



Portage County Medical Reserve Corps



Third Quarter 2017

THIS IS AN EXERCISE!

On September 22, there was a **simulated** severe weather warning for Portage County. In this simulation, there was a tornado touchdown in West Branch State Park. Numerous response agencies were contacted and told to respond in the morning when the weather was less dangerous. This multi-disciplinary training exercise had a little bit of everything involved—lost and injured campers, hazardous materials leak, and a water rescue. We met at Saturday morning at Shelly Quarry in Shalersville. There were at least 80 individuals present from the following participating agencies:

- Portage County EMA
- Portage County Sheriff's Office
- Portage County HazMat Team
- Portage County Urban Search & Rescue Team
- Portage County Water Rescue Team
- Portage County Incident Management Assistance Team
- Portage County Communications Unit
- Portage County Medical Reserve Corps
- Community EMS
- Fire Departments from Mantua-Shalersville, Charlestown, Edinburg, Palmyra and Paris townships
- Big Creek Search and Rescue (private K9 search team)

Portage County MRC staffed a First Aid booth and provided support to incident command staff.

THIS IS AN EXERCISE!

MRC Volunteers, Chris Woolverton and Kim Villers working hard at the training exercise!



Portage County 2017 LEPC Joint Exercise



Most of the group

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October is Cyber Security Awareness Month

The internet is a shared resource, and securing it is our shared global responsibility. Here are some tips from the National Cyber Security Alliance:

- **Lock down your login**—Usernames and passwords are not enough to protect key accounts like email, banking, and social media. Use strong authentication tools—like biometrics, security keys or unique, one-time code through an app on your mobile device—whenever offered.
- **When in doubt, throw it out**—Links in email, tweets, posts and online advertising are often how cybercriminals try to compromise your information. If it looks suspicious it's best to delete or mark as junk.
- **Share with care**—Think before posting about yourself and others online. Consider what a post reveals, who might see it, and how it might affect others.
- **Personal information is like money. Value it. Protect it.**—Information about you, such as purchase history or location, has value—just like money. Be thoughtful about who gets that information and how it is collected by apps, websites, and all connected devices.



Recap of some of last quarter's activities:

- 5 MRC Volunteers assisted PCHD with blood pressure checks at the Portage County Fair in August
- 6 volunteers attended the "Until Help Arrives" training in July
- During a regional training on April 27, a message was sent out to MRC members via Ohio Responds asking for availability— the message was sent to 145 emails, with 26 people acknowledging the request.



The Ohio Department of Health is merging the Ohio Responds system with another response system. All MRC volunteers **MUST** update your account by December 31 or you will be removed from the team roster.

When you get the chance, please go to <https://www.ohioresponds.odh.ohio.gov/welcome.php> and update your profile with current:

- Address
- Email
- Phone number
- Licensure/ certifications to include expiration date
- Roles
- Any related training

Thank You!

Upcoming Events:

Portage County Opiate Conference
Responding to the epidemic as a community

Free & Open to the Public:

October 31, 2017
1:00-5:00pm
NEW Center Ballroom
NEOMED, 4209 OH-44, Rootstown



Featured Speakers

Dr. Christina Delos Reyes

**MEDICATION ASSISTED
TREATMENT**

Understand the biological impact of opiates in the brain and learn about medication assisted treatment for opiate addictions

Dr. Jamie Marich

TRAUMA AND ADDICTION

Learn about the relationship between trauma and addiction and trauma treatments including sensory-based and expressive arts

Karen Vadino

STRESS & SELFCARE

Increase awareness of our own stress level and prepare a plan for personal stress management

Plus: Updates from Community Leaders on our Local Efforts

Register for this training at: www.mental-health-recovery.org or call 330.673.1756 x201.

Volunteer Reception Center (VRC) training!!!

Watch your emails. I will be scheduling a date in November to practice setting up a VRC and to get new ID badges.

THANKS

