

Upcoming Training Opportunities for Northeast MRC Volunteers

December 2023

All are welcome! It's not too late to register!

What: **CERT Mini Course on Disaster Medical Care and Mental Health**
Where: **Johnson City Parks & Rec Senior Center at 510 Bert Street in Johnson City**
When: **Tuesday, December 12, 10:30am-12pm.**
Register: **Contact JC Parks and Rec at 423.434.5750**

Disaster Medical Care and Mental Health:

Disasters and emergencies can range from being merely stressful all the way to life threatening. This training will teach you the basics of a head-to-toe assessment to identify and treat injuries, controlling bleeding, maintaining normal body temperature, opening an airway, providing comfort to patients, and applying basic first-aid care for numerous types of injuries. We will discuss the major functions of disaster medical operations as well as Public Health considerations like hygiene and sanitation. And finally, we will touch on the psychological impact a disaster has on rescuers and survivors, and lessons on providing components of "psychological first-aid."

Kat Latham



Katherine H. Latham
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Youth Mental Health First Aid

2 January 2024 || 08:00a.m.
216 Honeysuckle St.
Mountain City, TN 37683

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

Sponsoring agency:
A.C.T.I.O.N. Coalition

email to register:
iwcope@live.com

Training Opportunity: Youth Mental Health First Aid

Date: January 2, 2024 at 8:00am

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What: **CERT Mini Course: CERT and Terrorism**
Where: **Regional Health Operations Center at 185 Treasure Lane in Johnson City**
When: **Thursday, January 18, 5:30 pm – 7:30 pm**
Register: **Jayne Harper at (423) 979.4596 or Jayne.Harper@tn.gov**

CERT and Terrorism:

This mini course will review the definition of terrorism as well as goals and tactics of some terrorist groups. The Learning objectives cover how to respond to an active shooter situation and knowing about hazardous materials, including chemical, biological, radiological, nuclear, and explosives (CBRNe). There are eight signs of terrorism and participants learn how to report suspicious activity.

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Mental Health First Aid (MHFA) Certification Training - Our MRC Unit is partnering with the Sullivan County MRC Unit to bring Mental Health First Aid Certification training to the region for MRC volunteers. This training is free for volunteers and provides a 3-year certification. We need a minimum of 5 participants and a maximum of 25 participants. Please contact Jayne Harper to let us know of your interest and we will begin an online registration process through the National Council for Mental Health. Sevanna Mahaffey & Jayne Harper are the instructors.

**Wednesday, January 24th at Sullivan County Health Department Conference Room
in Blountville from 8 am to 5 pm – Call or email Jayne Harper to
pre-register at (423) 979.4596 or Jayne.Harper@tn.gov**

You will need to register online and complete a pre-test online before the start of the class and then complete the post-test and evaluation online after the class.

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Northeast MRC T-Shirts and Sweatshirts

Another order is going in for MRC T-shirts and Sweatshirts! The MRC Unit is not allowed to purchase these items with the limited resources we have so if you want clothing with an MRC logo, you need to purchase your own. We have an agreement with Doe Valley Printing to purchase these items at an affordable price.

Please order and pay through Jayne Harper (423.979.4596; Jayne.Harper@tn.gov) by January 26th

 <p>PC61 Port & Company® Essential Tee</p> <p>Royal Blue \$13</p>	 <p>PC61 Port & Company® Essential Tee</p> <p>Black \$13</p>	 <p>PC61LS Port & Company® Essential Tee</p> <p>Royal Blue \$16</p>	 <p>PC61LS Port & Company® Essential Tee</p> <p>Black \$16</p>
 <p>PC850 Port & Company® Fan Favorite Fleece Crewneck Sweatshirt</p> <p>Royal Blue - \$22</p>	 <p>PC850 Port & Company® Fan Favorite Fleece Crewneck Sweatshirt</p> <p>Black - \$22</p>	 <p>PC850ZH Port & Company® Fan Favorite Fleece Full Zip Hooded Sweatshirt</p> <p>Royal Blue - \$28</p>	 <p>PC850ZH Port & Company® Fan Favorite Fleece Full Zip Hooded Sweatshirt</p> <p>Black - \$28</p>

Note: There are some free men's and women's polo shirts with the MRC logo on them available (from a time when the unit was allowed to purchase these items). We have a limited supply. Contact Jayne if you would like to see if we have your size. They need to be distributed to MRC volunteers 🙏

