



KCCRT Newsletter

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2013 Annual Team Training

REGISTER NOW

If you have not registered for one of the Annual Team Training Sessions, please do so by March 20

Send email to C.J. to register for the training for your region, and provide your jacket size.

We have a terrific training day planned including exercises in the morning and afternoon, jacket and shirt distribution, give-aways, and bonus rewards for the region with the highest percentage of team members attending.

Don't Miss It!

AGENDA

Registration

Opening Remarks
Regional Highlights

Preparedness, Response & Recovery
Multi-Incident Exercise

Lunch & Key Note Speaker
Dr. Ann Weeks (Kleine-Kracht), PhD. RN

Large-Scale Expanding Event
Tabletop Exercise

Member Recognition
& Closing Remarks

Annual Team Training Schedule

Regions 1-6

Tuesday April 23, 2013
8:00am-4:30pm (CST)

Rough River State Park
450 Lodge Rd.
Falls Of Rough, KY 40119
Phone: (270) 257-2311

Regions 7-14

Tuesday April 30, 2013
8:00am-4:30pm (EST)

Ramada Limited
Conference Center
115 Stone Trace Drive,
US 64, Exit #110 (Stone Trace),
Mt. Sterling, KY 40353
1-859-497-9400

Keynote Speaker

Dr. Ann Weeks

Dr. Ann Weeks is a nationally known speaker, specializing in everyday strategies to deal with the stresses of life's passages.

She is the author of eleven publications and numerous short stories.

A nurse family therapist in a private practice for twenty years, working with individuals, couples, and families dealing with stress. A self-described "recovering academic" after 30 years in higher education, Ann is the former Dean, Associate Professor and Professor Emeritus of Lansing School of Nursing, Education and Health Sciences of Bellarmine University.

Ann is Immediate Past President of the Association for Applied and Therapeutic Humor (AATH).



Dr. Ann Weeks
(Kleine-Kracht)

Staff Support

Deborah 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

Kentucky Community Crisis Response Board
111 St. James Ct., Suite B
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

When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

–Henri Nouwen

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 969 people

Agency Totals since April 1, 1997

50,545

Responses for FY2013 include services to:

580	Fire/EMS
86	Law Enforcement
136	School
4	Medical
67	Community
5	Business/Industry
22	Emergency Management
63	Family support
0	Social Services
2	Coroner

LMPD Writes KCCRT Into Procedures

After a series of meetings and communications with Police Chief Conrad, Assistant Chief Buckner and Dr. LaQuandra Nesbitt (Metro Louisville Public Health & Wellness-MLPHW), the Louisville Metro Police Department (LMPD) is writing KCCRT into their Standard Operating Procedures. KCCRT Members serving the Jefferson County area are also going through an Orientation with LMPD Detectives to better understand what happens after a crime has been committed. Major David Ray and Lt. Barry Wilkerson presented the first orientation at the Region 6 Team Meeting in January. More orientations will follow.

This comes in the aftermath of several shootings that have severely impacted the psychological resiliency of the community. Dr. Nesbitt has been instrumental in bringing LMPD, MLPHW, Metro EMS, MetroSafe and KCCRB together. In addition, MLPHW hosted three trainings last fall to increase the number of KCCRT members who could serve the area. This resulted in one of the most successful recruiting efforts done by KCCRB.

The collaboration between these agencies is becoming a blueprint by which we can build the KCCRT through similar efforts in other Kentucky communities. We are looking to KCCRT Members to help accomplish this across the Commonwealth.



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

KCCRB Training Video In Production

KCCRB is proud to announce the making of the KCCRB Training Video, now in production. We hope to debut the video at the April Annual Training.

The video includes all the group and one-on-one crisis interventions we do as a team. For some time, folks attending training have wanted a demonstration or example of the crisis intervention models to make what they are learning more understandable.

Now, through a concerted effort of many people, the video is being edited and finalized. It only seems right to acknowledge these efforts, even while in post-production.

KCCRB is grateful to all who have participated in this video production.

Elizabethtown Fire Department Engine One Crew

Captain Chad Marsh

Firefighter Mike Hagan

Firefighter Chuck Masterson

Firefighter Matt Duckworth

Hardin County Educational and Community Television Staff

Gina Ryan-Director, Television Production

Videographers

Anna Bray

Dale Mings

Jacob Wagner

Student Videographers

Michelle Glover

Autumn Haycraft

Ashley Haynes

International Critical Incident Stress Foundation

Kentucky Community Crisis Response Board Staff

Deborah Arnold, Executive Director

Kelli Robinson, Deputy Executive Director

Tammy Napier, CFO

Rev. C.J. Wright, Training Program Coordinator

Kentucky Community Crisis Response Team Members

Constance Adams, Ed.D, NCSP, ATR-BC, School Behavioral Health – Retired

Douglas Alexander, Law Enforcement Chaplain

Rose Blandford, Behavioral Health - Retired

Dr. Michael Freville, Behavioral Health

Deborah Irwin, School Behavioral Health

Angi Livingston, RN

Jerry Powell, Law Enforcement

Terry Troutman, Fire Service Chaplain

Captain Christian Ulrich, Fire Service

Greg Wilder, Law Enforcement, Fire Service

Voice Over

Steve Oglesby, Kentucky Emergency Management

Woodrow "Woody" Will

Guidance and Support

This training video was made possible through the generosity of
Randy Wahlman, PhD., Somerset, KY

Lessons from the Field

by and for Team Members

Blend In. While working the West Liberty tornado scene at one of the local schools with school personnel, I had been talking with a female employee. She worked in the cafeteria and knew all the kids in the school, of course. I was letting her ventilate when someone called for a break to go outside and "either smoke or chew". The lady asked me if I had any chew on me. I politely said no but saw a male close by getting his tin out. I asked him if he wouldn't mind sharing some with the lady. "Of course", he said. I think my calm reaction to the whole "smoke or chew" incident helped the lady feel more at ease, as we continued our conversation after she had her chew break. So I always try to blend into the local scene in every way. People sense when an outsider is either authentic or fake.

- Dr. Michael Freville, Reg. 6

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.



After 34 years working in emergency services I've seen a lot, probably too much. I've seen people hurt from stabbings, shootings, abuse and assault ranging from minor to fatal wounds. I've seen people burned from sunburn to completely burned up. I've had brothers/sisters serving the public who were injured or died, and those who couldn't handle it any longer commit suicide. I've seen tragic accidents be no respecter of persons by killing the young, old, rich and poor. I've seen mothers and fathers scream and cry from the death of a child and had to be the one to tell them they were gone. I've seen cars, planes, boats, businesses and homes destroyed. I've had people die in front of me. I have been there when there were one, two or many deaths at one time. I have seen hate in just about all forms. I have seen evil displayed in ways that I could not have ever imagined. I have been injured myself, burned, spit on, screamed at, hit, had to fight to survive, and fought emotional and political battles.

Most in emergency services, if they are healthy, retire somewhere between 20-25 years on the job. Some work longer or stick with it because they desire to continue beyond the odds and keep trying to help. Some are forced to work longer out of necessity.

I have been a paramedic, firefighter, fire officer, Emergency Management Director, crisis responder, worked in rescue, law enforcement and homeland security. I have worked in small towns and communities to larger cities and counties. I have been elated on my job and have been heartbroken. I have been so excited for the future and at times ready to quit. I have been on call so long that I almost forget what it feels like to not have to make plans for someone to cover for me.

As a 14 year member of KCCRT, I have a better understanding of the human mind, body and spirit. Dealing with tragedy, whether personal or involving someone else, affects the responder and their families in various ways. Thousands of men and women allow the horrific events they see to become accumulative (with stress) eventually causing job burn-out. As KCCRT responders we help others understand and deal with that stress. Now, due to our own stress exposure we will eventually fall victim to the negative results of repeated response if we're not careful. We need to apply the principles we share with others to our personal lives. For me my faith in God provides me with the ability to cope as well as help others to do the same. Look at your personal life and ask yourself, what am I doing to help myself and my family? Don't let your willingness to help others become your emotional downfall.

- Jack L. Donovan, Director
Georgetown/ Scott County
Emergency Management Agency
Office of Homeland Security
(cont'd.)

*Lessons From the Field (cont'd.)***Think before speaking.**

Our number one objective in crisis response is "do no harm." There are a variety of ways to do good and not so good as a team member on a crisis response.

One of the lessons I learned the hard way and now remind myself of on each response is "think before speaking." Here is a particular reason. We all have favorite little expressions, phrases, uses of imagery, or colloquialisms to help describe things. Typically they are very benign. However, they can become not so helpful in certain situations.

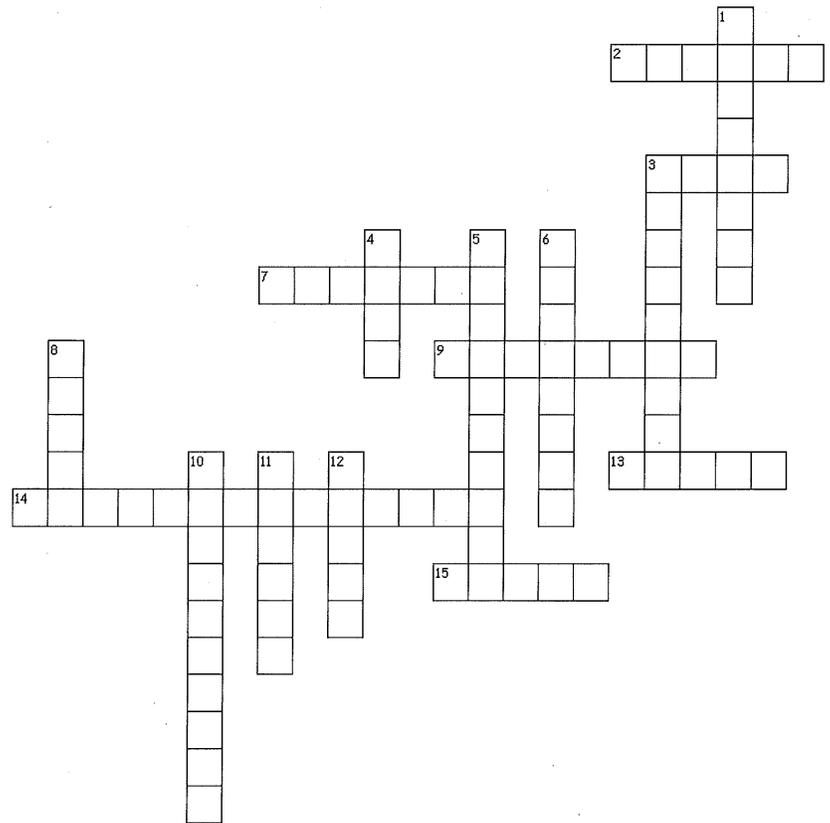
A couple of times over the years I've used an expression or imagery inappropriately. For example, I was on a response for some Fire and EMS crews who responded to a fatal wreck that turned out to be one of their own members. As I was trying to remind them of their professional duties following this kind of experience I said, "Make sure if you are assigned to drive your truck the next couple of days you are okay. If not, let your officer know. You don't want to be distracted and possibly drive your truck off the road. Your chief doesn't need to do an accident report on you." OUCH. Double OUCH.

In preparation for a response, I think about the situation and course of events that has thrown folks off balance. As I am driving to the response and preparing myself I come up with imagery or illustrations that ARE NOT related to the type of incident. Now, I have a little mental note of prepared **helpful** images and phrases to pull from. Before speaking I try to do three things: 1) pause to insure I captured the essence of the message I just heard, 2) consider my response, and 3) speak intentionally. Intentionally includes all the good conversational tools we learn in our crisis response training and experiences, like think before speaking! I am more helpful than harmful when I do this.

- **Captain Christian Ulrich**
Lexington Fire Department

*We are what we repeatedly do.
Excellence, therefore, is not an
act but a habit.*

- Aristotle

KCCRT Stuff to Know**Across**

2. always do in every intervention
3. Critical Incident Stress Management
7. Example of Physical Distress
9. excessive, debilitating stress
13. Example of Emotional Distress
14. Large Group Rest, Info and Transition Sessions
15. when someone hurts beyond our capacity to help

Down

1. Immediate Small Group Support
3. Example of Cognitive Distress
4. Powerful Event Group Support
5. the ability to rapidly and effectively rebound
6. Positive motivating stress
8. logo animal
10. Example of Behavioral Distress
11. best tool we have
12. One-on-One crisis intervention model

How Humor Relieves Stress

Laughter can help to relax muscles, lower blood pressure, and increase the oxygen level in your blood. Laughter lowers the serum cortisol levels in the blood and increases the T-lymphocytes (T-cells) in the body. Dr. Lee Berk at the Loma Linda University School of Medicine did studies on the effect laughter has on the body's immune system. His research showed that laughter increased the number of T-cells and the activity of natural killer cells. His findings showed that laughter stimulated the immune system, counteracting the negative effects of stress.

[Read More](#)



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](http://www.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

Know Resources – Build Partnerships

By Sherry Buresh, Team Member, Region 13 and
Director, Christian Appalachian Project - Disaster Relief

During the last 2 most recent disasters to hit Eastern Kentucky, I have seen and learned how important it is that all teams work together as one.

When KCCRT was asked to respond to the areas, a phone call was all it took for them to find a place to stay and be fed by the Christian Appalachian Project Disaster Relief (CAP DR) Teams. Due to this new working relationship, the availability of services was multiplied.

As KCCRT would access and talk with the people affected, they would gather referrals of those needing clean-up and other assistance we could provide. At the same time, CAP DR had many people walking in asking for their assistance. CAP was able to pass the names on of those needing the services of KCCRT, helping meet all the needs. CAP's teams were building relationships with the people they were assisting with clean-up. Those relationships helped determine the psychological, emotional and spiritual needs of the people impacted. CAP's Teams would bring their referral sheets back to the Operation Center, who in turn, would pass them to KCCRT.

KCCRT was also beneficial in helping CAP DR team members identify their own personal needs and gave the team members ways to help deal with what they were seeing and witnessing.

Bottom line: More people were helped by sharing referrals, KCCRT had a place to sleep and eat, and CAP DR was able to utilize the skills of KCCRT for themselves.

The Christian Appalachian Project is an interdenominational, non-profit Christian organization committed to serving people in need in Appalachia by providing physical, spiritual and emotional support through a wide variety of programs and services.

The working relationship between CAP and KCCRB is both effective and inspirational. CAP's kindness and both organizations' willingness to work together made these respective community outreaches very successful. Every time KCCRT goes into the field, we have the opportunity to build and nurture such relationships.



Learn more about CAP at:

<http://www.christianapp.org/>

BOARD MEETINGS

FY2013 Quarterly Board Meeting

KCCRB Offices

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: [Website](#)

KCCRT TEAM [AVAILABILITY REGISTER](#)

Used for large-scale events

TEAM MEMBER ONGOING EDUCATION

[Additional Info](#)

KCCRT MEMBER RESOURCES

[Lots of Information](#)

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.agwx.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.

March 20-21	Group Crisis Intervention	Louisville
March 25-27	Peer/Group Combo Course First Responders Only	Louisville LMPD
April 11	Psychological First Aid	Harrodsburg
April 24-25	Pastoral Crisis Intervention II	Louisville

More Information & Schedule Updates at:

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

TEAM MEETINGS

4/9/2013	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

Answers to Crossword Puzzle

ACROSS

2 Assess 3 CISM 7 Fatigue 9 Distress 13 Anger 14 Demobilization 15 Refer

DOWN

1 Defusing 3 Confusion 4 CISD 5 Resilience 6 Eustress 8 Horse 10 Withdrawal 11 Listen 12 SAFER

***Volunteers do not necessarily have the
time; they just have the heart.***

~Elizabeth Andrew

***Thank YOU for sharing
Your time and
Your heart!***