



Disaster Healthcare Volunteers DHV Journal



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Response Personnel Unit Message

The leaves have fallen, temperatures have dropped, and winter is upon us. That means holidays, peppermint mochas, and resolutions for the new year. Unfortunately, winter is also synonymous with flu season. The Centers for Disease Control and Prevention (CDC) reports the flu season peak months as being December through February, and we are already seeing spikes in flu, Respiratory Syncytial Virus, and COVID-19 in California.

Complications from the flu make it more dangerous than a cold for children, older adults, and those with compromised immune systems or chronic health conditions. To reduce the risk of the flu, consider getting the flu vaccine. The vaccines are updated annually based on the viruses that are spreading. Please consult your nearby pharmacy or doctor's office for vaccine information and avoid becoming a statistic!

As always, we would like to thank you for your continued participation in the Disaster Healthcare Volunteer (DHV) program. Please remember to invite friends and colleagues to join your DHV county unit or Medical Reserve Corps by registering in the DHV system at [DHV of California](https://www.dhvofcalifornia.org). Happy holidays!





MRC Corner

Lauran Molina



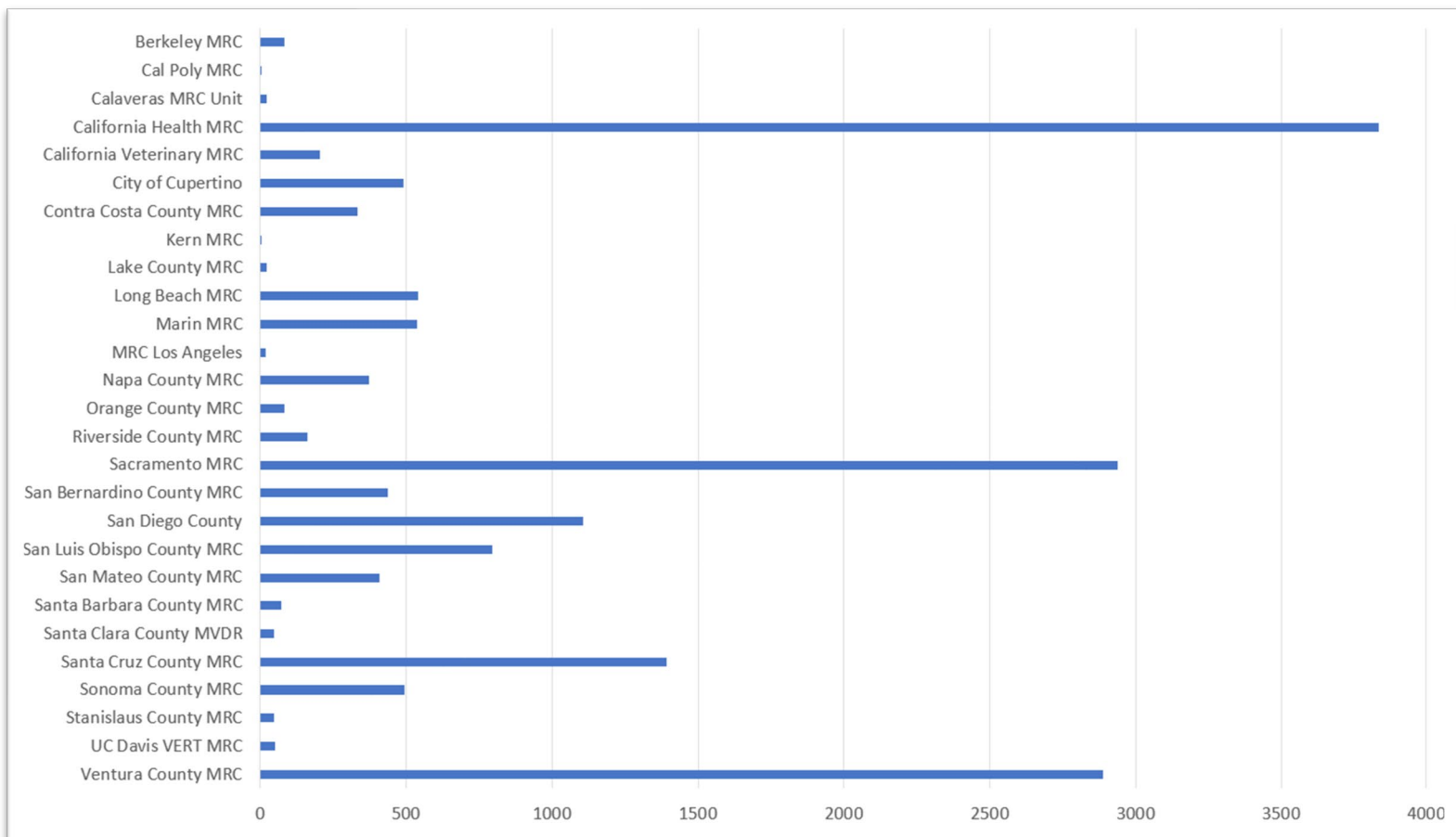
California Medical Reserve Corps (MRC) Coordinator

Happy Holidays MRC Family! California MRC Units have been busy this year putting in over 17,290 hours. Reported activities include CPR classes, First Aid trainings, EMS Exercises, volunteers providing medical information at Veterinary Conferences, Psychological First Aid, First Aid booth at events, Opioid Narcan trainings, Stop the Bleed trainings, shelter trainings, Flu vaccination POD's, SoCal Alliance

Mutual Aid training and exercise, sheriff agility testing, and more. Emergency deployments include Monkeypox vaccine clinics, COVID-19 testing, COVID-19 vaccination clinics, COVID-19 logistics support, warming and cooling centers, emergency airlift rescue for horses, and more. Please see the chart below of reported activities and hours from California MRC Units in 2022.

Please encourage your friends, family, and colleagues to register to volunteer at <https://healthcarevolunteers.ca.gov/> by selecting the nearest MRC Unit to where they reside. More MRC information can be found here: <https://aspr.hhs.gov/MRC>

Medical Reserve Corps Hours:



MRC/DHV Unit Articles

San Bernadino County MRC

Showing our Appreciation to our Volunteers:

Every year during our monthly training/meeting Monday in December we get together to honor our volunteers and show our appreciation! We have a slideshow (sometimes with music which is sure to cause a few happy tears) of pictures from the year's trainings, deployments, and courses we have offered the community. We have food, hand out certificates of appreciation showing hours of volunteering, highlight our top volunteers, hand out funny awards, raffle prizes, and honor our Exec Committee (all volunteers) who work tirelessly behind the scenes in preparation for deployments, and logistics. A fun night for all! This year we did something new and honored our volunteers who had ""Lifetime Achievement Awards"" those whose hours since joining our unit had more than 1,000 volunteer hours! Quite the dedication!!



Stop the Bleed: Teaching our unit and our community to be better prepared.

This year we set a goal to not only train our unit but restart training our local community in Stop the Bleed classes. We focused our attendees on being staff at schools, local non-profit organizations, other volunteer groups in our county, and those who may not have the opportunity for such pertinent and vital training through their job or organizations. This year we added an emphasis on why we have Stop the Bleed training, how it can be used anywhere we are (work, school, mall, church, stores, sporting events) and Active Shooter situations and elaborated on Run, Hide, Fight using feedback from experts (FBI/Homeland Security, etc.) who have analyzed active shooter situations and those who survived and what was proven to be helpful. We also helped to guide and give insight on how people and organizations can build their own Stop the Bleed kits for various situations and environments from personal use to multiple kits on hand in strategic locations.



San Bernadino County MRC Cont.

In between Responses: Where we are in the winter months

Currently, we are still doing twice-monthly medical coverage at the 'Sheriff's Academy Applicant Agility Courses, assisting our local Department of Public Health at Influenza vaccine clinics, teaching Stop the Bleed classes, as well as our Unit meets monthly via zoom or in person for deployment readiness training and planning for future unexpected deployments.

Happy Holidays to ALL MRC Volunteers!!



MRC/DHV Unit Articles cont.

San Francisco County

2022 DHV Deployment for SFPDH Monkeypox response

Volunteers from the San Francisco County DHV Unit were deployed to several community Mpox vaccine locations in September and October of this year. The San Francisco Department of Public Health (SFPDH) utilized volunteers in various aspects, such as outreach, line management, and language services, to name just a few assignments. The DHVs were instrumental in fostering a safe space which added to the well-organized community Mpox vaccine events and did so with cultural competence.



The call for volunteer service was met with overwhelming support from the DHVs, and included 18 newly sworn in volunteers, two Just in Time Trainings, and a total of 20 DHVs that were deployed to Folsom, Castro, and Berrison Street Fairs. Many of the DHVs supported multiple community events. Of the approximately 50,000 Jynneos doses administered in San Francisco County, over 2,100 doses were administered by local and State vaccinators at these 3 community events.

Appreciation letters were sent to each DHV from San Francisco County's Public Health Officer, Dr. Susan Philip. An excerpt from that letter read:

"It is trust, compassion, and working together, often for others, that makes our 'community's health strong. We, in the Department of Public Health cannot thank you enough for sharing your time and efforts. Your work demonstrates how much we care for each other, and how much stronger we are together."

It is the goal of San Francisco County to continue to engage and maintain ongoing work with the DHVs for deployment and to provide community support in times of emergencies.



MRC/DHV Unit Articles cont.

Ventura County MRC

Our Ventura County Medical Reserve Corps wrapped up 2022 with a bang! A few events that kept our team busy were the Health and Safety Fair at St. John's Hospital demonstrating Sidewalk CPR, STOP THE BLEED and handing out FREE OTC Covid-19 test kits to attendees, assisting our local food bank Food Share with raising donations for the Feed805 movement before the Thanksgiving holiday, and concluded our last major Influenza/COVID-19 with Ventura County Public Health for this season.



The Ventura County Public Health Agency and the Ventura County Emergency Medical Services Agency honored the Ventura County Medical Reserve Corps at their year-end celebration on November 16th. Rigo Vargas, VCPH Director, and Steve Carroll, VCEMSA Administrator, spoke at this event to thank the volunteers for their dedicated service throughout the COVID-19 pandemic. *The following volunteers were honored with service awards:*

Excellence in Leadership

Andrea McFadden, PA, began her position as the MRC Chairperson in January 2020. Throughout the COVID-19 pandemic, she has been a rock for our organization, and we recognize her outstanding leadership.

15-yr David Perlmutter, MD

10-yr Gloria Farley, RN / Mike Heinzl / Robert Jasperson / Ken Krupnik, Paramedic / Andrea McFadden, PA / Jennifer Seery / Helen Tallen, EMT / Lisa Trent / Christopher Trent, MD

5-yr James Baca, EMT / Stephen King / Kerry Richardson

MRC/DHV Unit Articles cont.

Ventura County MRC Cont.


Our final event of the season was participating in abc7's 30th Annual Spark of Love Toy Drive. Sponsored by local fire agencies, Ventura County Fire, Ventura City Fire, and Oxnard City Fire, to stuff the Ventura County Emergency Medical Services Agency's multi-casualty bus at the Camarillo Target. The rain didn't deter this outpouring of generosity from our Ventura County residents that stopped by the entire day with new unwrapped presents and Food Share donations! VCMRC had a STOP THE BLEED and Sidewalk CPR booth, handed out thousands of OTC COVID-19 test kits to the public, and helped VCEMSA stuff the bus! The Grinch's small heart even grew three sizes that day!

Check us out at www.instagram.com/venturacountymrc to see more photos and video from our events.



Online Disaster Training Opportunities

California is fortunate that over **104,000** volunteers are registered on the DHV System. Volunteers can be notified and given opportunities to serve in critical healthcare and non-healthcare positions when a disaster strikes in our State. As you are one of those who have made the commitment to register as a potential volunteer, you may want to take the next step and complete entry-level disaster training. There are online FEMA training opportunities you can complete on your own schedule.



FEMA | Emergency Management Institute

To learn more about training classes and many other training opportunities, visit FEMA's Emergency Management Institute's website: [FEMA - Emergency Management Institute \(EMI\) Home Page](#)

ISO-405: Mass Care/Emergency Assistance Overview (1.0 hour)

[FEMA - Emergency Management Institute \(EMI\) Course | IS-405: Overview of Mass Care/Emergency Assistance](#)

Course Objectives:

- Explain the importance of the National Incident Management System, the National Response Framework, and the Whole Community approach to emergency management.
- Identify MC/EA activities.
- Describe a suggested sequence of support for MC/EA.
- Explain the importance of thinking about MC/EA activities in an interoperable way.

ISO-241.c: Decision Making and Problem Solving (2.0 hours)

[FEMA - Emergency Management Institute \(EMI\) Course | IS-241.C: Decision Making and Problem Solving](#)

Course Objectives:

- Describe how decisions made before an emergency affect decision making and problem solving
- during an emergency.
- Identify attributes associated with an effective decision maker.
- Describe the steps in the problem-solving model.
- Describe strategies for effective group decision making.
- Describe crisis decision making and strategies for applying the problem-solving model.
- Describe ethical decision making

CA EMSA Disaster Medical Response Programs

CAL-MAT



The California Medical Assistant Teams (CAL-MAT) is a paid program within the Emergency Medical Services Authority under Emergency Support Function 8, which provides medical support across the State of California during disasters. There are currently 9 CAL-MAT units that prepare and respond to natural disasters such as wildfires, earthquakes, floods, and other emergencies like the Covid-19 pandemic and terrorist attacks. During a disaster, members can deploy for a minimum of two weeks at various locations across the State. CAL-MAT units consist of members who are in a geographical area in which they reside. Unit members typically meet a few times a year. The Disaster Healthcare Volunteer (DHV) System is used for profiles and communication for disasters. These units include both medical and non-medical paid members that are comprised of Physicians, Physician Assistants, Nurse Practitioners, Registered Nurses, Licensed Vocational Nurses, Pharmacists, Physical Therapist, Behavioral Health Specialists, Administrative, Warehouse Workers, Safety Officers, and Communication Officers that provide medical and non-medical support following the Standardized Emergency Management System during disasters.

EMSA is transitioning to a new Human Resource provider, and we are beginning to onboard new CAL-MAT members to be prepared for disaster response. Information regarding the CAL-MAT program can be found at <https://emsa.ca.gov/disaster-medical-response-programs/>. If you have any questions regarding the CAL-MAT program, you may send an email to CAL.MAT@emsa.ca.gov or contact (916) 237-5932

California Health Corps

The California Health Corps (CAHC) is comprised of approximately 140 healthcare professionals, including Registered Nurses, Licensed Vocational Nurses, Certified Nursing Assistants, Emergency Medical Technicians, Nurse Practitioners, Physicians (MD, DO), Physicians Assistants, and Respiratory Therapists with active licenses to provide support to medical facilities that are impacted due to a medical surge.

CAHC will begin recruitment efforts in 2023. It is our goal to have a robust group of medical professionals ready to respond to support 'California's medical facility staffing needs during State emergencies. If you have any questions regarding the CAHC program, please send an email to: cahealthcorps@emsa.ca.gov



Fire Safety during Winter Storms

Winter storms can happen almost anywhere. They can cause us problems. Know what to do before, during and after a storm. This will help keep you and your family safe from a winter fire.

- Test all smoke alarms. Do this at least once a month. This way you will know they are working. Install carbon monoxide alarms in your home. Test the alarms.
- Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.
- Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you.
- Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- Check on neighbors. Check on others who may need help.
- Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open.
- Stay away from downed wires. Report any downed wires to authorities.
- Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least 3 feet away.
- Turn portable heaters off when you leave the room. Turn them off when you go to bed.

IMPORTANT REMINDER

There are more home fires in winter than in any other season. Half of all home heating fires happen in December, January and February.

As you stay cozy and warm this winter season, be fire smart!



Fact

Nearly half of all space heater fires involve electric space heaters.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

nfpa.org/education ©NFPA 2017

Seasonal Affective Disorder (SAD)

As we head into winter and the days get shorter, you may find yourself with a case of the "winter blues" but some people suffer a type of seasonal depression known as seasonal affective disorder (SAD). According to the National Institute of Mental Health, you may have mild symptoms such as:

- Feeling down but still able to care for yourself and others
- Having trouble sleeping
- Having less energy than usual but still able to do your job and complete schoolwork, housework, etc.



People with mild symptoms often feel better after getting outside, spending time with friends or family and avoiding foods with lots of sugar.

More severe symptoms include:

- Social withdrawal
- Oversleeping
- Gaining weight

If your symptoms are getting worse or last longer than 2 weeks, you may want to speak to a health care provider. For help finding treatment, visit <https://www.nimh.nih.gov/health/find-help>.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text 988 or visit the 988 Suicide & Crisis Lifeline website: <https://988lifeline.org/talk-to-someone-now/>.

Season for Giving

The holiday season is a popular time for people to make donations to their favorite charities. Unfortunately, scammers use this as an opportunity to take advantage of that giving spirit. They make bogus phone calls, create made-up charities, and pitch all kinds of enticements via email to try to steal your money or personal information.



'Don't let scammers ruin your charitable spirit. With a little advance research, you can ensure your contributions are reaching the intended recipient.

To avoid becoming a victim of holiday charity scams:

- Donate to trusted charities. Always verify the legitimacy of the charity through its official website.
- Search for complaints, reviews, ratings or scams of the charity you are considering giving a donation.
- Be careful how you pay. Scammers often request payment by cash, gift cards or by wiring money.
- Verify all phone numbers for charities by checking their official website.
- Do not open suspicious emails and do not click on any links or open any attachments

For more information about charitable contributions, refer to this article from the Federal Trade Commission: <https://www.consumer.ftc.gov/articles/before-giving-to-charity>.

DHV "User Tips"

Update your personal and contact information

In your DHV "My profile" tab, you can update your personal information under the "Identity" and "Contact" categories. Please note that the system will not allow two accounts with the same email address. To edit any of the information listed, click "Edit Information".

Contact:

- Email
- Phone number
- Emergency contacts

CA.GOV **DISASTER HEALTHCARE VOLUNTEERS**

Jim Test | Log Out

Home | **My Profile** | Missions | Messages 1 | Organizations

Summary | Identity | Deployment Prefs | **Contact** | Occupations | Training | Skills & Certifications | Medical History | Settings

Contact

Edit Information

Email

Primary Email Address

Email Address 1: jimdhtest@gmail.com

Contact Method

Contact Method 1

Contact Method 1: Mobile Phone

Number to Attempt 1: 999-999-9999

Emergency Contact

Emergency Contact 1

Emergency Contact Name 1: Test

Relationship 1: Parent

Primary Contact Number 1: 999-999-9999

Secondary Contact Number 1:

Emergency Contact Email 1:

Identity:

- Address
- Birthday, gender, hair/eye color
- Driver license info

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Home | **My Profile** | Missions | Messages 1 | Organizations

Summary | **Identity** | Deployment Prefs | Contact | Occupations | Training | Skills & Certifications | Medical History | Settings

Identity

Edit Information

Name and Address

Prefix:

First Name: Jim

Middle Name:

Last Name: Test

Suffix:

Address Line 1: 3333 Testing Rd.

Address Line 2:

City: Sacramento

State: California

County: Sacramento

Zip Code: 95618

Work State:

Identifying Information

Date of Birth: 12/01/1990

Gender: Male

Height:

Weight:

Hair Color:

Eye Color:

Driver's License or State-Issued Identification Card Information

Driver's License Endorsements

Indicate all driver's license endorsements for operating motorized vehicles.

Licensed to operate:

☐ a passenger vehicle

☐ a motorcycle

☐ a single commercial motor vehicle over 26,000 lbs

☐ a combination commercial motor vehicle over 26,000 lbs

☐ other commercial vehicles and buses

Are you certified to transport hazardous materials?

☐ Yes ☐ No

Cancel Save Changes



DHV is California's ESAR-VHP Program

The Emergency System for Advance Registration of Volunteer Health Professionals (ESAR-VHP) is a federal program created to support states and territories in establishing standardized volunteer registration programs for disasters, public health, and medical emergencies.

Disaster Healthcare Volunteers (DHV), California's ESAR-VHP program, administered at the state level, verifies health professionals' identification and credentials so that they can respond more quickly when disaster strikes. By registering through ESAR-VHP, volunteers' identities, licenses, credentials, and accreditations are verified in advance, saving valuable time in emergency situations.

Why Do We Need ESAR-VHP?

In the wake of disasters and public health and medical emergencies, many of our nation's health professionals are eager and willing to volunteer their services. In these times of crisis, hospitals, clinics, and temporary shelters depend on health professional volunteers' services. However, taking advantage of volunteers' time and capabilities on such short notice presents a major challenge to hospitals, public health, and emergency response officials. For example, immediately after the attacks on September 11, 2001, tens of thousands of people traveled to ground zero in New York City to volunteer and provide medical assistance. In most cases, authorities were unable to distinguish those who were qualified from those who were not - no matter how well-intentioned.

There are significant problems associated with registering and verifying the credentials of health professional volunteers immediately following major disasters or emergencies. Specifically, hospitals and other facilities may be unable to verify basic licensing or credentialing information, including training, skills, competencies, and employment. Further, the loss of telecommunications may prevent contact with sources that provide credential or privilege information. The goal of the ESAR-VHP program is to eliminate a number of the problems that arise when mobilizing health professional volunteers in an emergency response.

Disaster Healthcare Volunteers (DHV)

In accordance with federal mandate, California has developed the Disaster Healthcare Volunteers (DHV) Program to facilitate and manage the registration, credentialing, and deployment of volunteer healthcare professionals (VHPs) in California. DHV uses a software system for the management of volunteers, including the registration, notification, communication, and credentialing needs associated with volunteer management. The DHV Program is the single source system operated and administered by local, regional, State, public health, and emergency medical services agencies.

DHV is administered by all system stakeholders and managed by the California EMS Authority in partnership with the California Department of Public Health (CDPH). DHV volunteers include healthcare professionals (medical, public health, mental health, EMS, and other personnel) who are willing to be called upon in the event of an emergency or disaster. DHV volunteers are pre-registered and pre-credentialed. Deployment of volunteers will follow Standardized Emergency Management System (SEMS) procedures.

To register on the DHV system or get more information, visit our website, [DHV of California](#)



Have You Updated Your DHV Registration Information Lately?

We depend upon each of you to update your DHV profile with your correct information. It is important that you take a moment to update your DHV System information when your information changes. Have you moved? Do you have a new occupation or a new employer? Have your email or phone numbers changed?

Please take a moment to update your file. Just log into [DHV of California](https://dhv.ca.gov) and click on the "Profile" tab. From there, you can navigate through your information. Click on "Edit Information" to make your changes, and then be sure to click on "Save Changes" when you have completed your edits.

The DHV Journal is Published and Distributed Via Email

News and information for participants in the Disaster Healthcare Volunteers Program administered by EMSA and operated by System Administrators in local communities and Medical Reserve Corps Coordinators throughout California. This Journal is published and distributed periodically to the partners of the DHV Program.



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