



Central District Health Department

Medical Reserve Corps

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September is National Preparedness Month



The U.S. Department of Homeland Security has announced that more than 2,700 national, regional, state and local agencies and organizations have pledged their support and joined the 2010 National Preparedness Month Coalition.

Sponsored by the department's "Ready" campaign, the seventh annual National Preparedness Month helps to educate, raise awareness, and promote action by Americans and their communities in the area of emergency preparedness.

Calling our nation's security and preparedness a "shared responsibility", Department of Homeland Security Secretary Janet Napolitano challenges Americans to build a ready and resilient nation. "People are making a difference in their communities by helping to raise the basic level of preparedness in our country," said Secretary Napolitano as she issued a call to build a year-round culture of readiness and resilience in America's communities. "Individual preparedness is the cornerstone of emergency preparedness. Experience shows that if Americans take steps ahead of time, they stand a much better chance of coming through an emergency unharmed and recovering more quickly."

How do you rank?

The American Red Cross (ARC) recently released new data on citizen preparedness based on research conducted by Wirthlin Worldwide.

The survey, sponsored by the ARC, found that only two in ten Americans felt "very prepared" for a catastrophic event; only about one third of the parents polled knew the disaster plans of their child's school or daycare; the number of people familiar with the disaster plan at their workplace was approximately 47%; and the number of people who said that they have a family emergency plan that includes a meeting location if they were evacuated, along with emergency contact numbers, has plummeted over the past year to below 17%. In fact, according to the study, less than 1 in 10 American households have a family emergency plan, disaster supply kit, along with training in first aid and CPR.



Preparedness Kit

It's important to point out that this survey was done *after* devastating events in our country such as Hurricane Katrina. We know that catastrophic events such as this are going to happen from time to time. Occasionally, our rivers flood, the funnel clouds touch-down, lightning strikes or the earth shakes. Time and again, we have seen the difference that being prepared can truly to individuals, families and within our communities. Are you prepared?

To learn more about community preparedness efforts and what you can do to be better prepared, go to www.ready.gov, our website at www.cdhd.idaho.gov, or contact your local emergency management office. In Ada County call 577-4750 or go to www.accem.org In Elmore County, call 587-3370 x229. In Valley County, call 382-3200 and in Boise County, call 392-4411.

We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out.

Thank you for your cooperation.



Volunteering in America: Idahoans are among the most willing to help out

— by Anna Webb, Idaho Statesman 6/30/10

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According to a report released recently, Idaho ranks third in the country for the highest number of hours of service per capita, at 51.3 hours per person per year. That adds up to 58.6 million hours of service, with a dollar value of \$1.2 billion for the state.

The bigger picture is encouraging, too. Despite difficult economic times, the number of Americans volunteering in their communities jumped by 1.6 million last year - the largest increase in six years.

The report found that 63.4 million Americans volunteered through a formal organization in 2009, giving more than 8.1 billion hours of volunteer service worth an estimated \$169 billion.

A look at volunteering in Idaho:

The information below is based on an average using 2007 to 2009 data.

- 381,900 volunteers
- 33.4% of residents volunteer - ranking them 14th among the 50 states and Washington, DC
- 58.6 million hours of service
- 51.3 hours per resident - ranking them 3rd among the 50 states and Washington, DC
- \$1.2 billion of service contributed
- In 2009 alone, approximately 412,000 volunteers in Idaho contributed 57.7 million hrs of service.
- More than 9,700 Idahoans participate in national service each year through 43 national service projects and programs. This year, the Corporation for National and Community Service will commit more than \$5,200,000 to support the national service initiatives (Senior Corps, AmeriCorps, Learn and Serve America, and other programs) in Idaho.

To read a full report, or more information on Volunteering in America go to www.volunteeringinamerica.gov/ID

What's New In Public Health Preparedness?

Training and Education

- MRC Volunteers were a vital part of the 2009 H1N1 response during the past year working long hours alongside CDHD staff at the community PODs, school strike teams, and the emergency hotline. As we move forward with the coming year's training and exercise plan, our goal is to further incorporate volunteers into these activities. Volunteer involvement in PHP training and exercises will greatly contribute to our preparedness capability to respond to future emergencies and events.

Planning & Exercises

- We are in the process of rewriting our Emergency Operations Plan which will include an increased volunteer utilization component.
- We are continuing to work with local planning partners to expand pre-event agreements that will facilitate mass dispensing of medications in the case of a large-scale public health emergency.

Medical Reserve Corps Orientation

Four MRC new member orientations were held this quarter to give new MRC volunteers a greater understanding of the program and their role as volunteers in supporting the Central District Health Department (CDHD) in a public health emergency.

The two-hour sessions discussed public health's role in a public health emergency, the mission of CDHD, and the MRC program's goals, policies and procedures.

MRC Orientation is not strictly for new volunteers. All members are encouraged to attend to familiarize themselves with new policies or anytime they are interested in a program "refresher".

The next MRC new member orientations will take place at the Boise office of the Central District Health Department, 707 N Armstrong Place:

- Saturday, August 14th, 10:00am-12:00-pm
- Tuesday, August 17th, 6:30pm-8:30pm

Contact Mary Barlow at mbarlow@cdhd.idaho.gov or 321-2215 if you have any questions or to sign up.

Volunteers Needed

Currently, the CDHD is assisting and monitoring 4 cases of Tuberculosis (TB) within Ada County. The patients have been receiving treatment and have been released to their own "home care." However, regulations mandate that someone from the health department directly observe them taking their medications for the entire duration of their continuing treatment - or what's called "Directly Observed Therapy" (DOT).

These patients will require DOT twice a week for the next few months. With recent budgetary shortfalls and cutbacks, CDHD is extremely shorthanded and really needs help in managing these cases.

Assisting with the Direct Observed Therapy entails:

- Picking up the patient's medication at CDHD
- Delivering medication to the patient
- Observing the patient taking the medication
- Recording basic information regarding the visit

In all, the procedure should take only a few minutes.

Volunteers do not need to have a specific license, certification, or skill-set to help since you won't literally be "administering" the medications - just directly observing and documenting the patients while they administer, or "take", their pills.

We will provide all necessary training to ensure full compliance with the requirements for this process and all vehicle travel will be reimbursed to you at the federally approved rate of 48.5 cents per mile. Additionally, if you have not had a PPD skin test done within the past year, we will do one before you start.

Individual volunteers do not have to commit to the entire length of the patients' therapy. We are happy to have your help with any amount of time you can spare. We will be filling out a calendar and scheduling people according to their personal availability.

This is a unique opportunity to assist us and the community and we hope that you will be able to find some time to help us with this important task.

Please contact Mary Barlow at 321-2215 or mbarlow@cdhd.idaho.gov as soon as possible if you have any questions or if you are able to help.

Training

A number of valuable training and educational opportunities can be found locally and free for MRC members.

FEMA and the Emergency Management Institute (EMI) offer self-paced courses designed for the general public and those who have emergency management and response responsibilities. All are offered free-of-charge. FEMA's Independent Study Program (ISP) offers courses that support the nine mission areas identified by the National Preparedness Goal; Incident Management, Operational Planning, Disaster Logistics, Emergency Communications, Service to Disaster Victims, Continuity Programs, Integrated Preparedness, and Hazard Mitigation. To get a complete listing of courses available through FEMA Independent Study Programs, go to: <http://training.fema.gov/IS/crslist.asp>.

Johns Hopkins Bloomberg School of Public Health offers a number of free online training modules covering topics such as agriculture, chemical, biological, radiological, and nuclear terror, infectious disease and vaccines, legal issues, mental health preparedness, and general public health preparedness. The courses are free, easy to access, and take approximately an hour to complete. <http://www.jhsph.edu/preparedness/training/online/>

Northwest Center for Public Health Preparedness presents Hot Topics in Preparedness - an authoritative hour-long online forum each month for discussing topics that are important to the public health practice community. They are presented in a webcast format and focus on the six states in our region (Alaska, Idaho, Montana, Oregon, Washington, Wyoming). These presentations can be accessed at <http://www.nwcphp.org/training/hot-topics>

MRC New Member Orientation – New volunteers to the CDHD Medical Reserve Corps are invited to join us for an introduction and orientation to the program.

Saturday August 14th, 10:00 a.m. – 12:00 p.m.

Tuesday August 17th, 6:30 p.m. – 8:30 p.m.

Central District Health Department

707 N Armstrong Place, Boise



Thank You!!

A big thank you goes out to the MRC volunteers below who recently took time out of their busy schedules to lend a helping hand to CDHD and their community by assisting with our Directly Observed Therapy (DOT) caseload.

Our communicable disease staff really appreciate the assistance of these great volunteers who have helped with this important task.

Craig Goodsell

Maya Schimpf

Tina Cleburne

Bethany McHale

Todd Elliott

Karen Wilson

Susan Brandon

Patrice Smith

Ben Eachon

JoLynn(Jody)Jordan Penny Barcklay



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Member Contact Information

The majority of our communications with you is done via e-mail. It has proven to be the best way to get information out to a large group of people quickly and easily. We realize, however, that e-mail addresses change often and become outdated. If you have recently changed your e-mail address, or have noticed that you haven't heard from us in a while, please give me a call or send me an e-mail with your current contact information. We want to stay in touch! Please contact Mary Barlow at 321-2215 or mbarlow@cdhd.idaho.gov. Thanks!

A Look Ahead

Keep an eye on this section for a schedule of meetings, upcoming volunteer opportunities, response exercises, and other public health events.

August – CDHD-MRC New Member Orientation:

- Saturday, 8/14, 10am – 12pm
- Tuesday, 8/17, 6:30pm – 8:30pm

September – National Preparedness Month: *Are you prepared?*



Visit us online at: www.cdhd.idaho.gov