

## UPCOMING EVENTS

### March 4, 2014 Annual Missouri Severe Weather Drill

This annual drill is a good time to practice severe weather plans. For more information visit:  
<http://www.crh.noaa.gov/>

## PREPAREDNESS BOOK CREATES CENTRAL LOCATION OF ESSENTIAL MEDICAL INFORMATION FOR EMERGENCIES

The GO|STAY|KIT printed in English and Spanish on waterproof paper, contains-all in one place-vital personal data and copies of important papers needed by emergency responders and shelter intake workers, in case of a natural disaster or medical emergency.

The Kit will give caregivers and medical professionals on-the-spot access to vital information that will help guide treatment.

This emergency preparedness tool is also a necessity for communities, seniors, families, or anyone wishing to have their personal/medical information at their fingertips.

Its waterproof pages contain plastic pouches for important documents, personalized I.D. bands to identify you and your belongings during an evacuation, HELP/OK door hangers, your pet's information, and Red Cross shelter intake forms. <http://gostaykit.com/>



## EMERGENCY MANAGEMENT INSTITUTE NEW COURSE

Course IS-2900 • National Disaster Recovery Framework (NDRF) Overview

This course, now available online, is an introduction to NDRF, the new national framework for efficient and timely disaster recovery operations. It describes the NDRF, gives examples of its use in recent disasters, explains the roles various stakeholders from the whole community have in recovery following a disaster, and outlines the assistance available to local communities and their partners. The course uses videos and examples to show how recovery operates within the NDRF. Please access the website below for more information.

<http://training.fema.gov/EMIWeb/IS/courseOverview.aspx?code=IS-2900>

## AMERICAN PSYCHOLOGICAL ASSOCIATION RESOURCES

### Managing Traumatic Stress—

#### Tips for Recovering from Disasters and Other Traumatic Events

This tip sheet discusses normal reactions to a disaster or traumatic event and the steps that can be taken to alleviate stress. Access this resource at:

<http://www.apa.org/helpcenter/recovering-disasters.aspx>

### The Compassion Fatigue Awareness Project (CFAP)

The mission of the CFAP is to “promote an awareness and understanding of compassion fatigue and its effect on caregivers.” The website includes resources that highlight the signs of CF; links to the ProQOL, a Compassion Fatigue and Satisfaction Self-Test, the Life Stress Self-Test; and wellness tips. Access the website at <http://www.compassionfatigue.org/>

Denial is one of the most detrimental symptoms of compassion fatigue and life stress. It can easily hinder your ability to assess the level of fatigue and stress in your life as well as thwart your efforts to begin the healing process.

The following three tests were designed to help you recognize symptoms of compassion fatigue and stress in your life. While they will never replace a qualified medical diagnosis, they may help you determine if you need to seek further assistance.” <http://www.compassionfatigue.org/pages/selftest.html>

#### Professional Quality of Life (ProQoL) Self-Test

#### Compassion Fatigue Self-Test: An Assessment

#### Life Stress Self-Test

### CDC Publishes New Children’s Preparedness Resource for Earthquakes

“Ready Wrigley Prepares for Earthquakes.” There is also one for hurricanes. <http://www.cdc.gov/phpr/readywrigley/>

### Science/Daily – PTSD After Traumatic Events: Which Teens Are at Risk?

<http://www.sciencedaily.com/releases/2013/07/130729133520.htm>

## SAMHSA/DTAC RESOURCES

- **SAMHSA/DTAC Bulletin**, a monthly newsletter of resources and events. To subscribe, email [DTAC@samhsa.hhs.gov](mailto:DTAC@samhsa.hhs.gov).
- **The Dialogue**, a quarterly journal of articles written by DBH professionals in the field. To subscribe, visit <http://www.samhsa.gov>, enter your email address in the “Mailing List” box on the right, and select the box for “SAMHSA’s Disaster Technical Assistance newsletter, The Dialogue.”
- **SAMHSA DTAC Discussion Board**, a place to post resources and ask questions of the field. To subscribe, register at: <http://dtac-discussion.samhsa.gov/register.aspx>

## CHECK THIS OUT

### CDC Online Training

*Fundamentals of CDC's Crisis & Emergency Risk Communication (CERC) Training*

<http://emergency.cdc.gov/cerc/>



### Emergency Preparedness and Response – (CDC)

*Find resources for All Hazards and Specific Hazards preparedness.*

<http://emergency.cdc.gov/hazards-all.asp>



### Health Professionals and Seasonal Flu (HHS)

*For healthcare providers and services organizations to plan and respond to seasonal flu*

<http://www.flu.gov/planning-preparedness/hospital/index.html>

[html](http://www.flu.gov/planning-preparedness/hospital/index.html)



### 2014 SEMA COURSE

*ICS 300 Intermediate Incident Command System for Expanding Incident*

*July 23-25, 2014*

*Springfield*

<http://training.dps.mo.gov/>

## KC MEDICAL RESERVE CORP: LIGHTS, CAMERA, ACTION!

### Training Videos for Volunteers in Disaster Shelters

<http://www.mrckc.org/shelter-videos.html>

In 2009, FEMA issued guidelines for Disaster Shelters mandating the integration of functional needs individuals into the general population. Recognizing that most volunteers lacked the knowledge and skills to care for these individuals, particularly in a disaster situation, the Kansas City Medical Reserve Corp's (MRCKC) nursing committee adopted the concept of utilizing short *Just-in-Time* training videos to assist non-medical volunteers in caring for functional needs individuals. They received the support of the Kansas City Chapter of the American Red Cross and the committee decided on an initial list of 15 themes for the videos.

Research was conducted and procedures were written utilizing best practices to validate the subject matter. A local videographer was hired for filming and MRC volunteers wrote the scripts and performed as actors. The first round of videos was very well received, culminating in the presentation of the *2012 Innovator Award from the National Medical Reserve Corps*. In May, 2012, an additional 14 videos were filmed, with subtitles added to assist the hearing impaired.

These videos may be downloaded free-of-charge for your use, with the stipulation that *no profit* be made from their distribution. If you would like a Flash Drive of these videos, please click the following website to complete our order form: <http://www.mrckc.org/order-form-shelter-videos.html> Each flash drive contains the following: 29 captioned and un-captioned videos and protocols for 14 of the videos.

#### The Basics

- HEIMLICH MANEUVER
- UNIVERSAL PRECAUTIONS
- BODY MECHANICS
- INITIATING A CONVERSATION WITH A DISASTER VICTIM
- CULTURAL SENSITIVITY
- CONFIDENTIALITY

#### Physical Care

- HOW TO USE A GAIT BELT
- USE OF A SLIDING (TRANSFER) BOARD
- HOW TO USE A PATIENT LIFT
- EMPTYING A COLOSTOMY BAG
- CHANGING A COLOSTOMY BAG
- HOW TO USE A WHEELCHAIR
- BEDPAN USAGE
- USING A CANE OR CRUTCHES
- HOW TO ASSIST WITH ADULT DIAPERS
- TRANSFERRING FROM BED TO WHEELCHAIR
- PERSONAL CARE ITEMS

#### Medical Equipment

- HOW TO USE A NEBULIZER
- OXYGEN USE
- HOW TO MONITOR BLOOD GLUCOSE

#### Psychological

- MANAGING CONFLICT
- MENTAL HEALTH ISSUES
- WORKING WITH CHILDREN IN A SHELTER
- AUTISM SPECTRUM DISORDER
- ATTENTION DEFICIT DISORDER

#### Miscellaneous

- ASSISTING IN FEEDING
- ADMINISTERING TUBE FEEDING
- ASSISTING A DEAF PERSON
- ASSISTING A BLIND PERSON

### CHECK THIS OUT

Visit the DMH Disaster Services website:

<http://dmh.mo.gov/disaster/>

"Like" us on Facebook at:  
"Disaster Services-Missouri Dept. of Mental Health"

Follow us on Twitter at:

[http://twitter.com/ShowMe\\_HOPE](http://twitter.com/ShowMe_HOPE)



Missouri Department of  
Mental Health  
Office of Disaster Services  
1706 E. Elm Street  
Jefferson City, MO 65101  
573/751-4122  
800/364-9687