



Special Stress Management Issue KCCRT Newsletter

December 2012

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**Happy
Holidays**
*from all of us
at KCCRB*

The Gift of a Day!

During this holiday season, it is good to pause and consider that every day can be a very special day for us.

Our world is terribly busy and fast, often not giving us the time to make a day extra special. Sometimes, we are just trying to get through the day and cannot fathom adding one more thing!

I've got good news! We can make each day special just by the way we consider it – make it a celebration! Having an attitude of celebration can make each day a real blessing. We have a great start with several regular holidays. Here are a few peculiar holidays in December:

- Eat a Red Apple Day
- National Fritters Day
- National Roof over Your Head Day
- Santa's List Day
- Bathtub Party Day
- Mitten Tree Day
- Letter Writing Day
- National Brownie Day
- National Pastry Day
- National Ding-a-Ling Day
- National Chocolate Covered Anything Day
- National Flashlight Day
- Look on the Bright Side Day and Humbug Day (on the same day!)
- Oatmeal Muffin Day
- Pepper Pot Day
- Make Up Your Mind Day etc., etc., etc.

Here are two websites with calendar info, recipes and activities you can consider:

<http://www.holidayinsights.com/moreholidays/december.htm>

<http://familycrafts.about.com/library/spdays/bldecdayslong.htm>

And, when you find a day that doesn't have any specialness to it, make your own special day.

Celebrate Something!

Laugh Out Loud!

Enjoy Each Day!

Staff Support

Debborah M. Arnold

– Executive Director

- Response authorization and guidance
- Assistance when needed

M. Kelli Robinson

– Deputy Director

- Response authorization and guidance
- Assistance when needed

C.J. Wright

– Team & Training Program Coordinator

- Response authorization & guidance
- Assistance when needed
- Training
- Team Meeting Coordination
- Team oversight

Wayne Mullannix

– Preparedness Planning Coordinator

- Integrate Behavioral Health annex into State Emergency Op Plan
- Incorporate and train to include this plan in county and regional plans
- Annual review and revision of ESF 6 & ESF 8 Emergency Op. plans

Tammy Napier

– Internal Policy Analyst III

- Chief Financial Officer
- New membership applications
- Travel reimbursements

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Frankfort, KY 40601

502.607.5781

502.607.5780 Fax

888.522.7228 24-hour Response Line

<http://kccrb.ky.gov>

kccrb@ng.army.mil

Life Balance, Happiness And Life Change

Take a few minutes to see what's
balanced and what needs
balancing!

http://www.businessballs.com/life_balance.htm

Responses to Date

Responses to Date figures reflect the number of persons served by KCCRT in the current fiscal year and agency totals since inception.

Fiscal Year 2013 (July 1, 2012 to June 30, 2013)

Services to 724 people

Agency Totals since April 1, 1997

50,300

Responses for FY2013 include services to:

432	Fire/EMS
72	Law Enforcement
105	School
2	Medical
19	Community
5	Business/Industry
20	Emergency Management
63	Family support
0	Social Services



Who Is Packing Your Chute?

Charles Plumb was a navy jet pilot. On his seventy-sixth combat mission, he was shot down and parachuted into enemy territory. He was captured and spent six years in prison. He survived and now lectures on the lessons he learned from his experiences.

One day, a man approached Plumb and his wife in a restaurant, and said, "Are you Plumb the navy pilot?"

"Yes, how did you know?" asked Plumb.

"I packed your parachute," the man replied.

Plumb was amazed - and grateful: "If the chute you packed hadn't worked I wouldn't be here today..."

Plumb refers to this in his lectures: his realization that the anonymous sailors who packed the parachutes held the pilots' lives in their hands, and yet the pilots never gave these sailors a second thought; never even said hello, let alone said thanks.

Now Plumb asks his audiences, "Who packs your parachutes? Who helps you through your life? Physically, mentally, emotionally, spiritually? Think about who helps you; recognize them and say thanks."

http://www.businessballs.com/stories.htm#charles_plumb_parachutes_story

Regional Leadership

Region 1

RTC: Hank Cecil, Debra Hartz;

Log: Tom Ballowe

Ballard, Carlisle, Hickman, Fulton, McCracken, Graves, Marshall, Calloway

Region 2

RTC: Tim Davis, Pam Gabbard

Livingston, Crittenden, Lyon, Caldwell, Trigg, Hopkins, Christian, Muhlenberg, Todd

Region 3

RTC: Paula McCaghren, Kay Evans;

Log: Jim McDaniel

Union, Henderson, Webster, Daviess, McLean, Hancock, Ohio

Region 4

RTC: Wayne Hensley

Log: David Shepherd

Butler, Logan, Warren, Simpson, Edmonson, Allen, Hart, Barren, Metcalfe, Monroe

Region 5

RTC: Karl Lusk, Renelle Stallings;

Log: Doug Alexander

Meade, Breckinridge, Grayson, Hardin, Larue, Nelson, Washington, Marion, Taylor, Green

Region 6

RTC: Pam Fleitz, Mike Huff;

Log: Lee Twombly

Jefferson, Bullitt, Trimble, Oldham, Henry, Shelby, Spencer, Anderson

Region 7

Carroll, Gallatin, Boone, Kenton, Campbell, Owen, Grant Pendleton, Scott

Region 8

RTC: David Eldridge

Bracken, Robertson, Mason, Fleming, Bath, Montgomery, Menifee, Lewis, Rowan, Morgan

Region 9

RTC: Rebecca Bauder, Bob Kerr; Log: Tracy McLean

Greenup, Carter, Boyd, Elliott, Lawrence, Johnson, Martin, Magoffin, Floyd, Pike

Region 10

Lee, Wolfe, Breathitt, Owsley, Perry, Knott, Leslie, Harlan, Letcher

Region 11

RTC: Mike Osborne, Jodi Carroll

Log:

Rockcastle, Jackson, Laurel, Clay, McCreary, Whitley, Knox, Bell

Region 12

RTC: David Hawk

Mercer, Boyle, Casey, Lincoln, Adair, Russell, Pulaski, Cumberland, Clinton, Wayne

Region 13

RTC: Connie Adams, Gary Santana;

Log: Jerry Powell

Woodford, Fayette, Jessamine, Garrard, Harrison, Bourbon, Nicholas, Clark, Madison, Estill, Powell

Region 14

Franklin

Caring For Yourself In The Face of Difficult Work

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing our work with care, energy, and compassion

10 things to do each day

1. Get enough sleep
2. Get enough to eat
3. Vary the work that you do
4. Do some light exercise
5. Do something pleasurable
6. Focus on what you did well
7. Learn from your mistakes
8. Share a private joke
9. Pray, meditate or relax
10. Support a colleague

Adapted from "A Guide to Managing Stress in Crisis Response Professionals," HHS, SAMHSA, CMH 2005, and Idaho State University Institute of Rural Health.

A Guide to Managing Stress In Crisis Response Professions

This easy-to-use 40-page pocket guide, provided by the Substance Abuse and Mental Health Services Administration (U.S.), focuses on general principles of stress management and offers simple, practical strategies that can be incorporated into the daily routine of crisis response managers and workers (including first responders, public health workers, construction workers, transportation workers, utilities workers, and volunteers). The guide also provides a concise orientation to the signs and symptoms of stress.

- I. **Understanding the Stress Cycle**
 - a. Common Stress Reactions
 - b. Extreme Stress Reactions
- II. **Managing Stress Before, During, and After an Event**
 - a. Pre-Event Planning
 - b. During the Crisis—At the Scene
 - c. After the Crisis
- III. **Promoting a Positive Workplace Environment**
 - a. Minimizing Stress
- IV. **Self-Care for Crisis Response Professionals**
 - a. Self Monitor for Signs of Stress
 - b. Minimizing Stress
- V. **References and Recommended Reading**
- VI. **Selected SAMHSA Resources**
- VII. **Internet Sites**

<http://store.samhsa.gov/shin/content/SMA05-4113/SMA05-4113.pdf>

Lessons from the Field

by and for Team Members



Always remember that silence is like Advent and pregnancy - it is a pause because something important is going to happen. Folks are deciding if they are safe enough to share. They are trying to get their thoughts together. They are processing something that someone else said. Be respectful of that silence and honor it. Do not fear it.

No matter how strong your faith or if that is your background do not preach. Do not try to save folks, and above all, honor someone who is angry with God or who is not faith-based. Go to where a person finds strength and help them build on that. It is after all about the other folks not us.

– Kay Evans, Reg. 3 Coordinator

What have you learned in the field?

*So much of what we can learn about crisis intervention and peer support comes from our experiences in the field. This column is an opportunity for Team Members to share a meaningful experience you have had while on a KCCRT response. Stories should be true, and inspirational or educational in nature. Length: no more than 2000 characters (with no spaces). KCCRB will edit for content and space as necessary. The names of response locations and persons served should be made generic. **Deadlines for Newsletters** are the 25th of August, November, February and May.*

Typically most responses by our members are for Informational Briefings for folks who've been knocked off center for unfortunate reasons. A smaller percentage of responses are made for more intensive interventions. Finally, there are a number of responses in the midst of, or following really big events. The major precipitating event is over, but a variety of aftershocks are still rumbling in the hearts and minds of the folks who went through it. These rare responses are the kind I want to focus on for a moment.

You may drive to the location having your assignment be one thing, get a phone call on the way saying it is now something else. Then get on scene and find out not just your assignment changed, but maybe the team composition. Welcome to the world of disaster response!

This is what happened to my team of three on a response to West Liberty and Salyersville. We started out in West Liberty, but ended up in Salyersville. Things in West Liberty were fairly stabilized thanks to an abundant presence of outside resources. Not so in Salyersville. Except for a very small contingent of National Guard and four KSP troopers, they were on their own. We thought we were going to do mostly "talking" in safe, secure, warm environs. We ended up moving and doing with little time for one on ones. This included working the crowd at a Red Cross shelter, walking neighborhoods to offer comfort and assess immediate needs, helping a shelter getting the supplies they needed, assisting and supporting an overwhelmed Incident Commander, searching demolished areas for lost folks, snooping for someone posing as an EMT but was actually stealing, and listening when necessary.

In firefighting we say there is no such thing as a normal fire. Every fire is different. So it is with responding to major disasters. They are all different and exact different expectations each time. That is what we need to be prepared for when responding to the "big ones."

– Captain Christian Ulrich, Lexington Fire Department



Ongoing Education Online

Team members may take some free online courses to hone knowledge and gain ongoing education hours. These courses are available through ky.train.org and certificates and transcripts are kept on the site. Register on the site and search for courses by course ID number. **Here are some options:**

<http://www.ky.train.org>

KCCRT- Disaster Behavioral Health Outreach Personnel: KHELPS Orientation Module - 1010023

Psychological Resiliency - Building Personal Resilience and Self-Reliance - 1010943

Psychological First Aid: Building Resiliency for "Us" and "Them" - 1017721

Crisis Preparedness Planning for School Administrators - 1020397

Several classes are available through EMI, including the most up to date NIMS and ICS courses.

<http://www.training.fema.gov/IS/NIMS.asp>

Other Sources

Other sources of ongoing training include: KCCRB courses, KCCRT Regional Team meetings and continuing educational units offered by recognized national/ Kentucky CEU providers in the following core competency areas:

- Crisis Intervention /Psychological First Aids
- Effects of Traumatic Stress/PTSD
- Family/Significant Other Support
- Field Assessment
- NIMS-Incident Command
- Disaster Mental Health
- All Hazards Field Manual
- Pastoral Crisis Intervention
- Suicide Prevention/Intervention
- Secondary Traumatization
- Stress Management
- Terrorism/bioterrorism
- Conducting KCCRT Sponsored Training
- KCCRT Team Meetings
- Other content subject to approval by the Board

Protecting Our First Responders



KCCRB offers "Protecting Our First Responders," a free 2.5 hour training developed by Debborah Arnold and Woody Will.

This course is designed to be a pre-incident training course for emergency service personnel. **Originally developed for Fire and EMS, the training has been expanded for Law Enforcement as well.**

Included in this training:

- Module 1: The Stress Response
- Module 2: Five Components of Human Reactions
- Module 3: Health During an Event
- Module 4: Resiliency
- Module 5: Stress Management Techniques

This training can be requested by command for any first responder department in the state. It is also possible to present it within a 3-hour training night. Contact KCCRB for more information.

Functional Needs Module

Watch Video, Complete & Submit Quiz for 1 hour credit per video:

1. Functional Needs - Public Health Emergency Discussion

1a. Functional Needs Quiz

More Videos and Quizzes to come.

[Check out our website for additional classes online.](#)

BOARD MEETINGS

FY2013 Quarterly Board Meeting

KCCRB Offices

January 23, 2012

April 24, 2013

11:30 am	Training Committee
11:30 am	Membership Committee
11:30 am	Public Awareness Committee
12:30 pm	Executive Admin. Committee
1:30 pm	Board Meeting

LINKS

Know how to find helpful information!

KCCRB: <http://kccrb.ky.gov>

KHELPS Volunteer Sign-In:

<https://khelps.chfs.ky.gov/VolunteerMobilizer/login.aspx>

KY Emergency Mgt. Area Offices:

<http://kyem.ky.gov/about/areaoffices.htm>

Kentucky Train.org site: <http://ky.train.org>

Severe Weather Information:

<http://www.gwx.ca.uky.edu/emergency.html>

Hands Only CPR:

<http://handsonlycpr.eisenberginc.com/>

Flu Resources:

<http://flu.gov>

<http://healthalerts.ky.gov>

2013 SCHEDULED COURSES

Courses are being scheduled now for next year. If your agency would like to host a class, let us know.

Feb. 6-7, 2013	Assisting Individuals in Crisis	Louisville
Feb. 27, 2013	Psychological First Aid-II	Jessamine Co.
March 20-21, 2013	Group Crisis Intervention	Louisville
April 24-25, 2013	Pastoral Crisis Intervention II	Louisville

More Information & Schedule Updates at:

<http://kccrb.ky.gov/train/>

TEAM MEETINGS

1/14/2013	Region 9 – 6:30pm (EST) – Pathways, 201 22nd St., Ashland, KY 41101 – Refreshments
1/14/2013	Region 13 & 14 - 6:00pm (EST) - Lex Fire Trng Ctr, 1375 Old Frankfort Pike, Lexington 40504
1/24/2013	Region 1 - 6:00pm (CST) - 1539 Cuba Rd Mayfield KY 42066
1/28/2013	Region 6 - 6:30pm, Middletown FPD, 108 Urton Ln., Louisville, KY 40223
1/28/2013	Region 5 - 6:30 PM (EST), Nelson Co. Sheriff's Dept., 210 Plaza Dr., Bardstown, KY
4/8/2013	Region 13 & 14 - 6:00pm (EST) - Lex Fire Trng Ctr, 1375 Old Frankfort Pike, Lexington 40504
4/15/2013	Region 9 – 6:30pm (EST) – Pathways, 201 22nd St., Ashland, KY 41101 – Refreshments
4/22/2013	Region 6 - 6:30pm, Middletown FPD, 108 Urton Ln., Louisville, KY 40223
4/25/2013	Region 1 - 6:00pm (CST) - 1539 Cuba Rd Mayfield KY 42066
4/29/2013	Region 5 - 6:30 PM (EST), Nelson Co. Sheriff's Dept., 210 Plaza Dr., Bardstown, KY
7/8/2013	Region 13 & 14 - 6:00pm (EST) - Lex Fire Trng Ctr, 1375 Old Frankfort Pike, Lexington 40504
7/15/2013	Region 9 – 6:30pm (EST) – Pathways, 201 22nd St., Ashland, KY 41101 – Refreshments
7/22/2013	Region 6 - 6:30pm, Middletown FPD, 108 Urton Ln., Louisville, KY 40223
7/25/2013	Region 1 - 6:00pm (CST) - 1539 Cuba Rd Mayfield KY 42066
7/29/2013	Region 5 - 6:30 PM (EST), Nelson Co. Sheriff's Dept., 210 Plaza Dr., Bardstown, KY
10/14/2013	Region 13 & 14 - 6:00pm (EST) - Lex Fire Trng Ctr, 1375 Old Frankfort Pike, Lexington 40504
10/14/2013	Region 9 – 6:30pm (EST) – Pathways, 201 22nd St., Ashland, KY 41101 – Refreshments
10/24/2013	Region 1 - 6:00pm (CST) - 1539 Cuba Rd Mayfield KY 42066
10/28/2013	Region 5 - 6:30 PM (EST), Nelson Co. Sheriff's Dept., 210 Plaza Dr., Bardstown, KY

*“How wonderful that no one
need wait a single moment
to improve the world.”*

- Anne Frank (1929-1945)