

# WYO CISM NET



MAY 2010

## *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](mailto:rockymountain@mail2emergency.com) 307-399-4818

### ONLINE TRAINING AVAILABLE:

The following courses are available online:

- **RETURN TO EQUILIBRIUM:**

- **Disaster Mental Health**

- [http://www.psychceu.com/Doherty/Equilibrium\\_index.asp](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](http://www.psychceu.com/Doherty/Equilibrium_index.asp) - 8 CEU

- **CRISIS INTERVENTION TRAINING FOR DISASTER WORKERS**

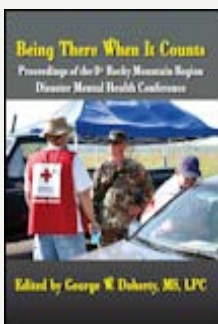
- [http://www.psychceu.com/CISM/cism\\_index.asp](http://www.psychceu.com/CISM/cism_index.asp) - 12 CEUs

- **FROM CRISIS TO RECOVERY: Strategic Planning for Response, Resilience and Recovery**

- [http://www.psychceu.com/Doherty/crisis\\_index.asp](http://www.psychceu.com/Doherty/crisis_index.asp) - 12 CEU

### **8TH Rocky Mountain Disaster Mental Health Conference Proceedings: November, 2009 – Cheyenne, Wyoming "BEING THERE WHEN IT COUNTS"**

Click here to [See Table of Contents for major articles](#) **PRE-ORDER AND PAY @ SPECIAL PRICE UNTIL JUNE 15, 2010: \$16 Plus Shipping \$3.95 Total: \$19.95**  
Order and Pay Online at:



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

### WILDFIRE SEASON AND FIRE RESOURCES

With summer upon us, so is wildfire season. Below are some of the relevant web pages with information about wildfires and fire-fighting and prevention resources.

#### **FIRE CAREER ASSISTANCE**

<http://www.firecareerassist.com> Fire Department & EMS jobs are everywhere. YOU just need to know what is available to be successful. This website helps Firefighters, Paramedics, EMT's, Fire Reserves & aspiring Firefighters find the right job opportunities. They cover all firefighter positions as well as wildland openings & EMS positions. Join now & get the advantage you need!

#### **NATIONAL INTERAGENCY FIRE CENTER**

<http://www.nifc.gov> The National Interagency Fire Center (NIFC) in Boise, Idaho is the nation's support center for wildland firefighting. Seven federal agencies call NIFC home and work together to coordinate and support wildland fire and disaster operations. These agencies include the Bureau of Indian Affairs, Bureau of Land Management, Forest Service, Fish and Wildlife Service, National Park Service, National Weather Service, and Office of Aircraft Services.

#### **SATELLITE OBSERVATIONS OF FOREST FIRES**

<http://fermi.jhuapl.edu/avhrr/gallery/fire/fire.html> Part of the The Johns Hopkins University Applied Physics Laboratory Ocean Remote Sensing Group. These observations may be accessed by when they occurred or where they occurred. Unfortunately time did not permit complete examination of all available data, some significant fires are not included, some very small fires are. However this web site will give a good idea of what kind of observations are possible with the NOAA weather satellite AVHRR sensors.

#### **GEOSPATIAL MULTI-AGENCY COORDINATION GROUP**

<http://wildfire.usgs.gov> The Rocky Mountain Geographic Science Center (RMGSC) is a leading scientific authority in evaluating, understanding, and predicting the risks, vulnerabilities, causes, and consequences of landscape change on the physical environment and the human condition. Links to Wildland Fire Manager Pages.

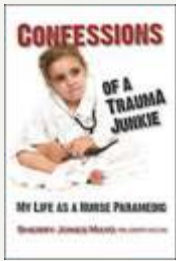
#### **FIRE AND ENVIRONMENTAL RESEARCH (FERA) APPLICATIONS TEAM**

<http://www.fs.fed.us/pnw/fera/> News from the Forefront of Fire and Smoke Research. Details about FERA's research funded through the National Fire Plan. Publications, articles, climate and environmental information, current research and related links.

#### **NOVA - FIRE WARS**

<http://www.pbs.org/wgbh/nova/fire/> the companion Web site to "Fire Wars," originally broadcast on May 7, 2002. In the program, NOVA accompanies the men and women of a wildland firefighting crew known as the Arrowhead Hotshots as they battle one of the most destructive wildfire seasons ever, the summer of 2000.

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



**Confession's Website**  
[http://sherryjonesmayo.com/Confessions\\_of\\_a\\_Trauma\\_Junkie/Confessions.html](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 6<sup>th</sup> Rocky Mountain Region Disaster Mental Health Institute Conference in Cheyenne November 6-8, 2007.

[http://sherryjonesmayo.com/Confessions\\_of\\_a\\_Trauma\\_Junkie/Endorsements.html](http://sherryjonesmayo.com/Confessions_of_a_Trauma_Junkie/Endorsements.html)

## GIVE AN HOUR

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

is asking mental health professionals nationwide to literally give an hour of their time Give an Hour 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.

*Links to Red Cross for Haiti Assistance:*

<http://www.wyomingredcross.org/>

<http://www.redcross.org/>

<http://www.redcross.org/en/givehere/>

## US FISH AND WILDLIFE SERVICE - FIRE MANAGEMENT

<http://www.fws.gov/fire/> The Fire Management Branch is a branch within the Division of Refuges, Washington Office. The Branch is located at the National Interagency Fire Center, Boise, Idaho, with the other wildland fire management cooperators from BLM, BIA, NPS and US Forest Service. The Branch is responsible for overall staff direction for the Service's fire management program which includes preparedness, fire use, suppression and emergency fire rehabilitation, which functions to support the Service missions. The Branch develops policy, operational procedures and standards, provides program oversight through the review process, is the lead and coordinator for national interagency involvements, represents the Service on the national interagency Multiagency Coordination Group (MAC Group) and serves as the contact for the Department's Fire Program Coordinator.

**Forest Service Fire and Aviation Management Web site** <http://www.fs.fed.us/fire/> The Fire and Aviation Management part of the US Forest Service is a diverse group of people working to advance technologies in fire management and suppression, maintain and improve the extremely efficient mobilization and tracking systems in place, and reach out in support of our Federal, State, and International fire partners.

## FEMA FOR KIDS

<http://www.fema.gov/kids/> This site teaches you how to be prepared for disasters and how you can prevent disaster damage. You can also learn what causes disasters, play games, read stories and become a Disaster Action Kid. A story about my search for a disaster-proof shell is great reading, too! Disasters aren't fun, but learning about them is!

## Natural Hazards Center

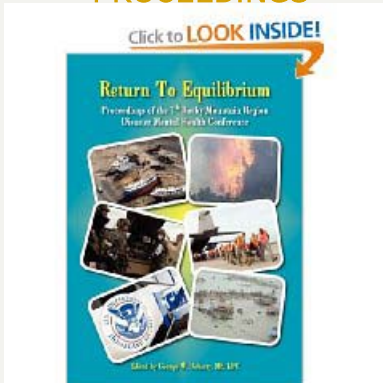
<http://www.colorado.edu/hazards/o/archives/2008/Jul08/JulyObserverweb.pdf> The mission of the Natural Hazards Center is to advance and communicate knowledge on hazards mitigation and disaster preparedness, response, and recovery. Using an all-hazards and interdisciplinary framework, the Center fosters information sharing and integration of activities among researchers, practitioners, and policy makers from around the world; supports and conducts research; and provides educational opportunities for the next generation of hazards scholars and professionals. The Natural Hazards Center is funded through a National Science Foundation grant and supplemented by contributions from a consortium of federal agencies and nonprofit organizations dedicated to reducing vulnerability to disasters.

## DISASTER IMPACTS IN RURAL AREAS – Part 1 in a series: Changing Roles

In a longitudinal study using preferences for living near family and in the local community obtained in the 8th and 11th grades, Elder; King & Conger (1996) modeled the social and developmental pathways by which adolescents approach decisions to leave home and settle in other parts of the country. Data come from 351 two-parent families in the Iowa Youth and Family Project, launched in 1989 to investigate the economic stresses and family consequences of the farm crisis. Lack of socioeconomic opportunity; relatively weak and declining ties to parents, kin, and the religious community; and strong educational prospects emerged as strong sources of a declining preference for living near family and in the local community among boys and girls. Whether coupled with family attachments or not, plans to settle elsewhere after education were linked to more elevated feelings of depression and unhappiness about life.

Conger; Rueter & Conger (2000) present research from the Iowa Youth and Families Project (IYFP), a longitudinal study of Iowa families who were living in small towns and on farms during the farm crisis of the 1980s. The research was designed to assess how the macrosocial change and economic upheaval that occurred across the US during the 1980s influenced family functioning and the well-being of parents and their children. It summarizes findings from the IYFP and other studies relevant to the various processes and mechanisms proposed in the Family Stress Model. It also considers research on hypothesized protective mechanisms or dimensions of vulnerability that may moderate the causal linkages proposed in the theoretical model. After reviewing the possible applied significance of this work, they close with a discussion of conclusions that can be drawn from the research conducted thus far and the implications of these findings for future investigations of family economic stress.

## Institute BOOKS AND PUBLISHED CONFERENCE PROCEEDINGS



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

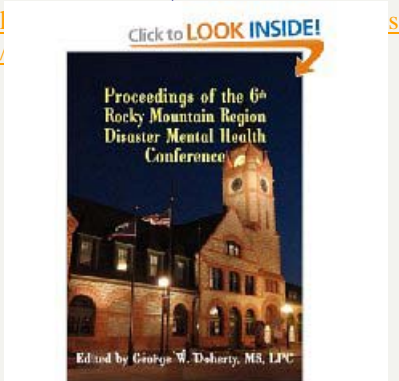
- Proceedings of the 7th Rocky Mountain Disaster Mental Health Conference – Laramie, WY

<http://www.rmrinstitute.org/ROCKY MOUNTAIN REGION-books.pdf>

### ORDER AND PURCHASE BOOKS online

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

**Taking Charge In Troubled Times** Proceedings of the 5th Rocky Mountain Region Disaster Mental Health Conference Casper, WY November 8-11, 2006



### From Crisis to Recovery: Resilience and Strategic Planning For the Future -

Proceedings of the 6<sup>th</sup> Rocky Mountain Region Disaster Mental Health Conference - Cheyenne, WY November 8-10, 2007

<http://www.amazon.com/Proceedings-Mountain-Region-Disaster-Conference/dp/1932690565/>

In another example, the crisis in the farming industry in the Netherlands has had far-reaching negative consequences for the well-being of farm-families. Based on identity-theory, Gorgievski-Duijvesteijn (1999) hypothesized that job-involvement (the psychological importance of the professional role) would intensify the negative relationship between role-relevant stressors and well-being. Specifically, 107 Dutch, self-employed dairy farm-couples (mean age 52 yrs for husbands and 49 yrs for wives) participated in a study that examined whether job-involvement exacerbates the negative effect of three role-relevant stressors (potential threats to business continuity, restrictions on autonomy as a self-employed person, and financial problems) on two indicators of well-being (job-related worrying and mental health complaints). Gender differences were also explored. Results show partial support for the hypotheses derived from identity-theory in that job-involvement only exacerbates the positive relationship between financial problems and job-related worrying for both spouses. No other moderating effects of job-involvement were found. Although husbands were more involved in farming than wives, the direct effect of the three role-relevant stressors on the two indicators of well-being were similar for both spouses.

During economic downturns, traditional gender allocations of labor have been considered to vary more than in prosperous times. While most studies have examined the division of labor in the household or in paid employment, Lobao & Meyer (1995) examined it where both intersect, in family-owned and family-operated enterprises in the farm sector of the 1980s. This context, combining crisis conditions and the agency of economic actors, should be related to greater flexibility in labor allocations, leading to the feminization of farming. However, a contrasting perspective argues for rigidity of gender roles in farming. Lobao & Meyer use data from a twelve-state midwestern sample and a more detailed Ohio study. The results failed to support the flexibility thesis. The rigidity of production roles was further translated into different factors related to women's and men's stress.

DeFraim & Schroff (1991) examined how city life and country life differences influence parents in their efforts to rear children as well as endeavor to paint a more realistic picture of rural life. They begin with a section on the impact of urbanization on fathers and mothers in the United States, discusses the pluralistic nature of the city, the increased leisure of urban youth as compared to rural youth, the power of the youth peer group in urban areas, the impersonality and anonymity of the city, the pervasive nature of the urban mass media, and the urban ghetto. They focus on the positive aspects of urbanization: the advantages urban organization offers families and the relative affluence of the city compared to the country. They discuss special problems of rural fathers and mothers in the United States, including the dramatic decline in the farm population, the most recent wave of the continuing farm crisis, agricultural fundamentalism, resettlement, the impact of urbanization on farm parents and their children, the fact that the farm parents often find themselves preparing their children for an urban-industrial world they themselves do not fully understand, the difficult realities of the rural economy today, and rural social class barriers farm families face.

Willson (1928) dealt with the education of farm children and the relation of education to the migration to non-farming occupations. It is based upon original research of the author for Western North Dakota (N. Dak. Agr. Exper. Sta. Bull. 214, 1928) during the agricultural depression of 1920-1926. The data show that improved agricultural conditions and better financial returns from farming result in improved educational facilities and increased grade and high school attendance by farm children. A decrease in the number of farms did not operate to deprive the children of grade school education. The amount of high school education is decreased as distance from secondary schools and the proportion of foreign-born--especially the Russians--within the community are increased. The percentage of farm children in high schools was increasing. The percentage of farm children entering non-farming occupations increased directly with the amount of education they received. A point demonstrated in this study is the relationship between ability to survive the agricultural crisis and type of family organization. The married individuals who had children survived the depression best of all.

To summarize, it is important that the mental health profession be aware of the factors involved in rural crises, socially, economically, community wide and other related variables. Providing appropriate responses, approaches, methods and programs that are individualized for communities and individuals are important in these times of change and increased levels of stress

REFERENCES: Will be listed in a future issue for the entire series.



Nashville Flood - LP Field, home of the Tennessee Titans, seen from across the still-swollen Cumberland River



Nashville Flood - Officers on horseback patrol near the flooded Schermerhorn Symphony Center.



Fighting Wildfire – Support fire prevention



Eruption of Iceland Volcano

## ROCK SPRINGS, WY June 14, 2010 - June 17, 2010

### 1. COMBINED PEER AND GROUP CISM TRAINING and 2. ONE DAY PASTORAL TRAINING

**Click Here for details:** <http://www.rmminstitute.org/AA-CISM-Brochure-2010-RS.pdf>

- **Traumatic Incident Reduction (TIR) and Equine Therapy Training: Workshops - Laramie, Wyoming in June, 2010. TIR Trainer and Facilitator - Nancy Day.** Nancy is back from having trained First Nation People in TIR in British Columbia over past few years. She has presented TIR to a national group in Laramie in January, 2006 following Katrina and at the Rocky Mountain Disaster Mental Health Conference in Estes Park, CO in October 2005. She has presented TIR to Mental Health Professionals nationally and Internationally. She is very well known and respected by peers. CEUs have been approved for her trainings which are also approved through the Traumatic Incident Reduction Association (TIRA). For further details, consult the brochure web page below. Advance Registration is required. Due to the intensive personal training, the number of registrants is limited. If additional questions, use phone number or email listed in brochures, or call 307-399-4818. **Life Stress Reduction (LSR) & Case Planning Workshop & Equine Assisted Personal Empowerment (Laramie, WY)** <http://20100610lsrw.eventbrite.com/>

### INSTITUTE BOARD MEMBER RESPONDS TO DISASTER

Many members of the Rocky Mountain Region Disaster Mental Health Institute and WYO CISM NET remember Dan Bogart. Dan retired from Pioneer Counseling in Evanston a little over a year ago. He currently resides in Sunny Florida. He is an active member of the Institute Board of Advisors and also continues to be active in disaster response. Dan has recently been responding to the floods in Tennessee with the American Red Cross. Thanks to Dan, an immigrant to Florida from Wyoming, for his continuing work and devotion to disaster response. And disaster mental health.

### Wyoming Floods

Floods can and have caused significant damage in Wyoming in the past and are one of the more significant natural hazards in the state. They can cause millions of dollars in damage in just a few hours or days. Every county and many communities in the state have experienced some kind of flooding after spring rains, heavy thunderstorms, or winter snow thaws. Additionally, floods can also occur because of ice jams or dam failures, both of which have occurred in Wyoming.

The most damaging flood in Wyoming's history was the August 1, 1985 flood in Cheyenne. Another significant flood was on May 15, 1978. Heavy wet snow and record rains did very extensive damage to property, crops, and livestock in 12 counties (Park, Big Horn, Campbell, Converse, Crook, Johnson, Natrona, Sheridan, Washakie, Weston, Hot Springs, and Niobrara). Hundreds of homes were damaged, and many totally destroyed. Numerous bridges and sections of roads were washed out; power lines were downed, with much damage to cars and personal property. Total estimated damages came to \$15.5 million. In 2004 dollars, damages would be over \$44.4 million. More recently, on August 27, 2002 the town of Kaycee in Johnson County was inundated by flash flooding from a storm that struck the southern part of the county. The flooding caused significant devastation, with the Wyoming Office of Homeland Security [then WEMA] reporting a final count on Wednesday, August 28, 2002 of \$459,166 in damage, including 19 trailers, 22 houses, and 12 of Kaycee's 15 businesses. Following the flooding, a number of responders, including the Mayor of Kaycee participated in the trainings in CISM offered by the Rocky Mountain Region Disaster Mental Health Institute. For further information and a history of Wyoming Floods, go to: <http://wyofloods.wrds.uwyo.edu/>

**Campbell County CISM Team: April 2010 activities**

1. April training meeting:  
Present—Gordon Harper, Cheryl King, Ken Maston, Kay Holm, Charlie Messenheimer, Rod Warne, David King and Gwen Reed. Rod Warne led the training session with information from and discussion on the book, *On Combat*.
2. Bob Rudichar presented a CNA class on CISM introduction to a class of 10 at Pioneer Manor.
3. Rod Warne is developing a business card for the Team and will provide a hard copy for approval at the May meeting.
4. Discussion continues on the issue of a civilian CISM team.

Respectfully Submitted,  
Bob W. Rudichar, CCMH Chaplain Services Coordinator,  
**Team Coordinator**

\* \* \* \* \*

**Sweetwater Assist CISM Team – Meeting: April 19, 2010 – 5:30-7:30 PM**  
**RSPD Training Room**      **Attending:**

RSPD – Randy Hanson, Wauneta Lutes  
RSFD – Ron Adkins  
SW Medics – Diane Nieslanik, Dan Ames  
Family Dynamics – Renee Schroeder  
James Baker – clergy

- **Topics:** Randy started the meeting by going over last month's "WYO CISM NET" and handed them out. He reminded everyone that it was a good resource and available on line and that anyone should be able to download it.
- He reminded everyone that it's a good idea to have a folder to keep all the CISM information in a central place for future, fast reference. And to bring it with us to the meetings.
- We discussed the upcoming team sponsored classes in JUNE. That date is FAST approaching. Randy handed out several packets with the class information and registration info in it. If anyone needs more, it is OK to copy the ones you have, - or- to get a hold of Randy and he can print more. To register for the classes (full or part), contact George Doherty at the Rocky Mountain Region Disaster Mental Health Institute (307-399-4818).
- The dates are June 14-16 for the Combined Peer/Individual and Group class, and on Thursday June 17 we have a guest speaker, Chaplain Bob Rudichar from the Gillette team presenting a 1 day course on "Pastoral Crisis Intervention". Bob is the coordinator for the Gillette team and a dynamic speaker. I hope anyone who can attends his class. The location is: Fire District #1 Headquarters at I-80 and College Drive (next to Domino's Pizza).
- This month we also had the "GATEKEEPER" Suicide Prevention presentation put on by Southwest Counseling. Monique Vidal and Cassandra Vincelette both did an excellent job. **THANK YOU!** They both also showed an interest in continuing to come to the meetings and become members of the team! So, WELCOME too!

**\*\*NEXT MEETING\*\* TUESDAY MAY 18<sup>TH</sup> 2010 @ RSPD TRAINING ROOM 5:30 – 7:30 PM**

New e-mail account [SWCISM@gmail.com](mailto:SWCISM@gmail.com) password "Rocksprings307"