploy> for instructions on how to meet deployment eligibility.

## YOU COUNT! Volunteers by top professions, as of May 2014

Nurses (RN, NPs, LPNs, APNs, aides, public health)	1195	Mental Health (therapists, counselors, psychologists, behavioral)	81
Physicians & Assistants	351	EMT (Basic & Paramedic)	58
Pharmacists, Techs, & Aides	216	Veterinarians & Vet Techs	42
Social Workers	132	Teachers & Education	40
Government	77	Dentists, Hygienists, Assists.	40
Other (e.g. law enforcement, morticians, occupational therapy, etc.)			915

**TOTAL  
3147!**

### Feedback

Do you have any suggestions?

E-mail us at:

[MDResponds.dhmh@Maryland.gov](mailto:MDResponds.dhmh@Maryland.gov)