



# KCCRT CONNECTION

November 2015

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*In this time of gratitude, we give thanks for you, for your commitment to KCCRT and for your dedication to serve the citizens of the Commonwealth in difficult times.*

***Happy Thanksgiving!***

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## NEWS FROM KCCRB

- **Thanks to Region 7 for encouragement to get involved in community needs during the holidays. Some of the regions are doing the following:**
    - Region 5 is providing Christmas gifts for a family in need.
    - Region 6 has collected items to donate to Forgotten Louisville for the homeless.
    - Region 7 is donating arts and crafts items to the children at Holly Hill.
    - Region 8 is collecting plastic caps to help the non-profit "Amy for Africa," which provides shoes to children in Uganda.
    - Region 12 is collecting items to donate to a Women's Shelter.
  - **Peer and Group courses scheduled.** See <http://www.kccrb.ky.gov/train/>
  - **SAVE THE DATE: May 20-21, 2016** for the KCCRT Conference! Watch for more Info!
  - **Are you ready for winter?** Visit [Ready.gov for Winter](#) safety and survival reminders.
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## IMPORTANT REMINDERS

- **Attend Quarterly Team Training!** If you are not attending Quarterly Team Training, you are missing important updates, training, and the opportunity to be part of a cohesive team that can work together because they have trained together. Your team needs you! See the schedule below.
  - **Access KHELPS to add new contact info if it has changed:** <https://kentuckyhelps.com/>
  - **Be sure to notify the [Team Coordinator](#) of any changes.**
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## THE ART OF RESPONDING

- **SIMPLE MATH & EVOLUTION!**
  - The crisis intervention techniques we utilize are taught all over the world and are standards in crisis intervention. KCCRT Members can be requested to respond in another region to provide mutual aid. This can only work when all team members use the same interventions and follow the same protocol. While team members may personalize the content of the interventions, the process should not change.
    - A Defusing does not equal a Debriefing does not equal an Informational Briefing.
  - **Simple Evolution:** An Informational Briefing does not EVOLVE into a Defusing or Debriefing.
- **IT'S NOT TIME FOR THAT OLE TIME RELIGION**
  - When someone is in crisis, it may be a time they draw on their faith to get them through. It may be a time they are wrestling with their Higher Power and are angry. Or, it may be a time they have no connection with anything religious or spiritual. No matter what time it is, it is NOT time for KCCRT Members to bring up God, prayer, encouragement to "stand on your faith," or to blatantly evangelize. These things can turn someone against you, the team and worse yet, their own belief system. Oftentimes, the person in crisis may just be

expressing emotional hurt or anguish in spiritual terms such as, “how could God allow this to happen?” Most of the time, this statement is one of exasperation and not an indication of a faith-related question.

- o It is appropriate during a one-on-one intervention when helping them identify their support system to ask, “do you belong to a faith community or any groups?” If they say yes, then, “do you see that as a supportive community? Do you think connecting with them would be helpful right now?” In a Group Intervention, this can also be offered as something they may be able to do to mitigate the impact of the crisis event.
- o So, what happens if you are with your team, providing a group intervention to a fire, police or EMS department and the Chief/Director starts the group by praying? Well, when in Rome... There’s not much you can do to change anything at that point, except bow your head and be respectful. We have encountered groups that asked one of our team member Chaplains to pray at the end of an intervention. The appropriate way to respond is to offer a prayer AFTER the intervention group is complete. Move outside of the circle to another close location, and invite anyone who wants to participate in the prayer to join you. Under no circumstance can prayer be led by a KCCRT Member during the Group Intervention. They must be two separate things.
- o There are times when taking a pastoral approach is appropriate. If you use a faith-based approach in your work, or are a Chaplain or Clergy, or you would like to have more training in when to put on a pastoral hat in crisis intervention, we encourage you to take the Pastoral Crisis Intervention Classes. The courses are open to all team members.

## REGIONAL NEWS

- **Response Stats – Oct. 1 – Oct. 31, 2015**

Region 1: Incidents: 1 Response Services: 1  
 Region 3: Incidents: 2 Response Services: 4  
 Region 6: Incidents: 2 Response Services: 6  
 Region 9: Incidents: 1 Response Services: 3  
 Region 11: Incidents: 1 Response Services: 2



*Response services include one-on-ones, group interventions and consultations.*

## QUARTERLY REGIONAL TEAM TRAINING

Reg. 01	1/28/2016	6:00pm cst	Carr's Steakhouse 213 W Broadway, Mayfield, KY
Reg. 01	7/28/2016	6:00pm cst	Four Rivers Behavioral Health, 1539 Cuba Rd Mayfield KY 42066
Reg. 01	10/27/2016	6:00pm cst	Four Rivers Behavioral Health, 1539 Cuba Rd Mayfield KY 42066
Reg. 02	12/3/2015		
Reg. 03	11/19/2015	6 pm cst	The Alive Center 1818 Us 31W Bypass, Bowling Green, KY 42101
Reg. 04	12/4/2015	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 05	3/21/2016	6:00pm	Nelson Co. Sheriff's Office, 210 Plaza Drive Bardstown, KY 40004
Reg. 05	9/19/2016	6:00pm	Hardin Co. EMS, 1450 Rineyville Road, Elizabethtown, KY
Reg. 05	11/21/2016	6:00pm	Nelson Co. Sheriff's Office, 210 Plaza Drive Bardstown, KY 40004
Reg. 06	2/18/2016	6:30pm	MFPD1, 108 Urton Lane, Louisville, 40229
Reg. 06	8/11/2016	6:30pm	LMPD Training Academy, 2911 Taylor Blvd, 2nd Floor (Classroom B), Louisville, KY 40208
Reg. 06	TBA	6:30pm	MFPD1, 108 Urton Lane, Louisville, 40229
Reg. 07	2/16/2016	6:00pm	Cathie's, Edgewood, KY 41017
Reg. 07	8/16/2016	6:00pm	Cathie's, Edgewood, KY 41017
Reg. 07	11/15/2016	6:00pm	Cathie's, Edgewood, KY 41017
Reg. 08	1/5/2016	6:00pm	Morehead Fire Dept., 135 Flemingsburg Rd, Morehead, KY 40351
Reg. 08	7/12/2016	6:00pm	Morehead Fire Dept., 135 Flemingsburg Rd, Morehead, KY 40351
Reg. 08	10/11/2016	6:00pm	Morehead Fire Dept., 135 Flemingsburg Rd, Morehead, KY 40351
Reg. 09	12/8/2015	6:00pm	St. James Episcopal Church, 562 University Dr., Prestonsburg, KY 41653
Reg. 10	12/4/2015	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 11	1/14/2016	6:00pm	Lex. Fire Training Center, 1375 Old Frankfort Pike Lexington
Reg. 11	7/14/2016	6:00pm	Lex. Fire Training Center, 1375 Old Frankfort Pike Lexington
Reg. 11	10/13/2016	6:00pm	Lex. Fire Training Center, 1375 Old Frankfort Pike Lexington

Reg. 12 2/8/2016 6:00pm KCCRB, 111 St. James Ct., Suite B, Frankfort, KY  
Reg. 12 8/8/2016 6:00pm KCCRB, 111 St. James Ct., Suite B, Frankfort, KY  
Reg. 12 11/14/2016 6:00pm KCCRB, 111 St. James Ct., Suite B, Frankfort, KY

**All Regions: May 20-21, 2016 for the 2016 KCCRT Conference - Frankfort**

***If you cannot get to your regional training, you may go to an adjacent region's training.***

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## **TEAM MEMBER INFO**

- **THANK YOU to our latest renewing team members:**
    - Jackie Patterson (Region 1, Level 2, Behavioral Health and Education)
    - **18 Applications are currently in progress:** Region 1: 1, Region 2: 4, Region 3: 1, Region 4:1, Region 6: 4, Region 7: 1, Region 8: 2, Region 10:1, Region 11:3.
  - **We are always recruiting for new members.** Please contact Jocelyn Baldor to refer any friends or co-workers to the team.
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## **TRAINING INFO**

### **CRISIS INTERVENTION TRAINING**

***Group and Individual Crisis Intervention Courses are required for Level 2.***

If you took either of these classes prior to 2010, we recommend you take a refresher.

<b>Dec. 1-3, 2015</b>	<b>Individual &amp; Group Combo</b>	<b>Louisville</b>
<b>Jan. 19-20, 2016</b>	<b>Assisting Individuals in Crisis</b>	<b>Stanton</b>
<b>Jan. 23-24, 2016</b>	<b>Assisting Individuals in Crisis</b>	<b>Lexington</b>
<b>May 20-21, 2016</b>	<b>KCCRT 2016 Conference</b>	<b>Frankfort</b>

**[Check the Training Calendar for Complete List!](#)**

**[KCCRB Online Training](#)**

Check the [Team Levels and Training Matrix](#) for training clarification.

Links for all online courses at: <http://kccrb.ky.gov/team/TeamMemberOngoingEducation.htm>

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**\*\* NEW RESOURCES!**

**\*\* [DISASTER APPS FOR YOUR DIGITAL GO BAG!](#)**

**\*\* [PREPAREDNESS TIPS & RESOURCES](#)**

[Ready.gov for Winter](#)

[Recommended Earthquake Safety Actions](#) (Updated)

[Resources for K-12 – Good Stuff!](#)

[Seven Steps to Earthquake Safety for Home and Family](#)

**\*\* [SELF CARE – STRESS REDUCTION](#)**

Virtual Hope Box App – Look it up! Check it out!

Brain Yoga

Responder Self Care – University of Minnesota

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**[KCCRT LINKS](#)**

[KCCRB Email](#)  
[KCCRB WEBSITE](#)  
[KCCRB Ongoing Education](#)  
[Response Availability Page](#)  
[Training Calendar](#)

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#### **HELPFUL LINKS**

[Kentucky Re-Entry Directory](#)  
[Be Prepared: Build a Kit](#)  
[Accessible Emergency Info](#)  
[Sign Language](#)  
[Google Translate - Desktop](#)

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#### **STAY CONNECTED LINKS**

[FACEBOOK \(for team members only\)](#)  
[KHELPS](#)  
TEXT MESSAGE (Important Info Blasts) Text 40404 with message "Follow KCCRT1"  
[TWITTER \(Important Info Blasts\)](#)  
[YouTube Recommended Videos](#)

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#### **THERE'S AN APP!**

\*\* [SHOW ME FOR EMERGENCIES](#) Android  
[PFA MOBILE](#)  
[SAMHSA BEHAVIORAL HEALTH RESPONSE DISASTER APP](#)  
[Google Translate – Play Store](#)  
[iTranslate](#) for Apple – available free iTunes  
[SayHi Translate](#) for Apple  
<https://itunes.apple.com/us/app/sayhi-translate/id437818260>  
Tabletop: <https://appsto.re/us/oo4wl.i>

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#### **KCCRT Connection**

##### **Editors**

**Kentucky Community Crisis Response Board**  
**111 St. James Ct., Suite B**  
**Frankfort, KY 40601**  
**502.607.5781**

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**Did you miss the previous issues?  
visit**

**<http://kccrb.ky.gov/about/newsletters/>**