

Upcoming Events:

FEBRUARY 3, 2016
FEBRUARY 11, 2016
FEBRUARY 24, 2016
FEBRUARY 27, 2016

NEXT MEETINGS:
FEBRUARY 9, 2016
6:00 pm- 8:30 pm

MARCH 19, 2016
9:00 am-11:30 am

Contra Costa EMS

Please Update your DHV account!

<http://disasterhealthcarevolunteers.ca.gov/>



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Contra Costa County Medical Reserve Corps

MRC UPDATES

MRC Builds New Partnership

Contra Costa MRC relies on partnerships to help with normal state operations. These partnerships provide additional opportunities in community outreach and education, CPR/AED training, flu vaccine clinics, and disaster training and exercises. Over the past few months the MRC has successfully partnered with Loma Vista/ Mnt Diablo Adult School. This school is located in Concord

and focuses on providing technical training and education for adults looking for career advancement. They offer programs in Medical Assistance, Surgical tech, Dental Assistance, Emergency Medical Technician and Certified Nursing Assistance. These programs offer the perfect opportunity for recruitment and student opportunities with the MRC. A class of 20 Medical Assistants recently participated in a medical surge tent drill with the MRC and Kaiser-Richmond, then played as volunteer victims for a drill at Kaiser-Walnut Creek as part of Super Bowl preparedness. The school invited the MRC to provide flu vaccines as part of a health fair offered to the community.



Mary, one of our volunteer nurses had this to say, “We were able to vaccinate 20 visitors and take time to see what else the fair was showing... They were very glad to have us there and it is an event we would like to return to again next year”.

Later this month, the MRC Coordinator will provide the students with a presentation about the MRC and Valley Fire Response, in hopes of recruiting some new team members.

We are optimistic that this new partnership will continue to grow providing several more opportunities for both the MRC and the students at the school.

The CCCMRC is making an impact on Public Health

Aside from the H1N1 response, this is the first year the MRC has been providing seasonal influenza vaccines to the community in an effort to assist the public health department vaccinate much of the county. There have been some challenges to the clinics we have hosted, but all have provided an excellent training opportunity and opportunities to improve and plan for next year. The flu season is hardly over, but the MRC has made a great impact so far. We have held four clinics since October. This

has provided nearly 170 vaccines. The MRC provided 63.5 volunteer hours at these clinics leading to an economic impact of \$2385, by using volunteers.

Upcoming Events

The MRC will be participating in the following events, contact the MRC Coordinator for details and to sign up.



Vaccine Clinics

•None scheduled at this time. If you are aware of a location that would like to host a clinic, please contact the MRC coordinator

Community Outreach

• Hands Only CPR training- Antioch High School | February 3, 2015 8:00 am- 3:00 pm | 2 volunteers are needed to teach CPR

• Disaster Preparedness Workshop with CPR and AED training | 700 Barrett Ave Richmond, CA | Feb. 11th 2:00 pm-3:00 pm| 1-2 volunteers needed

• Hands Only CPR training- Pleasant Hill | February 24, 2016 2:00-3:00 pm | 1 volunteer needed

• DJF Heart Screening- Pittsburg High School | February 27, 2016 9:00-3:00 pm | 5-7 volunteers needed for various roles

Welcome New Members

We did not add any new members this month. Several “non-active” members were contacted this month and expressed regained interest. Let hope we see them at future events.

If you know anyone who wants to join the MRC, please have them contact the MRC Coordinator at 925-313-9548.

Competency Corner

What is a Disaster Service Worker?

The state of California has what is know as the Disaster Service Worker (DSW) Volunteer Program. This program was created to provide worker’s compensation coverage for volunteers during authorized disaster-related activities and some pre-approved training. In order to receive this benefit or coverage, volunteers must be registered as DSW volunteers, including receiving the oath from an authorized county official. The worker’s compensation coverage does not apply to day-to-day emergency response activities typically carried out by fire, EMS or law enforcement. The Contra Costa Medical Reserve Corps participates in the DSW program and is one of the accredited councils to swear in

Commit to your Community



Do you know someone who would be interested in joining the MRC?

Invite them to a meeting or connect them with the MRC coordinator

lisa.vajgrt-smith@hsd.cccounty.us

(925) 313-9548

volunteers and receive coverage for authorize training and carrying out medical services during disasters. Additionally, any Contra Costa County employee is sworn in as a DSW and is expected to be available for disasters. If you are a county employee, and an MRC member, your obligation remains work work first. CCCMRC swears in all MRC volunteers as part of the application process, so they can be ready to deploy quickly if needed. Should you have an injury while performing a duty with the MRC you are to report it to the unit lead or Coordinator **immediately**. The MRC deployment binder has all the necessary forms and information for submitting a claim. To learn more information you can visit www.caloes.ca.gov. There is also a short video assigned to unit members with MRC-TRAIN accounts. This video is located under-training plans-tier 1. It is recommended you watch this video for more information about the DSW program.

CCCMRC moves to competency based training

In effort to align with National MRC objects, the Contra Costa MRC has launched its 2016 training program. This training program focuses on the MRC Core Competencies. As part of our training program,an annual schedule will be created and align with three tiers. The training tiers are not required per say, but are away to track the level of training each members has. A member who attends most of the meeting, or completes training on MRC-TRAIN will quickly be of tier 3 status. We understand you are all volunteers and value your free time. Do not feel you need to complete all this training to be able to deploy or participate in MRC events. All members with a completed application can deploy. The tiers allow the coordinator to gage the level of training each member has. Additionally, the coordinator can use this information when talking to outside parties about the MRC, and its preparedness level when compared to a spontaneous volunteer as an effort to have more roles for the MRC in disasters. All members are tier 1 status, once they complete the basic requirements of the application and complete their FEMA and PFA training. Over the next month, each members files will be updated to reflect their tier status and you will receive a copy of this. Our goal is to have 50% of the unit trained at tier 3 by 2016. As part of this training plan, you are to have an MRC-TRAIN account, and can utilize this platform as a training tool to supplement different meeting topics, and work through the tiers. There will still be the requirement of two MRC attendances a year.

Details of how to create a TRAIN account are attached to the emails.