

The Hazard

FALL 2019



Pierce County

Prepared, Effective, Responsive, Competent

TRAUMA RESILIENCE

TEAM

The PCMRC has recently added a behavioral health lead, Verna Lilly. The Trauma Resilience Team (TRT) is a group of MRC volunteers with nationally recognized trauma mental health training.

TRT members provide short-term mental health assistance for families struggling with a wide range of emotions and distress during an extremely traumatic event. The TRT is also deployable and can adapt to a variety of settings and incidents.

New members must:

- Be an MRC volunteer
- Take CISM GRIN Training
- Take suicide intervention training
- Comply with continuing education requirements as applicable per profession

Happy to talk with you more about TRT. If you have any questions, please feel free to email us at mrc@tpchd.org



October Events

Check out our upcoming events. We are looking for volunteers! Please email mrc@tpchd.org if you are interested in any of the following.

School-Located Influenza Vaccine Clinics

Thursdays, Sept. 26 – Dec. 5

From roughly 8:30am – 1pm

2019 Washington Great ShakeOut

Thursday, Oct. 17 at 10:17 Millions of people worldwide will practice how to Drop, Cover and Hold on.

To learn more visit:

<https://www.shakeout.org/washington/>

Stop the Bleed Training

Tuesday, Nov. 5 from 5:30pm – 7pm

Cedar Room at Gig Harbor Fire-
10222 Bujacich Rd NW, Gig Harbor

To sign up, visit:

<https://www.signupgenius.com/go/60B0C4AA4AB23A7FD0-stop2>



National Preparedness Month

September is National Preparedness Month; however, it is important to be prepared every month. You never know when disaster may strike.

National Preparedness Month promotes family and community disaster and emergency planning. This year's theme is **"Prepared, Not Scared."**

Tips from FEMA

- Plan financially for the possibility of disaster.
- Make an Emergency Plan.
- Sign up for alerts and warnings in your area.
- Learn your evacuation zone and have an evacuation plan.
- Build your own emergency kit.
- Add your child's stuffed animals, board games or books in your emergency kit.
- Review with kids: Sending text messages, contact numbers and dialing 9-1-1 for emergencies.
- Have enough food, water and meds to last for at least 3 to 7 days.
- Keep some cash on hand in case of emergencies. ATMs and credit card readers won't always be available.
- Practice evacuating with pets.



The graphic features a green shopping bag icon filled with disaster preparedness items like a first aid kit, water bottles, and a flashlight. To the right, the text reads 'PREPARED, NOT SCARED' in large green letters, with 'National Preparedness Month 2019' below it. Logos for FEMA and Ready are also present.

Week 1: Sept 1-7
Save Early for Disaster Costs

Week 2: Sept 8-14
Make a Plan to Prepare for Disasters

Week 3: Sept 15-21
Teach Youth to Prepare for Disasters

Week 4: Sept 22-30
Get Involved in Your Community's Preparedness

MRC Talks

On **Sept. 15th** Stephanie Dunkel spoke at the Washington Healthcare Access Alliance. She spoke on what free clinics can do in the event of a communicable disease outbreak.

On **Sept. 17th** Jan Runbeck spoke at the Tacoma Narrows Rotary Club. She spread the message of prevention promotion, professional volunteerism, and the joy of doing the right thing.

Please let MRC know if you hear of a group looking for inspirational speakers. We are ready to spread the good work of MRC.

Free License Renewal and Malpractice Insurance for Medical Volunteers

[The Volunteer/Retired Providers Program](#) is funded by the Washington State Department of Health (DOH) and managed through the Western Washington Area Health Education Center (WWAHEC).

The program is designed to encourage health care volunteers in Washington State by paying the malpractice insurance premiums for those providing non-invasive care to underserved patients.

Volunteers who only use their Washington State professional license for volunteer work are additionally eligible for license renewal. All professional license and malpractice insurance costs, other than late fees and testing fees, are covered by the Washington State Department of Health.

This is an excellent opportunity for Pierce County MRC volunteers to maintain licensing and gain valuable malpractice coverage. For information on how to apply and additional program information visit: [Western Washington AHEC](#)

Community Healthcare 50th Anniversary

Wednesday, Oct 30 Community Healthcare is having their 50th year celebration.

Our very own Pierce County MRC volunteer Shirley Carstens will be receiving a Health Hero award that evening, celebrating all her work to our community!

<https://www.commhealth.org/development/50-registration/>

Volunteer Story

Meet Jayde Rankin!

Hello, my name is Jayde Rankin. I am the new AmeriCorps VISTA serving for the Pierce County Medical Reserve Corps as a volunteer and program coordinator. I had first joined the PCMRC as a volunteer and intern back in Spring of 2019.

After graduating with my bachelor's at 20 I knew I wanted to dive into the healthcare field and grow relationships with the community. I know that this organization will give me those opportunities and experiences.

I really love the community outreach that the organization is involved in. All the volunteers that I have met have been so kind and just want to help others. I am excited to be a part of that.



Email us your story at mrc@tpchd.org