

**Upcoming Events:**

**JANUARY 20, 2018**  
**JANUARY 25, 2018**  
**FEBRUARY 15, 2018**

**NEXT MEETING:**  
JANUARY 9, 2018

6:00 p.m- 8:30 p.m.

CONTRA COSTA EMS

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Contra Costa County  
Medical Reserve Corps

# MRC UPDATES-EXPRESS

## MRC Deploys to Northern California Fires

The Contra Costa MRC were requested by Napa Co. to assist in their Emergency Response for the Northern California Fires. The unit was requested under Mutual Aid on October 9, 2017 and provided 9 days of staffing for the Medical/Shelter Operations. The MRC provided 32 volunteers, providing 761 volunteer hours and an economic impact of nearly \$30,000 by using volunteers. The unit participated in evacuation of medically fragile individuals from shelters, transitional care for SNF

evacuees until they could be relocated, 27/4 medical clinic hours, chronic disease management, functional needs assistance and mental health support. The team worked alongside Clinic Ole, the American Red Cross, Napa County Public Health and EOC staff and other volunteer groups to ensure all evacuees were assisted and well cared for.



The team did an amazing job, showing again that Contra Costa MRC can be relied on to be first in the field, provide the experience and professionalism needed to support medical needs of our neighboring counties in an emergency. You all should be very proud of yourselves and your teammates for assisting in such a large disaster. Deployed team

members will be recognized early 2018 for their efforts.

## MRC Challenge Award H3 Project

The MRC H3 Project Phase 1- Health, Housing and Homeless Services staff training was completed during the month of December. Three training sessions were held as planned for the Community Based Organizations that work with Contra County Health. In January, Phase 2 will be implemented, followed by the last step Phase 3. The project provides training to community based organization staff so they are better prepared for disasters and understand the importance of the roles they will serve in a disaster. The project will also provide resources and educational information for people experiencing homelessness and clients of H3 Services. This is just the start of the continued efforts and partnerships to ensure all populations are included in planning and response during disasters. Thank you to the MRC team members contributing to this project!

## MRC teaches HOSA “Until Help Arrives”

In November, MRC team members went to Dozier Libbey to provide “until Help Arrives” Training to there HOSA students. More than 60 students learned the importance of being an active responder in an emergency. They learned the life saving skills of bleeding control through direct pressure and tourniquet application. In January, a group of students will attend a train the trainer session. These

students will train their fellow classmates, as well as a group of students at Antioch High School. The HOSA president recognized the importance of the training for their age group after the Las Vegas shooting and requested the MRC team teach them these skills. They are excited to train the community but hope these skills will never be needed. Contra Costa MRC applied for a 2018 Challenge grant to obtain more resources for MRC and HOSA to provide more training.

### MRC 2018 Training Dates:

At the last MRC meeting members picked the training dates for the first half of 2018. Please save these dates or subscribe to the google calendar. These are subject to change based on MRC community activities.

Tuesday, January 9, 2018, 6:00 p.m.: Points of Dispensing Training

Tuesday, February 13, 2018, 6:00 p.m.: ARC (pending confirmation)

Saturday, March 17, 2018, 9:00 a.m.: Logs Day/Triage/Equipment

Tuesday, April 10, 2018, 6:00 p.m.: Volunteer Recognition Movie Night/Potluck

Tuesday, May 8, 2018, 6:00 p.m.: TBD

Saturday, June 16, 2018, 9:00 a.m.: TBD

### Upcoming MRC Events:

Women's' March: Walnut Creek | January 20, 2018 8:00-12:00 p.m.

Loma Vista Adult School Flu Clinic: Concord | January 25, 2018 4:00-7:00 p.m.

Contra Costa EMS MCI Exercise: Concord or San Ramon | February 15, 2018 9:00- 1:00 p.m.

Clayton Valley HOSA Career Speaker: Clayton | March 1, 2018 12:00-12:30

Making Waves Academy Career Fair: Richmond | March 2, 2018, 9:00-1:00 p.m.

Contra Costa Regional Foundation Event | April 26, 2018

\* Contact the MRC Coordinator for more details if you are interested in any of these events\*

## Commit to your Community



Do you know someone who would be interested in joining the MRC?

Invite them to a meeting or connect them with the MRC coordinator

[lisa.vajgrt-smith@hsd.cccounty.us](mailto:lisa.vajgrt-smith@hsd.cccounty.us)

(925) 313-9548