



Portage County Medical Reserve Corps



Fourth Quarter 2017

December was Winter Travel Awareness Month

So, I know I'm a month late, but since we are still experiencing sub-arctic temperatures I thought the information is still important.

- **Prepare your car for winter travel**—There is a great video at <https://www.youtube.com/watch?v=s3AnYI4HRII&feature=youtu.be>
- **Never warm up your vehicle in an enclosed area, such as a garage**
- **Make sure you tires are properly inflated**
- **Do NOT use cruise control on any wet, slippery surface**
- **Keep your gas tank at least half full**
- **And, of course, use your seat belt every time you get into your vehicle**

Influenza Season

All areas of the United States are experiencing an increase in reported influenza cases. It's not too late to receive this year's flu vaccine. And, for those over 65 years young, the current recommendations include to receive two different pneumococcal vaccines a year apart. Please call 330-296-9919. ext. 139 to schedule an appointment.

Ohio Responds

All MRC members were required to update records in Ohio Responds by December 2017. Thanks to the few who did update your records :) For those, who did not complete the update, if you are receiving this email you are still considered a member in good standing because I did the update.

Some of you were notified that I need verification of appropriate training completed in the past 3 years. This is a REQUIREMENT for being an MRC member in order to be offered liability protection. So, if you got an email in regards to this, please send me some training records ASAP.

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Recap of some of last quarter's activities:

- The Portage County Opiate training in October was well attended. Some of the presentation and handouts are available on the Portage County Mental Health and Recovery Board website at <https://www.mental-health-recovery.org/portage-opiate-conference>
- Some of you may have noticed that we did not ask for assistance with influenza clinics this year. PCHD tried a different tactic to scheduling this year, but we will be re-evaluating our plan for next year.

Upcoming Events:

There will be a Northeast Ohio (NECO) Regional Disaster Training Exercise on January 25, 2018. Please be prepared to respond to a request for availability. (Hint, Hint) This is JUST an exercise, you will not be obligated to actually respond

Also see the information below in regards to Mental Health First Aid training. This is a very good course. We are looking into the ability to use grant money to reimburse the registration fee for some attendees. Please follow the registration process listed below and let me know if you attend.



Mental Health First Aid Training

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illness, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to their appropriate professional, peer, social, and self-help care.

March 5 & 6
8am-Noon
Coleman Professional Services
3922 Lovers Lane, Ravenna

Registration fee \$25
includes workbook, training materials,
and continental breakfast

Participants must attend the full 8-hour training to receive certification as a Mental Health First Aider. Checks payable to Coleman Professional Services, due on training day.

Training led by Ashley Baden, certified Mental Health First Aid instructor.



A person you know could be experiencing a mental health or substance use problem. Learn an action plan to help.

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.

Register by March 1
online at:
www.mental-health-recovery.org
or call 330.673.1756 ext 201

