

Okaloosa-Walton Medical Reserve

Volunteers Strengthening Our Community's  
Emergency Preparedness and Response

# Okaloosa-Walton MRC Newsletter



July—September 2014

## Inside this issue:

New Team Leader  
Volunteer Recognition  
New Member Welcome  
Crossword  
Commentary:  
"Resilience Hints" By  
Frank L. Goldstein, PhD

## **ANNOUNCEMENTS!**

### **Upcoming Events**

**OWMRC Movie Night  
"Outbreak"**  
September 19th, 6pm-7:30pm

**CPR Refresher Courses**  
See page 2

**FIRST and IFIRST (CEUs!)**  
September 17—19

To register for these FREE  
events please contact David  
Brinkley

**Elaine Bieber**  
OWMRC Coordinator  
833-9240 ext. 2304  
Elaine.Bieber@flhealth.gov

**David Brinkley**  
OWMRC Team Leader  
833-9240 ext. 2381  
David.Brinkley@flhealth.gov

**Katie Holbrook**  
OWMRC Assistant Team  
Leader  
833-9240 ext. 2149  
Katie.Holbrook@flhealth.gov

## New Team Leader

Greetings,

My name is Dave Brinkley and I am the new Team Leader for the OWMRC. I am honored to have the opportunity to be a part of such a diverse, professional team of volunteers. I come to you from the United States Air Force where I served for over 25 years as a Security Forces Manager. I am delighted to have been given this opportunity to serve the local community in this capacity and I look forward to meeting and serving with each and every one of you.



I'd like to thank my predecessor, Ashley Rendon, for her dedication and commitment to the OWMRC. As I settle in this position I quickly realized the overarching impact and huge responsibilities this position has and I can tell that Ashley has done a fantastic job.

Thank you Ashley.

## 4th Quarter Volunteer Activities

The final quarter of Fiscal Year 2013—2014 was very active. Our OWMRC members donated a total of 58 hours in community outreach activities and individual training events to include initial MRC Orientation. Thank you to the following OWMRC members for taking time out of your schedules to support our Corps.

- Mark Bagby
- Linda Heller
- Robert Maxwell
- Peggy McDeavitt
- Darrin Gooding
- Melissa Becker
- Jeanne Ashley
- Kasia Knaus
- Tiffany Sommers
- Catherine Spears
- Lara Chelsea Murphy
- Trish Mann
- Frank Kaufmann
- Cassie Langhals
- Marie Gray
- Wendora Witaszek



## Welcome New Members!

Bennet Bastian

Steven Rendon



Megan Braunschweig

Ester Molder



Okaloosa-Walton Medical Reserve Corps



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## FIRST and IFIRST

The Florida Department of Health in Okaloosa County is hosting Field Investigator Response and Surveillance Training on September 17 – 19. This program trains volunteers who may be called upon to assist public health epidemiology staff during a disease investigation / surge capacity event. That means you, OWMRC!

The FIRST series is a 3-day program and will begin on **September 17**. **Day 1 covers FIRST**: an 8-hour course developed to help public health staff who may be called upon to assist epidemiology staff during a surge capacity event. **Day 2 and 3 covers Intermediate FIRST**: is a 16-hour course designed to develop the knowledge, skills, and abilities of public health workers who may be deployed on Field Epidemiology Strike Teams in order to assist local, regional, state, and national epidemiology staff in Gastrointestinal Illness or Avian Influenza disease investigations during surge capacity.

The classes will be held in the **FDOH – Okaloosa Auditorium 221 Hospital Dr. NE, Fort Walton Beach**. Class begins promptly at **8am** and is estimated to end at **5pm**.

**These FREE classes include 24 hours of CEUs for nursing, social work, mental health and marriage and family counseling, dental, psychology, nutritionist/dietitian, occupational therapy, physical therapy.**



### OWMRC BY THE #'S

- 170 members.
- 46 fully deployable.

If you 're not fully deployable and want to know what you need, contact Dave at: 850-833-9240 x 2381

# ARE U READY



### FEMA Courses

MRC members should complete the following courses:

- IS-22-Are You Ready?**
- IS-100– Introduction to Incident Command**
- IS-700– National Incident Management System**

All courses are online at: <http://training.fema.gov/>

E-mail your certificate to: [David.brinkley@flhealth.gov](mailto:David.brinkley@flhealth.gov)



### Stay Alert and Informed!

American Red Cross  
[www.redcross.org/services/disaster](http://www.redcross.org/services/disaster)

FEMA  
[www.fema.gov/hazards/hurricanes](http://www.fema.gov/hazards/hurricanes)

National Weather Service  
[www.nws.noaa.gov](http://www.nws.noaa.gov)

National Hurricane Center  
[www.nhc.noaa.gov](http://www.nhc.noaa.gov)

**Register for the FIRST training at:**

[https://usfhealth.azure.com/SE/?SID=SV\\_418y8NyON7dWE97](https://usfhealth.azure.com/SE/?SID=SV_418y8NyON7dWE97)

**Register for the IFIRST training at:**

[https://usfhealth.azure.com/SE/?SID=SV\\_7X7Exoed1vfKG8Z](https://usfhealth.azure.com/SE/?SID=SV_7X7Exoed1vfKG8Z)

**The online Basic Epidemiology course is a prerequisite for I-FIRST. Please complete it at:**

<http://health.usf.edu/publichealth/clphp/courses/listing.html>

## AHA Basic Life Support CPR Refresher Course

Need your American Heart Association Basic Life Support Certification renewed? We offer FREE Refresher Courses! We have several courses scheduled for the next few weeks. Classes are held on Fridays and start at 8:15am and last approximately 3.5 hours. Classes will be held at the Florida Department of Health locations in Fort Walton Beach or Crestview. Class size is limited to six, so sign up now by emailing one of your team leaders!

### DATE:

- September 12
- September 26
- October 10
- October 31

### LOCATION:

- Fort Walton Beach
- Fort Walton Beach
- Crestview
- Fort Walton Beach



**To register contact:**

Dave Brinkley  
850-833-9240x2381  
[David.brinkley@flhealth.gov](mailto:David.brinkley@flhealth.gov)

Danielle May  
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# PUBLIC HEALTH TERMS



**Public Health**  
Prevent. Promote. Protect.

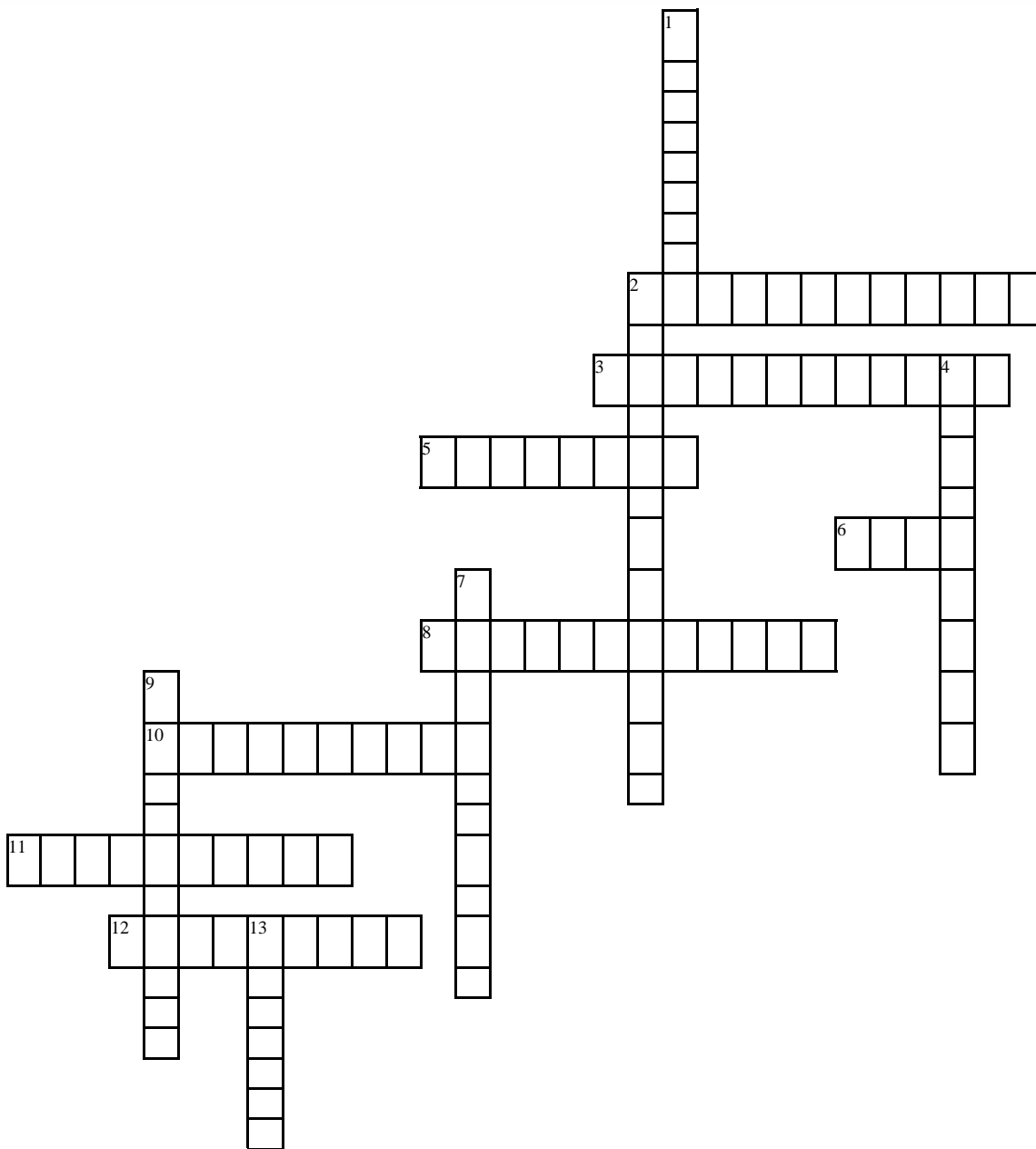
## MRC In Focus

*MRC In Focus* is a print newsletter published by the Division of Civilian Volunteers



It serves as a conduit for information about what the MRC is doing at the national, state, and local levels.

To view *MRC In Focus*, visit:  
<https://www.medicalreservectors.gov/pageViewFldr/NewsEvents/Newsletters>



### Across

2. An expert on insects
3. The intentional use of microorganism, virus, infectious substance to intimidate or coerce a civilian population
5. Any agent that causes disease, especially a microorganism
6. a measure of the intensity of the occurrence of an event
8. Systematic monitoring of the health status of a population
10. personal qualities or societal conditions that lead to the increased probability of a problem developing
11. actions taken to reduce susceptibility or exposure to health problems
12. Accepted measure of comparison that have quantitative or qualitative value

### Down

1. The separation of known infected people
2. The study of the distribution and determinants of diseases in human population
4. The use of technology and procedures to differentiate those individuals with signs of disease from those less likely to have the disease
7. The restriction of the activities of healthy people who have been exposed to a communicable disease
9. elimination or reduction of exposure to injuries and occupational or environmental hazards
13. A state of dysfunction of organs or organ systems

### References:

Glossary of Public Health Terms-Iowa Dept of Public Health; [www.idph.state.ia.us](http://www.idph.state.ia.us)

\* Answers in the next OWMRC Newsletter—stay tuned!!



To learn more about restocking your disaster supply kit visit these sites:

<http://www.ready.gov/build-a-kit>

<http://www.ready.gov/basic-disaster-supplies-kit>

<http://www.floridadisaster.org/supplykit.htm>

<http://www.fema.gov/pdf/library/fdsk.pdf>

<http://www.nhc.noaa.gov/prepare/ready.php>

**Be Prepared!**



# Board of Advisors

## Resilience Hints

By  
Frank L. Goldstein, PhD

Over the past several years as part of the DMAT Mental Health Team it has been my goal to share and discuss the merits of Resilience Training as it pertains to 1<sup>st</sup> Responders. I've talked about the advantages of resilience training when deployed, during difficult times in our lives and how our significant others can benefit on a day to day basis from our resilience knowledge. So, based on our most recent deployment (UAC 2014) I'd like to hit the "RESILIENCE DRUM" one more time.

First resilience training is described in many different ways and means different things for different groups. A couple of simple definitions are: (1) emotional conditioning prior to deployment or events creating psychological stress and (2) results include the capacity to recover more quickly from difficult solutions.

The key question then is, what makes people resilient? Donald Meichenbaum a psychologist has a list of what makes some people more resilient than others.

Today, I'll share his list:

- 1) Resilient people are more positive
- 2) Resilient people have a sense of humor
- 3) Resilient people view life more optimistically
- 4) Resilient people are more task oriented. They identify issues that need to change, change them or learn to accept them
- 5) Resilient people are flexible with cognitive solutions. "They can think on their feet"
- 6) Resilient people are more fit and watch their health. Problems handling your pack's weight or not keeping hydrated only adds stress to already stressful situations.

Certainly, the opposite of Dr. Meichenbaum's list can result in a less resilient person. However, there are other behaviors that can make a resiliency training program more difficult. Working or improving resiliency can be negatively affected if you have a poor attitude or poor self-confidence. Despite our initial perception that all 1st Responders have great self-confidence, the truth is, some of us do not always have it. The lack of on the job confidence is often affected by our level of training and knowledge.

Two additional areas that can hurt a self-resiliency program are those individuals who have grown "hard", "cold" or "emotionally untroubled." Sometimes environmental denial or just cutting oneself off from those around you or personal feelings can affect you in ways you might not realize.

And finally, some folks either agree with everything or disagree with everything. Either case is not good adaptive behavior and can foster difficulty with fellow team members and eventually with one's self. Someone who can question or disagree, help with a new plan or adapt to changing situations is more resilient and typically represents a healthier team member.

Please contact any of your Mental Health Team members if you have any questions.

Prepared by: Frank L. Goldstein, Ph.D.  
Mental Health Specialist  
OWMRC- Board of Advisors

**Thank you, Dr. Goldstein, for sharing this important topic with us.**

**Next quarter Dr. Goldstein will be sharing with us his experience during his recent DMAT deployment to the Texas/Mexico boarder.**