

North Lincoln County CERT
Wednesday, April 3rd, 2024 6PM - 7:15PM

Via Zoom and in person at Bob Everest Station, Training Room, enter on the South Side of Building. Park at the Congregational Church.

Connectivity Information:

Click the link below just before 6PM.

Join Zoom Meeting

<https://us02web.zoom.us/j/82995821823?pwd=ME9BUXdoSHRTVjZkUlpZ2FJdE12Zz09>

Conference call only:

Call: (253) 215-8782

Meeting ID: 829 9582 1823

Passcode: 172090

*6 to mute/unmute

Zoom Reminders:

- Welcome people to call
- Explains Zoom best practices:
 - Please mute your line if NOT speaking or asking a question.
 - If calling in on your cell phone or landline telephone, Press *6 to mute or unmute. *9 to Raise Your Hand.
 - Please only connect via **one device** - prevents feedback

North Lincoln County CERT - April 3rd, 2024 Meeting Agenda

- Welcome and Introductions (Board, Guests)
- Training: Car Emergency Kits - Are you ready for a breakdown?
 - Gerry to the rescue
- Training - Medical Basics Refresher by Dr. Annette Guido (CERT Basic Training Unit 3)
 - Controlling excessive bleeding
 - Wound care
 - Recovery position
- July 2024 Field Exercise - refresher on neighborhood damage assessment and using our radios to roll-up information (Discussion)
- Reminders:
 - [Great Oregon Coast Garage Sale](#)
 - please tell us what you plan to donate by clicking [HERE](#) for the Google Forms survey
 - CERT Basic Training Course - [OCCC Spring Term](#), Sign Up to Help [HERE](#)
 - Thursday, April 11th - May 30th and Mock Disaster Drill on June 1st
 1. Jenny Demaris to be guest speaker for Unit 1
 2. Shandi Hoey from Lincoln County Behavioral Health will do Unit 5 on Disaster Psychology,
 3. Corvallis CERT for Disaster Medical Operations, Units 3,4
 4. NLFR involved again with Units 2 and 6
 5. Bruce McGuire from Lincoln County Sheriff's Office, Unit 7
 6. LCPD, Sgt. Burke and Cassidy Boyle from the City, Unit 8
 7. [Cascadia Moulage](#) (Facebook Link) will prepare the "survivors" for Mock Disaster Drill on 6/1/24
 - Readiness Fair at Station 14 (Bob Everest) on 4/6/24 at 9:30AM - 2:30PM
 - Sign Up [HERE](#) to help with the CERT Table
- Treasurer's Report
- GMRS Communications Exercise @ 7:30PM - reminder, Q&A, confirm participants:
 - **Purpose:** The plan for this test is to practice having a conversation on the radio using the new [repeater](#) on "REPT17" ([coverage map](#))
 - Test plan here, it decodes on 462.600Mhz and encodes on 467.600Mhz using a T-CTCS tone of 156.70Hz.
- Reminder - Monthly Member (and guest) meetings
 - May 1st - Fire suppression, hands on practice, SMALL fires

Training Plan by Month for 2024:

- January 3rd - Disasterville Tabletop exercise (TTX)
- February 7th – Annual Meeting as required by Bylaws and Officer Elections, Household Preparedness Training - OEM Two Weeks Ready Program (Back to Basics), Food, More
- March 6th - Disaster Psychology with Lincoln County Behavioral Health
- April 3rd - Hands on Training for medical skills practice focused on triage and wound care/burns.
- May 1st - Hands on Training doing Fire suppression and utility shutoff practice. Bob Everest Station (Firefighter assistance)
- June 5th - Guest Speaker - De-escalation Training - Police Department
- July 3rd - TTX training for an exterior search focused on the 9-step size up process and setting up an incident command system.
- Saturday, July 7th - practice exterior search field exercise
- August 7th - Skills Building Related - Water purification, using a compass, reading maps, where to group up after a disaster
- September 4th - Medical Skills Practice - splinting using SAM Splints,
- October 2nd - Chest Compressions form of CPR, Hands on, Bob Everest
- November 6th - Planning for 2024, Aha Slides
- December 6th - Holiday Social Event @ Bob Everest Station

Shandi Hoey - Trauma:

Tonight's training session ties back to the CERT Basic Training class Unit 5, Disaster Psychology. In that unit, there is a section on Traumatic Crisis. The training explains a bit about traumatic stress including how people may react and how to help stabilize survivors with Psychological First Aid.

My belief is that at some point in our lives, not just after a major disaster like an earthquake, we all experience trauma at some level.

To help us better understand trauma, which is a very serious condition, I'd like to introduce our guest speaker tonight, Shandi Hoey.

Shandi was born and raised in Yuma, Arizona. She's been married for 18 years to her Husband Jeff who was a former Marine. The couple are blessed with 6 beautiful children (4 girls and 2 boys) ranging in age from 28-14. The family has two dogs (Gizmo and Sparky), 2 cats (Beans and Daisy Ame) and a Grandcat (Leo the Lovecat Lion).

Shandi has a bachelor's degree in human services and management and a Master's degree in Mental Health Counseling. She is currently certified as a QMHP (Qualified Mental Health Professional) and an LPC-A (Licensed Professional Counselor Associate). Both of these certifications require extensive education, experience and testing.

Shandi got into this profession because she wanted to be there for others like others were there for her when she needed it. She started out in the behavioral health field as a CASA advocate in 2000. Since that time, she's been a Peer support program coordinator, crisis counselor, primary therapist, and is currently the Crisis Supervisor and Adult behavioral health program manager for Lincoln County Behavioral Health.

Please help me welcome Shandi.

- What is trauma?
- What can create trauma in people?
- How to recognize signs of trauma
- How to approach and support victims of trauma
- How to manage your own health when supporting trauma survivors
- How to recognize when your level of expertise isn't enough to help someone process trauma