

WYO CISM NET



June 2009

A Newsletter For Critical Incident Responders In Wyoming

WYO CISM NET and Rocky Mountain Region Disaster Mental Health Institute, Box 786, Laramie, WY 82073-0786 <http://www.rmrinstitute.org> rockymountain@mail2emergency.com 307-399-4818

Managing Your Anxiety About Swine Flu

This timely bulletin from the American Psychological Association provides excellent tips to help stay grounded during the current outbreak of swine flu. Solid factual information is always the antidote for the fear of the unknown, and this document is suitable for personal use as well as general distribution to a larger work group. To view the tip sheet click: [APA Flu Response](#). This link provided courtesy of the American Psychological Association.

<http://www.apahelpcenter.org/articles/article.php?id=194>

UPCOMING Annual Conference – Cheyenne, WY – November 5-7, 2009

http://www.rmrinstitute.org/Call_For_Papers-2009.pdf

Give An Hour

<http://www.giveanhour.org/skins/gah/home.aspx>

Give an Hour is asking mental health professionals nationwide to literally give an hour of their time each week to provide free mental health services to military personnel and their families. Target population is the U.S. troops and families who are being affected by the current military conflicts in Afghanistan and Iraq.

EMERGENCY RESPONSE AND RECOVERY: The Need to Pre-Plan

Disasters are complex human, bureaucratic, and political events. Routine resources and procedures are not adequate for managing changes caused by disasters. The number and type of responding groups, agencies, and jurisdictions increase tremendously. Relationships among organizations change. Alterations in traditional divisions of labor and resources increase needs for multi-organizational and multi-disciplinary coordination among all the participants. Without such coordination, it is difficult to share resources and distribute them to fulfill needs. Communication, command and control may be insufficient, essential tasks may be omitted, duplication of effort may occur and activities may become counterproductive.

A disaster differs from routine emergencies in that it cannot be adequately managed by merely mobilizing more personnel, equipment and supplies. A disaster often creates demands that exceed the capacities of single organizations. This requires them to share tasks and resources with other organizations that use unfamiliar procedures. Disasters may also cross jurisdictional boundaries (Auf der Heide, 1989). They change the number and structure of responding organizations and can result in the creation of new ones. They create new tasks, and engage participants who are not ordinarily disaster responders. Disasters also disable routine equipment and facilities needed for emergency responses.

Organizations inexperienced in disasters often respond by continuing their independent roles. They fail to see how their function fits into the big picture and the total response effort (Auf der Heide, 1989). This isolation occurs not just in response, but also in planning. All too often, private sector groups and different levels of government may not have plans that realistically consider the roles and resources of other groups.

Key factors in an organization's effectiveness are *flexibility* and the ability to *improvise*. It is critical for responding agencies to educate themselves about the roles and responsibilities of other local, state, and federal agencies in time of disaster. They must *plan* for disaster response based on a solid knowledge of the organizational environment. It is critically important to develop a plan prior to an event that can be exercised and refined as needed. (Part 2 next month)

National Incident Management System (NIMS) NIMS information and resources

All federal, state, local, tribal, private sector and non-governmental personnel with a direct role in emergency management and response must be NIMS and Incident Command System trained. Information on implementing the systems can be found here: <http://www.fema.gov/emergency/nims/index.shtm>

ONLINE COURSES AVAILABLE FOR CONTINUING EDUCATION

The following courses are available online:

- **RETURN TO EQUILIBRIUM: Disaster Mental Health**
http://www.psychceu.com/Doherty/Equilibrium_index.asp - 4 CEU

- **RETURN TO EQUILIBRIUM: Returning Military And Families**
http://www.psychceu.com/Doherty/Equilibrium_index.asp - 8 CEU

- **CRISIS INTERVENTION TRAINING FOR DISASTER WORKERS**
http://www.psychceu.com/CISM/cism_index.asp - 12 CEU

- **FROM CRISIS TO RECOVERY: Strategic Planning for Response, Resilience and Recovery**
http://www.psychceu.com/Doherty/crisis_index.asp - 12 CEU



Smoke from wildfires is a mixture of gases and fine particles from burning trees and other plant materials. Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases. Know whether you are at risk and protect yourself.



Tanker dropping Retardant

Facts About Thunderstorms and Lightning

All thunderstorms are dangerous. Every thunderstorm produces lightning. In the United States, an average of 300 people are injured and 80 people are killed each year by lightning. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Other associated dangers of thunderstorms include tornadoes, strong winds, hail, and flash flooding. Flash flooding is responsible for more fatalities—more than 140 annually—than any other thunderstorm-associated hazard. Dry thunderstorms that do not produce rain that reaches the ground are most prevalent in the western United States. Falling raindrops evaporate, but lightning can still reach the ground and can start wildfires. For further information, Go To: <http://www.fema.gov/hazard/thunderstorm/index.shtm>

Wildfire

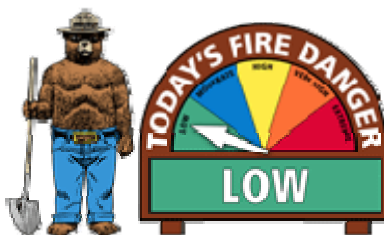
The threat of wildland fires for people living near wildland areas or using recreational facilities in wilderness areas is real. Dry conditions at various times of the year and in various parts of the United States greatly increase the potential for wildland fires. Advance planning and knowing how to protect buildings in these areas can lessen the devastation of a wildland fire. There are several safety precautions that you can take to reduce the risk of fire losses. Protecting your home from wildfire is your responsibility. To reduce the risk, you'll need to consider the fire resistance of your home, the topography of your property and the nature of the vegetation close by. For Further information. go to: http://www.fema.gov/hazard/wildfire/wf_prepare.shtm

Learning Resource Center (LRC) ONLINE CARD CATALOG

As its name implies, the Online Card Catalog (OCC) is the index that provides bibliographic access only to the collection of the National Emergency Training Center's (NETC) Learning Resource Center (LRC). While the LRC is the on-campus library for the staff and students of the National Fire Academy (NFA) and the Emergency Management Institute (EMI), the OCC will function for Internet users as a database on fire service and emergency management topics. Its fundamental service to Internet users is one of identification. The OCC identifies published resources on topics of professional interest to fire service and emergency management personnel. For further information, go to: <http://www.lrc.fema.gov/index.html>

THE MEDICAL MINUTE: MEDICAL MYTHS

How many times has someone said, "They say that ..." in reference to some medical topic? It's not clear how these bits of folk wisdom become common knowledge and accepted as fact. Repetition seems to reinforce belief. Maybe that's why advertising works so well. As Simon and Garfunkel say in "The Boxer," "... still the man hears what he wants to hear and disregards the rest." According to the latest edition of the Medical Minute, a service of Penn State Milton S. Hershey Medical Center, many medical myths do have a basis in fact, but the facts often get lost in misunderstanding. Such medical folk wisdom includes claims like "feed a cold; starve a fever," "we need eight glasses of water a day," and "too much sugar causes diabetes." People can avoid falling for these bits of folk wisdom by asking where the evidence is. Read the full story at <http://live.psu.edu/story/18507>



The Fire and Aviation Management programs within the Bridger-Teton National Forest and Grand Teton National Park are integrated to provide a professional and innovative interagency fire program. Teton Interagency Dispatch Center, located in Moose, Wyoming, is an all-risk dispatch management unit in western Wyoming. <http://gacc.nifc.gov/egbc/dispatch/wy-tdc/index.html>

Moonquakes ("earthquakes" on the moon) do occur, but they happen less frequently and have smaller magnitudes than earthquakes on the Earth. It appears they are related to the tidal stresses associated with the varying distance between the Earth and Moon. They also occur at great depth, about halfway between the surface and the center of the moon.



San Andreas fault zone, Carrizo Plains, central California. Photo by R.E. Wallace, USGS

How Tornadoes Form

- Before thunderstorms develop, a change in wind direction and an increase in wind speed with increasing height creates an invisible, horizontal spinning effect in the lower atmosphere.
- Rising air within the thunderstorm updraft tilts the rotating air from horizontal to vertical.
- An area of rotation, 2-6 miles wide, now extends through much of the storm. Most tornadoes form within this area of strong rotation.

For Further Information, Go To:
<http://www.crh.noaa.gov/lmk/tornado1/index.htm>

Developing countries need help in preserving vital agricultural biodiversity – UN study

With crucial agricultural genetic resources at risk, developing countries should be enabled to fully exploit biotechnology tools to stop the decline of biodiversity and use their wealth of such resources as an insurance against climatic and other changes, according to a new United Nations study released. "The ability to apply these biotechnologies in developing countries is currently limited by the lack of sufficient funds, human capacity and adequate infrastructure," says the study, edited by the UN Food and Agriculture Organization (FAO) Working Group on Biotechnology. For full story, go to: <http://www.un.org/apps/news/story.asp?>

MELANOMA -- THE DARK SIDE OF THE SUN

Now that the weather is nice, people will spend more time outside. Whether it's doing yard work, playing golf or at the beach, this is a nation of sun lovers. Some people with light-colored skin may even spend a few sessions in the tanning booth to begin to develop a golden hue that looks like they spent a week at the beach. Others work outside and whether they planned to or not, will be getting more sunlight for the next six months. Too bad, since sunlight is very likely the reason malignant melanoma incidence has doubled since the 1970s with an estimated 62,000 new cases expected this year and almost 8,000 deaths, according to the latest edition of the Medical Minute, a service of Penn State Milton S. Hershey Medical Center. It is generally accepted that sun exposure increases the risk of malignant melanoma, but there is controversy as to how. Statistically, the greater the amount of ultraviolet light and the higher the intensity of exposure, the greater the risk of all skin cancers. Sunburns under age 20 are particularly associated with melanomas. For more information on melanoma, go to <http://www.cancer.gov/cancertopics/wyntk/melanoma> online. Read the full story at <http://live.psu.edu/story/17369>

TORNADO INFORMATION

Although tornadoes occur in many parts of the world, they are found most frequently in the United States. In an average year, 1,200 tornadoes cause 70 fatalities and 1,500 injuries nationwide. You can find statistical information on tornadoes at <http://www.spc.noaa.gov>

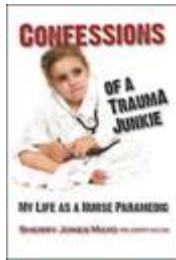
Tornado Facts

- A tornado is a violently rotating column of air extending from a thunderstorm to the ground.
- Tornadoes may appear nearly transparent until dust and debris are picked up or a cloud forms within the funnel.
- The average tornado moves from southwest to northeast, but tornadoes have been known to move in any direction.
- The average forward speed is 30 mph but may vary from nearly stationary to 70 mph.
- The strongest tornadoes have rotating winds of more than 250 mph.
- Tornadoes can accompany tropical storms and hurricanes as they move onto land.
- Waterspouts are tornadoes which form over warm water. They can move onshore and cause damage to coastal areas.

When and Where Tornadoes Occur

- Tornadoes can occur at any time of the year.
- Tornadoes have occurred in every state, but they are most frequent east of the Rocky Mountains during the spring and summer months.
- In the southern states, peak tornado occurrence is March through May, while peak months in the northern states are during the late spring and summer.
- Tornadoes are most likely to occur between 3 and 9 p.m. but can happen at any time.

Take a Ride in the back of the ambulance...



Confession's Website

http://sherryjonesmayo.com/Confessions_of_a_Trauma_Junkie/Confessions.html

Share the innermost feelings of emergency services workers as they encounter trauma, tragedy, redemption, and even a little humor. Sherry Jones Mayo has been an Emergency Medical Technician, Emergency Room Nurse, and an on-scene critical incident debriefer for Hurricane Katrina. Most people who have observed or experienced physical, mental or emotional crisis have single perspectives. This book allows readers to stand on both sides of the gurney; it details a progression from innocence to enlightened caregiver to burnout, glimpsing into each stage personally and professionally. **Sherry was a Keynote Speaker at the 6th Rocky Mountain Region Disaster Mental Health Institute Conference in Cheyenne November 6-8, 2007.**

Institute BOOKS AND PUBLISHED CONFERENCE PROCEEDINGS

RETURN TO EQUILIBRIUM: Disaster Mental Health and Returning Military and Families -

Proceedings of the 7th Rocky Mountain Disaster Mental Health Conference – Laramie, WY
http://www.rmrinstitute.org/ROCKY_MOUNTAIN_REGION-books.pdf

ORDER AND PURCHASE BOOKS online

<http://www.rmrinstitute.org/books.html>

Certification Process Initiated

Eight Team Members and 3 individuals took the Wyoming CISM Certification test in Rock Springs on June 19, 2009. The eight Team Members belong to the Sweetwater ASSIST CISM Team and have met all requirements for Certification as outlined by the Rocky Mountain Region Disaster Mental Health Institute (http://www.rmrinstitute.org/Certification_Requirements.pdf). All were presented with their Certification Certificate. The following were fully certified: Sgt Randy Hanson, RSPD, Team Coordinator; Wauneta Lutes, RSPD; Mike Bauer, Southwest Counseling Service; Jill Johnson, Family Practice Dynamics Counseling; Renee Schroeder, Family Practice Dynamics Counseling; Judy Roderick, Sweetwater County Emergency Management; Winston Slaugh, Coordinator, Daggett County EM (UT); Shirley Slaugh, Director, Daggett County EM (UT).

Three individuals achieved Provisional Certification. They must complete all other requirements within one year (with a one year extension if needed). If not completed within two years, they must re-take the exam. As Provisionally certified CISM Responders, they must also be supervised when performing any interventions. The following were Provisionally Certified: Jim Legg, HRSP – Red Card Human Resource Specialist Federal AD, Worland; Mary Robertson, Sgt, Police Department Comm Supervisor, Newcastle; Tonia Mills, Newcastle Police Dept. Comm, Newcastle.

All successfully certified personnel can also take advantage of 10% discounts on all trainings and conferences and publications offered by the Rocky Mountain Region Disaster Mental Health Institute. Congratulations to all in this first group of Charter Certificants. To schedule Certification test for your team, please call 307-399-4818.

SWEETWATER ASSIST CISM TEAM MEETING MINUTES Tues June 16th 2009 5:30-8:00pm @ RSPD Training room

Attending:

Rocky Mtn Region Disaster Mental Health Institute – George Doherty
SW Counseling- Mike Bauer
RSFD- Ben Fausett
SW Co Em Mgmt- Judy Roderick
Daggett Co Em Mgmt- Winston & Shirley Slaugh
RSPD- Wauneta Lutes, Randy Hanson
Family Dynamics Counseling- Jill Johnson, Renee Schroeder
2 guests from Newcastle J

Topics: We discussed the on-going classes this week at the college (WWCC) that we are sponsored. Mon, Tue, & Wed was the peer and group classes. Thursday Marty Roark from Homeland security gave a free “Weapons of Mass Destruction” class. Friday was the certification test date for the team. All the classes went well. Thanks to Marty & George for the week !!! and we all DID pass the test on Friday. It was a fun class and the ones who went learned alot, discussed and got certified.

We talked about NIMS (Incident Command System). If you haven't done them, Go to FEMA.Gov and take the ICS 100 And ICS 700 Courses. (Be sure to bring copies of all certificates to Wauneta for the book)

We discussed the recent debriefing of a firefighter who had attempted suicide by shooting himself. It was a very emotional debrief for the community. Mike Bauer was the administrator/coordinator and did a fantastic job !! There were approx 27 people involved in the debrief. Also on the team were Ben Fausett- peer, Judy Roderick to help out, and Libby Bougere was the observer.

WE DISCUSSED THE UP-COMING MEETING IN JULY ** PICNIC **

Everyone plan on attending, please get a hold of Judy Roderick (922-5370) with what you are planning on bringing Even if it is yourself !! These are a lot of fun, and a GREAT team builder. Spouses, friends, kids, are ALL welcome. It is important that we get a chance to meet some of our support system in a relaxed setting.

Campbell County CISM Team April and May 2009 activities

1. There was no meeting in March due to circumstances beyond our control. (That does not mean we were *out of control!*)
2. Rod Warne taught a 2-hour stress management class at the Wyoming Law Enforcement Academy for the Detention Officer Basic class on March 6th with about 20 in attendance.
3. Gordon Harper went to St. Louis, Missouri, to attend the *Law Enforcement Perspectives for CISM Enhancement* class. He enjoyed a brief holdover in Salt Lake City due to our local weather conditions.
4. Rod Warne & Bob Rudichar worked on *Facts About Critical Incident Stress Management* brochures (70 total) to be handed out to Firefighters and EMS students at the upcoming EMS University being conducted in April. A Team representative will be teaching at that event.
5. Rod Warne has been accepted to attend the ICISF Approved Instructor course on *Law Enforcement Perspectives for CISM Enhancement* on April 21st.
6. A recent comment from the VP of Patient Services for Campbell County Memorial Hospital was an encouragement for the Team. She praised the CISM concept, the use of CISM teams and the value of using them with hospital staff. She mentioned the incident with the child who had been run over by the school bus in February and how it was very helpful to hospital staff when HEART was implemented. In her 30 years of nursing she has come to appreciate the value of CISM.

MAY:

1. The May meeting was conducted on Monday, May 3, at the Public Health facility, Charlie Messenheimer, hosting. It was decided, in the absence of Gordon Harper, to have our Team picnic at Gordon's house in June. There was discussion of our participation in the upcoming Gillette FSX to be held during the week of the 18th. The disaster drill actually fell on Bob's birthday, turning his birthday party at the hospital into a (pardon the pun) *disaster*. A Strategic Plan was developed and turned in regarding our Team role in the disaster drill.
2. Bob Rudichar presented another pre-incident training class for Certified Nursing Assistants on *Facts About Critical Incident Stress Management*.
3. Kenneth Martin, MA, MAMFT, PMFT, Therapist, came on board to join our very capable lineup of counselors. While coming to us with an extensive background of experiences, Ken currently works with the YES House of Gillette. He also has training and experience in Chaplaincy, to include being a certified Chaplain, International Conference of Police Chaplains. "Welcome Aboard" Ken!
4. On May 29, the Team responded to a HEART (Hospital Emergency Action Response Team) request for an intervention at Campbell County Memorial Hospital, with 5 clients in attendance. The dispatch was as follows:

Counselor:	Robin Voigt
Peer:	Kay Holm
Chaplain/Team Leader:	Gordon Harper

Follow-up revealed very positive response from the requesting department.

Respectfully Submitted,
Bob W. Rudichar
Team Coordinator

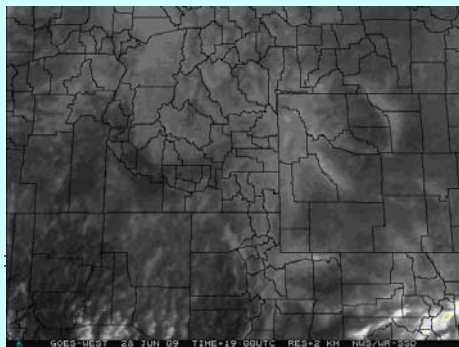
Video INSIDE a *tornado!* Goshen Co, Wyoming

Extreme video from inside the Goshen Co, **Wyoming tornado** on **June 5, 2009** from the TornadoVideos.net SRV Dominator. Wind data was collected.

www.youtube.com/watch?v=94qCoLdpRIQ

June 5th, 2009 La Grange, Wyoming Tornado in HD

TSR chase team intercepts a large *tornado* from 50 yards away! Baseball sized hail followed. <http://www.youtube.com/watch?v=9Bjp723PSMw>



Satellite Photo – Western Wyoming June 29, 2009



Tornado touchdown



Lightning is neat from a distance and can be a real danger when within a distance too close.

CURRENT CISM TEAMS IN WYOMING

The following Teams have trained responders available within the state:

- **WSH CISM Team** – Wyoming Registered Team
Peer Coordinator: Jeremy Hill
Mental Health Coordinator: Pamela R. Fuller, PhD
CONTACT: 307-789-3464 Ext. 0
- **Uinta CISM Team** – Wyoming Registered Team
Peer Coordinator: Sgt. Dennis Hutchinson, Uinta County Sheriff's Office
Mental Health Coordinator: Pamela R. Fuller, PhD
CONTACT: 307-789-3464 Ext. 0
- **Snowy Range CISM Team - National Registered Team**
Peer Coordinator: Dave Smith, Laramie
Mental Health Coordinator: George W. Doherty, Rocky Mountain Region
Disaster Mental Health Institute **CONTACT:** 800-821-3711
During Business Hours: 307-399-4818
Email: rockymountain@mail2emergency.com
- **Sweetwater ASSIST CISM Team** – Wyoming Registered Team Peer Coordinator: Sgt Randy Hanson, Rock Springs Police Department
Mental Health Coordinator: Michael Bauer, S.W. Counseling
CONTACT: Ph: 307-352-1575 Email: randy_hanson@rswy.net
- **Fremont County CISM Team** Peer Coordinator: Sgt Jerry Evagelatos, Sheriff's Department Email – jerryev@trib.com
Mental Health Coordinator: Open **CONTACT:** Ph: 307- 857-3604
- **Campbell County CISM Team** Coordinator: Bob Rudichar rudichabw@ccmh.net Peer Coordinator: Charlie Messenheimer
Mental Health Coordinator: Robin Voigt
CONTACT: 307-680-1519.
- **Southeast Wyoming CISM Team** Acting Coordinators: Dori Clark and Don Heiduk **CONTACT:** 307-637-6525 or, during business hours 307-637-6507 or 307-633-4756
- **Sheridan CISM**
Administrative Coordinators: Michelle Cunningham & Jennifer Shassetz
Sheridan Police Dept. **CONTACT:** 307-672-2413
- **Casper CISM Current** Acting Coordinators: Lt. Stewart Anderson & Theresa Simpson **CONTACT:** 307-235-9205