



KCCRT CONNECTION

December 2015

*“What you leave behind is not what is engraved in stone monuments,
but what is woven into the lives of others.”*

~ Pericles (Peace Alliance.org)

Thank You for Your Contribution!

May Your Holidays Be Filled with Peace.

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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NEWS FROM KCCRB

- **The Spirit of Giving continues in the Regions:**
 - Regions 4 & 10 are working together to bring donations for a local charity.
 - **Peer Courses Scheduled. Pastoral Courses coming soon.** See <http://www.kccrb.ky.gov/train/>
 - **SAVE THE DATE: May 20-21, 2016** for the KCCRT Conference! Watch for more Info!
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THE ART OF RESPONDING

- **EFFECTIVELY USING THE COMMON REACTIONS BROCHURE**
 - For many years, we have utilized the brochure, “Normal Reactions to Abnormal Events” when providing intervention services. We changed the name of the brochure to “Common Reactions to Difficult Events” to more appropriately describe the contents and remove duplicate information. You can review and download the revised brochure at: [Common Reactions to Difficult Events](#)
 - After a traumatic event or difficult critical incident, it is common to have some reactions. This brochure is intended to assist our team members in identifying a few reactions in each category and offering some ways of mitigating those reactions in a more conversational fashion.
 - **Tips:**
 - First, and most importantly, know your audience. Your choice of reactions to mention should change, depending on the discipline or experiences of the impacted person or group. If you are not sure, ask your team leader or other team members what reactions they would highlight. For example, if the audience is EMTs, Paramedics or medical personnel, phrase your delivery to include: *I’m not telling you anything you don’t already know about stress reactions. This is just a reminder since you have just been through an incident.*
 - The title of the brochure was changed to more accurately state that these reactions are **Common**. Not all the reactions would be defined as ‘normal.’

- Two paragraphs have been added to the inside of the brochure that provide a good introduction to the reactions phase. Learn these paragraphs well enough to put in your own words.
- Identify only a **few (3 or 4) reactions** in each category to mention when meeting with the people impacted. Only use the brochure to keep you on track. Do not read directly from the brochure. People can get offended when we use their time to read something they can easily read on their own. The value of team members sharing this information is the peer connection with the audience. **(Remember: No personal stories!)**
- Be sure to review the new brochure for changed phrasing on the stress reactions.
- Know the revised segment **Taking Control of Your Stress** so you can identify the item and then talk from the heart. Mention **5-7 items**, and encourage the audience to review the rest of the information when they get the brochure.

REGIONAL NEWS

• **Response Stats – Nov. 1 – Nov. 30, 2015**

Region 3: Incidents: 2 Response Services: 5
 Region 5: Incidents: 1 Response Services: 3
 Region 6: Incidents: 2 Response Services: 6
 Region 8: Incidents: 1 Response Services: 2
 Region 10: Incidents: 2 Response Services: 6
 Region 11: Incidents: 4 Response Services: 9
 Region 12: Incidents: 1 Response Services: 6



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	3/10/2016	5:30pm cst	TBD
Reg. 02	9/8/2016	5:30pm cst	TBD
Reg. 03	3/18/2016	5:00pm cst	Bowling Green, KY 42101
Reg. 03	8/19/2016	6 pm cst	Bowling Green, KY 42101
Reg. 03	11/18/2016	6 pm cst	Bowling Green, KY 42101
Reg. 04	3/4/2016	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 04	8/26/2016	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 04	12/2/2016	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	3/14/2016	1:00pm	Prestonburg, KY
Reg. 09	9/12/2016	1:00pm	Prestonburg, KY
Reg. 09	12/12/2016	1:00pm	Prestonburg, KY

Reg. 10	3/4/2016	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 10	8/26/2016	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 10	12/2/2016	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, it is highly recommended you try to attend an adjacent region's training if at all possible. The training materials are the same for all regions.

TEAM MEMBER INFO

- **WELCOME NEW TEAM MEMBERS!**
 - Cameron Poe (Region 11, Level 1, Business, Search and Rescue)
 - Kim Black (Region 6, Level 1, Faith Based and Prison)
- **19 Applications are currently in progress:** Region 1: 1, Region 2: 4, Region 3: 1, Region 4:1, Region 6: 5, Region 7: 1, Region 8: 3, Region 10:1, Region 11:2.
- **We are always recruiting for new members.** Please contact Jocelyn Baldor to refer any friends or co-workers to the team.

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.

January 19-20, 2016	Assisting Individuals in Crisis	Stanton
January 23-24, 2016	Assisting Individuals in Crisis	Lexington

[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>

PREPAREDNESS TIPS & RESOURCES

- [Recommended Earthquake Safety Actions \(Updated\)](#)
- [Resources for K-12 – Good Stuff!](#)
- [Seven Steps to Earthquake Safety for Home and Family](#)

KCCRT LINKS

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

HELPFUL LINKS

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

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](#)

THERE'S AN APP!

[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>

KCCRT Connection
[Editors](#)
Kentucky Community Crisis Response Board
111 St. James Ct., Suite B
Frankfort, KY 40601
502.607.5781

Did you miss the previous issues?
visit
<http://kccrb.ky.gov/about/newsletters/>