



## CENTRAL MAINE REGIONAL RESOURCE CENTER NEWSLETTER



*A Resource for Emergency Preparedness*

September 2016

### Resiliency Starts Here!

Volunteers are part of most (if not all) disaster response and recovery efforts. Whether it is a volunteer fire department responding to an emergency in a rural town or individual community members mucking out basements after a flood, local volunteerism is at the very core of resiliency. Although we typically think of disasters in terms of the response (putting out flames, evacuating people, securing an area, etc.) it is often preparedness and recovery efforts where volunteers are needed the most. All across the country volunteer driven Medical Reserve Corps units are doing just that—assembling, planning, training and teaching people about preparedness, so when the help is needed there are reliable groups of local volunteers ready to aid in response and recovery.



The Medical Reserve Corps (MRC) is built on a simple notion—which a home-rule state like Maine can understand—that the local level is where community resiliency starts. MRC units are locally based teams of volunteers, who (despite the name) do much more than just medical response during a disaster. Public Health emergencies can hit a community independently (a flu outbreak or even something as devastating as a drinking water crisis like in Flint, MI) or can accompany a major disaster (natural or manmade) like the aftermath of a flood with mold contamination, or an active shooter event and the psychological impact it has on an entire community (each example with its own unique public health needs). Volunteers are a community's greatest resource and inevitably contribute to a successful recovery following a major crisis.

Community members of all ages and skill level willing to help—neighbors helping neighbors (certainly not a new concept here in Maine)—along with community agencies willing to offer support and guidance during an event and municipalities ready to respond with all available resources are all the components of a successful response and recovery. The ability to fold into a larger response if a crisis expands beyond local capabilities is one defining feature of a resilient community. What is often missing in a local response is the interagency and interpersonal leadership structure (i.e. Incident Command System or the National Incident Management System) and the training and guidance that come with volunteer programs like the Medical Reserve Corps. Incorporating an MRC unit into local preparedness efforts is one proven strategy to build resiliency into a community before disaster strikes.

To learn more about Public Health Emergency Preparedness volunteer opportunities at the state and local level, including joining a local MRC unit, or are interested in starting a unit in your own community, please contact MRC State Coordinator Jared McCannell at [jared.mccannell@maine.gov](mailto:jared.mccannell@maine.gov).

Jared McCannell  
Maine CDC, DHHS  
Volunteer Management Coordinator



A national network of local groups of volunteers engaging local communities to strengthen public health, reduce vulnerability, build resilience, and improve preparedness, response and recovery capabilities

## Meetings, Trainings and Exercises

October 12, 2016	8:30 am - 12:30 pm	HICS Refresher Training at MaineGeneral / Alford Center for Health, Augusta
October 27, 2016	8:30 am - 12:00 pm	Central Maine Healthcare Preparedness Coalition, CMMC, Lewiston
December 15, 2016	8:30 am - 12:00 pm	Central Maine Healthcare Preparedness Coalition, CMMC, Lewiston

For further details, take a look at our training/exercise calendar at [www.cmrrc.org](http://www.cmrrc.org). To register contact Kris Gammon at [gammonkr@cmhc.org](mailto:gammonkr@cmhc.org).

## ASPR TRACIE

Are you familiar with ASPR TRACIE? If not, you should be! ASPR TRACIE stands for **Assistant Secretary for Preparedness and Response (ASPR) Technical Resources Assistance Center and Information Exchange (TRACIE)**. Whether you work for a hospital, are part of a healthcare coalition, or are a healthcare provider, emergency manager, or public health practitioner, ASPR TRACIE can help you learn more about disaster, medical, healthcare, and public health preparedness. It is a healthcare emergency preparedness gateway that ensures all stakeholders have access to information and resources to improve preparedness, response, recovery and mitigation efforts.

TRACIE has three Components:

- **Technical Resources** page allows you to review topic collections such as, Ebola, drug shortages and natural disasters; and allows you to search for specific resources. It also includes peer-reviewed as well as other public and privately developed materials, such as fact sheets, reports, articles, plans, templates, and webinars by other professionals in the fields of healthcare, disaster medicine, public health, and public safety with a proven reputation for improving and advancing in their field of expertise.
- **Assistance Center** will give you a higher level of support where you can submit a request or ask questions. Support could also include development of new material, development of a training program, or direct assistance by asking a subject matter expert.
- **Information Exchange** is web-based and peer-to-peer discussion board. This allows open discuss in near real time. It promotes multidisciplinary discussions, collaboration and information sharing. This exchange also provides discussion boards for users to connect with on another and permits users to share questions, ideas, plans and documents.

Take a look for yourself by visiting [www.ASPRtracie.hhs.gov](http://www.ASPRtracie.hhs.gov)! It has recently included the newly released Centers for Medicare & Medicaid Services (CMS) finalized rules for emergency preparedness requirements for healthcare providers participating in Medicare and Medicare which take effect in November.



### September is National Preparedness Month!

September is recognized as National Preparedness month. What a great reminder that we all must take action to prepare, now and throughout the year for all types of emergencies that could affect us where we live, work and visit. Below are a few websites you can visit to help you prepare!

- <https://www.ready.gov/>
- <http://www.nws.noaa.gov/com/weatherreadynation/prep.html>
- <http://www.redcross.org/get-help/prepare-for-emergencies/national-preparedness-month>
- <http://www.cdc.gov/features/beready/>



### Suggestions Welcome!

Is there any topic you would like to see highlighted in this newsletter?

Anything new and exciting happening at your facility that you would like to share?

Your ideas and suggestions are welcome! Contact Kara or Kris with your suggestion.

### Central Maine Regional Resource Center

- **Kara Walker**, Director, 795-2960, [walkerka@cmhc.org](mailto:walkerka@cmhc.org)
- **Kris Gammon**, Operations Mngr. 795-2962, [gammonkr@cmhc.org](mailto:gammonkr@cmhc.org)

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