



# KCCRT CONNECTION

June 2016

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## IMPORTANT REMINDERS

- 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 2016 KCCRT Conference was a success!** The 2-day Conference offered Leadership Training, exercises in most of the interventions and several training sessions. The site was the old Hangar, which provided the space to hold 3 exercises and 2 training sessions simultaneously on Saturday. The Hangar also offered lessons learned in sound management for next year's conference!



It was an exercise-focused event, where we practiced our intervention skills and did some great work as a team. There was also a Functional Access Needs Panel which shared some great information on providing crisis intervention services to individuals with developmental or intellectual disabilities, autism, Deaf or hard of hearing, as well as high risk frail older persons.

Additionally, we distributed new intervention booklets and USB thumb drives (pre-loaded with team member reference material). These new booklets (which contain a cheat sheet on every intervention we utilize) and USBs will be available to you at your next regional team meeting.

- **Be sure to check Training Schedule.** See <http://www.kccrb.ky.gov/train/>
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## THE ART OF RESPONDING

### JUST LISTEN

"I suspect that the most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention. And especially if it's given from the heart. When people are talking, there's no need to do anything but receive them. Just take them in. Listen to what they're saying. Care about it. Most times caring about it is even more important than understanding it. Most of us don't value ourselves or our love enough to know this. It has taken me a long time to believe in the power of simply saying, "I'm so sorry," when someone is in pain. And meaning it.

One of my patients told me that when she tried to tell her story people often interrupted her to tell her that they once had something just like that happen to them. Subtly her pain became a story about themselves. Eventually she stopped talking to most people. It was just too lonely. We connect through listening. When we interrupt what someone is saying to let them know that we understand, we move the focus of attention to ourselves. When we listen, they know we care. Many people with cancer talk about the relief of having someone just listen.

I have even learned to respond to someone crying by just listening. In the old days I used to reach for the tissues, until I realized that passing a person a tissue may be just another way to shut them down, to take them out of their experience of sadness and grief. Now I just listen. When they have cried all they need to cry, they find me there with them.”

*Rachel Naomi Remen is one of the earliest pioneers in the mind/body holistic health movement and the first to recognize the role of the spirit in health and the recovery from illness. She is Co-Founder and Medical Director of the Commonweal Cancer Help Program featured in the Bill Moyers PBS series, Healing and the Mind and has cared for people with cancer and their families for almost 30 years. See more: <http://www.livinglifefully.com/people/rachelremen.htm>*

## **REGIONAL NEWS**

### • **Response Stats – April 1 – May 31, 2016**

Region 3: Incidents: 3	Response Services: 6
Region 6: Incidents: 1	Response Services: 3
Region 7: Incidents: 2	Response Services: 7
Region 8: Incidents: 2	Response Services: 4
Region 9: Incidents: 1	Response Services: 3



*Continued* means responses were done for incidents that took place in the prior month.  
*Response services include one-on-ones, group interventions and consultations.*

## **QUARTERLY REGIONAL TEAM TRAINING**

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	9/8/2016	5:30pm cst	TBD
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	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	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	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	8/16/2016	6:00pm	Cathie's, Edgewood, KY 41017
Reg. 07	11/15/2016	6:00pm	Cathie's, Edgewood, KY 41017
Reg. 08	7/12/2016	6:00pm	Morehead Fire Dept . Station 2, 3175 Flemingsburg Rd., Morehead, KY 40351
Reg. 08	10/11/2016	6:00pm	Morehead Fire Dept. Station 2 3175 Flemingsburg Rd., Morehead, KY 40351
Reg. 09	9/12/2016	1:00pm	Prestonsburg, KY
Reg. 09	12/12/2016	1:00pm	Prestonsburg, 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	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	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

***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.***

## MEMBERSHIP

- **WELCOME NEW MEMBERS:**

- Sarah Freeman (Region 3, Level 1, Behavioral Health)
- Debbie Ament de Nunez (Region 3, Level 2, Business)
- Kim Powell (Region 6, Level 1, Behavioral Health and Education)

- **THANK YOU to our latest RENEWING TEAM MEMBERS:**

- Walter Canterbury (Region 6, Level 2, Chaplain to Fire and Law, Clergy)
- Barbara Weakley Jones (Region 6, Level 2, Medical)
- Marlene Pippin (Region 5, Level 1, Firefighter, EMT and Chaplain to Fire)
- Danny Pippin (Region 5, Level 1, Firefighter, EMT and Chaplain to Fire)
- Stephanie Elmore (Region 5, Level 1, Firefighter, EMT and Chaplain to Fire)
- Lee Look (Region 6, Level 1, Behavioral Health and Firefighter)
- Pam Fleitz (Region 6, Level 5, Behavioral Health and Education)
- Jamie Hopkins (Region 11, Level 2, Behavioral Health)
- Mike Dossett (Region 6, Level 1, Emergency Management and Law Enforcement)

**We are playing catch up after all the conference work. If we missed someone in the above, please let us know!**

- **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 SCHEDULE

June 20-22	Pastoral Crisis Intervention-I/Group Crisis Intervention Combo	Louisville
Sept. 19-21	Pastoral Crisis Intervention I & II Combo	Morehead

***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.

**Courses are being scheduled now.**

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

Links for all online courses at [KCCRB Online Training](#)

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

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## PREPAREDNESS TIPS & RESOURCES

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

[Resources for K-12 – Good Stuff!](#)

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

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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!**

[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/>