National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, better places to live. Neighborhoods across the nation host block parties, festivals, parades, cookouts and other various community events with safety demonstrations, seminars, youth events, visits from emergency personnel and exhibits. Dallas County MRC volunteers are participating this year (October 6th) in our local communities.

Interested? Start a national Night Out. [https://natw.org/registration](https://natw.org/registration)

Use Nextdoor for “National Night Out 2016” planning. Take the lead and use it as a talking point organizing a neighborhood preparedness event. You may even want to contact the MRC office to arrange for a speaker or booth display!

MRC Volunteers Support West African Traveler Monitoring

In June, the DCHHS epidemiology staff requested support from the MRC for monitoring West African travelers for Ebola-like symptoms. Janet Gardener, Mary Pasley, nurse practitioner, and RNs, Eileen Riverside and Krista Schaefer all responded.

"MRC volunteers have been an immense help to the epidemiology team during continued West African traveler monitoring for Ebola,” said Julie Martellini, PhD.

“Since monitoring for each traveler extends over 21 days, and we have a fairly steady stream of travelers coming in, it has been a demanding undertaking.”

In September, another request came and RNs Shaniqua West, Laura Delzel, and Physician Assistant Adam Korenke volunteered. According to Martellini, “MRC volunteers are able to competently monitor over the phone low-risk travelers and report to the epidemiology team based on the CDC guidelines for symptom monitoring. The calls they make each day may only last a few minutes, but it significantly helps alleviate an already taxing responsibility from our staff. We are very grateful for these volunteers.”

As a Medical Reserve Corps volunteer, “Nextdoor” is an easy way to “tune in” to what’s going on in your neighborhood! Visit [http://nextdoor.com](http://nextdoor.com), to check it out.

Once you get started, you can post a message to your neighbors about emergency preparedness. (Remember, all disasters are local, and if your neighborhood is adversely affected, having a neighborhood support network can be very useful.) You can also attach photos, PDFs and other files to your posts, like the MRC brochure, information on developing a family emergency plan, or a “selfie” with your emergency supply kit (wearing your MRC volunteer shirt of course!).
Volunteer Feature

Jackie Staley
Dallas County MRC
Volunteer Since: 2011
“I love the MRC. Volunteering with this unit is a wonderful pursuit. And having a non-medical background has not hindered me from participating as a fully invested member. My passion is in restoration of historical homes. I also specialize in modern home add-ons, decks, etc. I can bring my experiences and knowledge to enhance this unit.

“Other volunteer members are very friendly. And the free training courses offered are wonderful. Through my MRC training, I’ve become a POD Leader, a Lead for the Recruitment and Retention Working Group and a Community Outreach Educator.

“Another volunteer, Jim Brooks was instrumental in recruiting me to become an active member of the Dallas County Medical Reserve Corps. He showed me that you can have a job, family and hobbies, yet find time to give as a volunteer.”

Jackie’s message to volunteer prospects:
“Please come, get acquainted with new and seasoned members, and make a real difference in the life of the Dallas County MRC! You will get fabulous volunteer training and opportunities. Don’t miss out on great learning experiences while meeting like-minded people with whom can work alongside.”

New CBRNE Training Series Draws Interest

Chemical, Biological, Radiological, Nuclear and Explosive (CBRNE) training recently added to MRC curriculum has created renewed interest among member volunteers.

The first class, conducted in late August, dealt with chemical threats and offered 26 volunteers valuable information on detection and response.

Get involved with a Working Group:

Training & Leadership Development: Helps ensure effective and pertinent training and volunteer leadership is in place.

Recruitment & Retention: Helps ensure an adequate number of volunteers so that a state of readiness is maintained.

Disaster Mental Health & Crisis Counseling: Helps ensure a more-than-adequate MH/CC MRC response capability exists during disasters or public health emergencies.

Communications/IT & Social Media: Helps ensure operable and redundant communications capability during disasters.

Community Education & Outreach: Plans and promotes extended educational opportunities for Dallas County residents in order to improve overall community preparedness.

Contact us at mrc.mrc@dallascounty.org for a complete work group job description.
Trainings Coming Up!

POD Training Module V: Crisis Management

This is a course for Social Workers, Mental Health Professionals, and Para-professionals. Course addresses mental health concerns and responses in a POD or shelter environment. Study includes the psychological effects upon general populations following a bioterrorism event and touches on post-event recovery. Factors in conducting surveys of the affected population are described.

Next: Thurs., Oct. 8th, 6:30 to 8:30 pm

Psychological First Aid

Psychological First Aid (PFA) is supported by disaster mental health leaders as the "acute intervention of choice" when responding to the psychosocial needs of children, adults and families affected by a disaster. PFA standards are designed to help reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping. Free CEUs provided to Social Workers.

Next: Sat., Nov. 7th, 9:00 to 12:00 pm

Fundamentals of Preparedness Workshop

In preparation for natural or manmade disasters, this training reviews 16 critical steps, both personal and household, that you should take. Learn how to write your own Emergency Communications Plan, keep it updated, and be ready to evacuate or shelter in place. Get survival tips on what to expect following a disaster.

Next: Sat., Oct. 17th, 9:00 to 11:00 am

CBRNE – Biological

CBRNE THREAT SERIES -- Biological: This is the second in a series of 4 courses which provide an overview of the different types of Chemical, Biological, Radiological, Nuclear and high-yield Explosive threats. Biological training uses CDC provided information and recommendations on how to recognize and respond to a toxic biological release or exposure. Course familiarizes medical personnel with the basic medical signs and symptoms for identifying and treating such exposures.

Next: Sat., Nov. 21st, 9:00 to 11:00 am

PH Support Roles

Public Health Support Roles provides an overview of the many roles MRC volunteers may be needed to fill during public health emergencies. These include but are not limited to assisting with volunteer registration and deployment, distributing 1st responder prophylaxis kits, Family Assistance Center support, Call Center operations, and just-in-time neighborhood outreach and canvassing.

Next: Thurs. Oct. 29th, 6:30 to 8:30 pm

CPR/First Aid/AED

(Re-certification)

If you have been previously certified in CPR, this "refresher" may be for you. DCHHS is hosting a no-cost, 3-hour CPR/AED "refresher only" training for medical volunteers. Come and learn skills that have the potential to save lives.

Next: Thurs. Dec. 10th, 5:30 to 8:30 pm
Importance of Community Outreach & Volunteering

There are many reasons Dallas County MRC’s involvement in the community is important and worthwhile. The unit’s recent volunteer survey shows that many of its volunteers are the result of information handouts or through face-to-face conversations during health & safety fairs and presentations at community events.

There are also health benefits to volunteering for a community involved organization such as the MRC. For those aged 60 and above who contribute considerable time, research has shown benefits to include, improved physical and mental health and “greater life satisfaction.” For all volunteers, research shows positive effects on social psychological factors as well. For more information on the benefits of volunteering, use the following link:


If you have an audience in mind you would like to reach out to on your own, just let us know. Or, if you would like a speaker for your group, send an email to one of the following:

Marisa.Gonzales@dallascounty.org
Elizabeth.Serrato@dallascounty.org

NOTE: For volunteers who "staff" DCHHS/PHP/MRC tables or booths at community outreach events 3 times during a calendar year, we will award an emergency medical supply kit. Those who staff a booth 5 times during a calendar year ALSO earn a new "Above & Beyond" lapel pin.

Please Update Your Profile...

If your MRC membership profile in the MRC database is incomplete, we’re missing essential information that can limit your ability to respond to an emergency need. Please take a few minutes to login and update your information. Go to: www.TexasDisasterVolunteerRegistry.org

1. Select Dallas County Medical Reserve Corps as “Your Organization.”
2. Update your contact information, credentials, and skill sets.
3. Keep a record of Username and Password for future documentation and any required updating.

Thank you!

The transition from the original database will not be complete without you.

Staying Connected with Q & A

Dallas County MRC wants to connect with its members. So…if you have questions, please submit them to mrc.mrc@dallascounty.org.

Follow us on Twitter/ Facebook
@dchhsmrc

Dallas County Health and Human Services

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Dallas County Health and Human Services