

Chatham CERT



General Meeting
September 23, 2020

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Agenda

- Membership
- Chatham CERT Mission Statement
- Alerting / Deployment Notifications
- Upcoming Meetings & Classes
- Tonight's meeting

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Membership

- Anyone can attend meetings – no membership required
- There's no charge (it's free)
- Only members will be asked to “deploy”
- Membership is easy:
 - Ask for an application at info@ChathamCERT.org
 - Obtain a vest (shirt & hats are optional)
 - Attend one (currently online) class
 - www.OnlineCERT.org
 - The practicals (the hands-on portion) will be offered later

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We also need a 'selfie'

CERT
Application

info@ChathamCERT.org

Name and contact information

Background and any past training

Photo release

Background check release

Chatham County, NC
CERT Program
Membership Application

The following information is required – please print legibly!

When completed, turn in to an officer at any Chatham CERT meeting or submit to ChathamCERT@Outlook.com.

Full Name _____

Home Address _____

Mailing Address _____

Neighborhood / Subdivision _____

Email Address _____

Home Phone _____

Cell Phone _____

Cell Provider _____

HAM CallSign/ID _____

I am currently or was formerly:

☐ Military

☐ Medically Trained

☐ Fire Department

☐ Law Enforcement

FEMA Training ID: _____

I have completed/taken the following:

☐ NC 317 CERT Basic Training Class (Classroom)

☐ IS 317 Introduction to CERT (Online)

☐ ICS 200 Introduction to the Incident Command System (ICS)

☐ ICS 300 ICS for Single Resources & Initial Action Incidents

☐ ICS 700 National Incident Management System (NIMS) An Introduction

☐ ICS 800 National Response Framework, an Introduction

List here skills you feel you will bring to Chatham CERT, other CERT programs you have participated in, or requirements for accommodations, if there is insufficient space here, indicate below and continue on the reverse.

Continued on reverse

As a CERT member you may be asked to work in situations which expose you to confidential data and/or exposed to confidential data or property. If you do not wish to have a free background check performed, skip this section. A background check will be required for some duties and offices.

Driver License # _____ Date of Birth _____

I give permission for any still image (photograph) or video footage in which I may appear to be used for whatever purpose is deemed appropriate. I do this voluntarily and with the understanding there is no remuneration. In addition, I release any involved agencies and/or jurisdictions from any liability related to my participation in CERT activities including training, deployment, or other CERT related activities. I hereby certify the information I have provided in this application is true and accurate to the best of my ability.

Signature _____ Date _____

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CERT Startup - Gear

- Standard vest for CERT participants: everyone buys their own 'Deluxe CERT vest – fitted with pockets and reflective stripes' around \$14 from www.sosproducts.com
- Optional shirt and cap (can order)
 - Not required but nice items when deployed in the community



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Chatham CERT Mission



The Chatham Community Emergency Response Team (CERT) delivers education and training for Chatham County residents on **emergency and disaster preparedness**, and when activated, supports, to the extent of their training, Chatham County emergency response under the direction of Chatham County Emergency Management officials and local incident commanders.

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CERT Alerting

First notifications to CERT through Chatham County official CodeRED system, then:

- Text or email messages to individuals
- groups.io group email messages
- Check CERT website at <http://www.chathamcert.org>
- Local amateur radio repeater
Chatham Repeater: Rx 443.475 Offset 0.6 Tone on, tone freq 131.8 Plus shift at the top of each hour
- Also a good idea to stay informed through local radio and TV

CERT requests for volunteers and additional information will be on the CERT website **and** sent out via groups.io messages

Remember: CERT doesn't self-deploy but we DO prepare so we can help ourselves, families, neighbors, and be prepared for when we're called out!

*Emergency Alert System
*Integrated Public Alert and Warning System

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Classes and Meetings

Recent Classes

- SkyWarn
- Home Safety & Security

Tonight

- **Stress & Social Distancing**
How to survive quarantine!

Upcoming

- ~~October 24 – FEMA Comms Course~~ **CANCELLED**
- October 28 – Chatham County to discuss Covid-19 & Mass Vaccination Planning
- No Meetings Planned for November & December
- *We'll see you January 27th*

Have an idea for a class/meeting topic? PLEASE let us know info@ChathamCERT.org

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First the Disclaimers

- CERT
 - Supports the published guidelines on reducing the spread of this deadly disease *but we're not going to discuss the politics, policies, advisories, nor opinions related to them*
 - Supports the wearing of PPE (masks, gloves, face shields, etc.) *but whether a mandate or an advisory, we won't be discussing the merits, fallbacks, nor opinions related to them*
 - Current COVID-19 statistics are available for any who wish to peruse them *but we're not going to discuss them*
 - data.covid.umd.edu/ granular statistics
 - chathamnc.org/services/health/coronavirus/ local info
- Your speaker / moderator
 - Is not a trained health care provider for the body nor mind
 - HAS done a fair bit of research & reading on this fascinating topic
 - Is living it, right along with everyone else!
 - Will be going quickly, as there is a LOT to cover and not much time
 - Expects questions, feedback, and (brief) stories of how you're coping

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Why this topic, why now?

On May 4th the Washington Post published an article **“The coronavirus pandemic is pushing America into a mental health crisis”**

- “Nearly half of Americans report the coronavirus crisis is harming their mental health” – *Kaiser Family Foundation poll*
- “A federal emergency hotline for people in emotional distress registered a more than 1,000 percent increase in April compared with the same time last year.”
- “Online therapy company Talkspace reported a 65 percent jump in clients since mid-February.”
- “A study of the Great Recession that began in late 2007 found that for every percentage point increase in the unemployment rate, there was about a 1.6 percent increase in the suicide rate.”
 - A 5% increase in unemployment (similar to the 2007 recession) could mean 4,000 additional suicides, plus 4,800 from overdosing*
 - If we match the 1930's Great Depression suicides could increase by 18,000 and overdose deaths by more than 22,000

* Accidental overdoses by users not intending suicide, whether prescribed or illicit pharma is not indicated

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Stress

Stress is the brain and body responding to a challenge, and any type of challenge can be stressful. *The only stress-free life is death!*

1. Nobody is immune to stress, and everyone deals with different levels of stress differently
2. Not all stress is bad
3. Long-term stress can harm our health (physical and mental)
4. There are ways to manage stress
 - Recognize the signs
 - Talk to a healthcare professional
 - Stay connected with friends, family, group involvement, etc.
 - Get regular exercise / try relaxing activities
 - Set achievable goals & priorities & work toward them
5. If you're overwhelmed there's no shame (and everything to gain) by asking for help
 - From a professional, clergy, etc.
 - National Suicide Prevention Lifeline 800-273-TALK (8255)

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So what are the different types of stress?

- Time Stress
After a disaster there is so much to do and insufficient time in which to get it all done.
- Anticipatory Stress
Fear of real or imagined possible outcomes.
- Situational Stress
Often resulting from having little to no control over a situation and the outcome.
- Encounter Stress
Problems with interpersonal relationships.

Children do not have a lifetime of experience to influence them during times of stress. Also, adults are more likely to try and hide emotions, letting it build, while the younger children are the more likely to be open in their response. This will influence how to respond to someone exhibiting or displaying stressors.

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What if you aren't the one stressed?

Suicides:

- 47,000 in 2017 in US alone (CDC)
- 800,000 globally in 2019 (WHO)
that's 3 suicides every 2 minutes

1. **Ask** – find out if someone is considering hurting themselves
2. **Keep Them Safe** – reduce access to easily lethal items
3. **Be There For Them** – research indicates talking about suicide actually *reduces* suicidal thoughts
4. **Help Them Connect** – get them in touch with help
5. **Stay Connected** – suicide deaths goes down when someone follows up after a crisis or being discharged from care

Crisis Text Line – Text “HELLO” to 741741
National Suicide Prevention Lifeline 800-273-TALK (8255)

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Quarantine vs Isolation

Quarantine

The separation and restriction of movement for those exposed to or at risk of exposure, may be voluntary or mandated (with various levels of punishment imposed).

Isolation

Separation of those contaminated with a communicable disease from those who are not sick, usually mandated/ordered.

- Both are used to mitigate the spread of a communicable disease (e.g. Covid-19)
- Both may be imposed by a governing body (e.g. Federal or State)
- Both may be accompanied by various levels of punishment if violated

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Dealing with Quarantine Stress – Boredom

- Yes, boredom can cause stress!
- Yes, you can be bored alone OR with others (respect their boredom!)
- But, is it really a bad thing for children and adults to be bored?
 - Before the quarantine what would you have given to have some honest boredom? The difference between boredom and relaxing is *attitude*!
 - Let yourself have a night off, tell the family it's "me" time, *forgive yourself* for not doing something!
 - Go for a walk or hike or bike ride, pick one thing at random on your 'Honey Do' list and figure out how to make it a game, create a 'Honey Do' list if you don't have one then *ignore it...* get creative!
- Create a routine – boredom hates routines!
- Control boredom, don't let it become stress!





















As adults, wouldn't you love a scheduled time out? What was a nightmare as a kid can be a dream come true for an adult. Taking the time NOT to think about the seven million things on your to-do list can actually do you some good. - lifehack.org/581570/boredom



Time to share: How do YOU alleviate boredom?

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WHAT TO DO WHEN YOU'RE BORED
(SOCIAL DISTANCING EDITION)

1 Read a book or a magazine 	6 Go on a walk/run/bike 	11 Clean out phone/computer storage 	16 Start a Netflix Party with your friends 
2 Clean out your room 	7 Watch some award winning movies 	12 Cook/bake something new 	17 Play a board game 
3 Do a home workout 	8 Facetime/videochat your friends 	13 Have an at-home photoshoot 	18 Learn/work on calligraphy 
4 Complete a puzzle 	9 Follow a Bob Ross tutorial 	14 Spend time with your family 	19 Do personality quizzes 
5 Make a Tik Tok 	10 Write letters to friends and family 	15 Reorganize your closet 	20 Discover new music 

Keep yourself entertained while keeping yourself safe

Liberty Wingspan is the online newsletter for the Liberty High School in Frisco, TX
<https://libertywingspan.com/46456/multimedia/20-things-to-do-while-social-distancing/>

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Working Out / Exercise

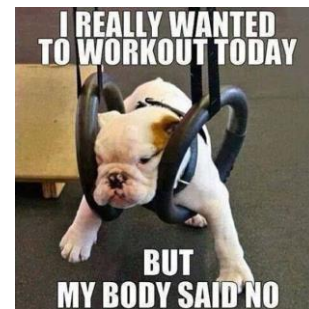
If stress breaks you down, then exercise can build you up:

1. Controls weight
2. Combats health conditions and diseases
3. Improves mood
4. Boosts energy
5. Promotes better sleep
6. Can improve romance
7. Can be fun & social

15 minutes of laughter a day will burn 10-40 calories, depending on weight and intensity of the laughter. It may not be exercise, but that's enough to lose 1 to 4 pounds in a year!

Time to share: No-gym exercise tips?

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Cut the Cord/Wifi (*fighting Screen Fatigue*)

Many of us are spending even more time in front of our screens than usual – most experts agree *it ain't healthy*:

- The old phrase “we are what we eat” should really be “we are what we *consume*” whether it be junk food or too much news and social media!
- Take breaks to limit the amount of ‘bad’ news that raises your blood pressure
 - Android & Apple have apps to remind you to take breaks
- Replace the ‘negative’ time with positive activities:
 - Read a book
 - Listen to or create music
 - Exercise
 - Connect to loved ones
 - Play games
- Whether it's sourcing your pizza locally or ensuring your news comes from credible sources, make sure you feel good about it!
- To get better sleep, *reduce blue light* before bed
- Socialize!



Less than \$10 on Amazon.com!

Time to share: What do you do to cut the cord?

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Lonely? Get together with others!

Just because we're social distancing doesn't mean you can't get together; you just can't get CLOSELY together!

- Organize a neighborhood gathering, *no special occasion required!*
 - Play distanced games like bingo
 - Just sit 6' apart and chat while enjoying your favorite beverages and snacks
 - Set up a buffet with each family providing a dish in single-serving containers at the end of their driveway and take turns going to tables
- Play networked games with long-distance family & friends
- Have a regularly scheduled chat over the internet whether you are neighbors or across the country
- Movie night! Several streaming services now have a way to synchronize watching online content *with others*
- Read a story over video chat to children
- Organize a parking lot drive-thru safari with a local animal care facility or zoo



Time to share: What else goes on this list?

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Pick activities to make yourself feel GOOD

Whether it's Helper's High or a belief that doing good is just what you're supposed to do, *doing good feels good!*

- Go shopping for someone who can't do it for themselves
- Contact a charity and see what kind of remote help they need – data entry, calling members, groundskeeping, etc.
- Pray for others
- Buy someone a meal (the car behind you at a drive-thru)
- Tip essential workers
- Send letters of encouragement or unexpected thanks
- Organize a parking lot celebration
- Foster an animal



Time to share: What has someone done?

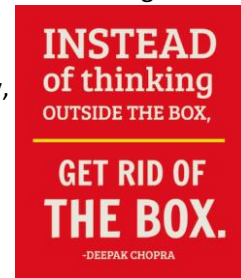
20



Special days – thinking outside the box!

Before the quarantine, a nice quiet day or evening at home might be just the thing – now... *not so much!* Think outside the box!

- Decorate in a way or theme (or to an extent) you've not done before
- Organize a neighborhood celebration (signs in every yard)
- Make a really special meal and serve it somewhere new, like turn a bedroom into a themed restaurant with re-purposed Halloween mannequins as other diners
- Make a memories video or create a new Shutterfly album, get others to contribute to it
- Send a card or quarantine gift box through the mail – even though you share living space with them
- Sign them up for an online master class (chef, leadership, yoga, making fishing lures, photography, just do whatever they're in to!)
- Take them camping / fishing / horseback riding, just make it something outside you normally would not do but they enjoy



Time to share: How would you celebrate?

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Quarantine nicely with others

- Remember to forgive – you're ALL under stress
- Take some 'me time' when you can
- Don't just allow others to take 'me time', encourage it
- There's no keeping score – don't do things based on what others have or have not done for you, do things because of how it will make the other person feel (make it about them, not you)
- Communicate both the positive and negative, but don't BE negative
- Be the adult no matter how touchy the issue, *stay calm*
- Everyone likes to feel appreciated – show them and tell them this as often as you can, you're not too cool to say it out loud!
- Don't take stressors out on each other, figure out how to work through them WITH each other
- Remember, you may have more faults than they do – nobody is perfect regardless of what media/social media tries to picture!



Time to share: Someone wanna brag?

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A few common sense thoughts

- You can apply these ideas both at home and work... which these days may be the same place!
 - Where possible separate work and play – try to have family respect when you're working and it's NOT okay to interrupt
- Not all of what we talked about this evening will be for you!
- Do the things that keep you healthy, as much as possible reduce stress
- Isolation & Quarantine is stressful – we ALL feel it, though we feel it/respond to it differently *and that's okay*
- It's okay *not* to be okay, so long as you talk to someone and get help
 - Google has clinically-validated self-assessment *anonymous* questionnaires that ask the same types of questions health professionals do, and may provide information on risk, along with links to resources
<https://landing.google.com/screeners/?t=1>
 - There's self-care guidance on YouTube and other online venues
https://www.youtube.com/results?search_query=self-care+guidance
 - Consult with friends or professionals

Time to share: What have I missed?


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Some Last Thoughts on Stress

- Stress can be mitigated by planning ahead
 - Remember the story of the farmer and his new hand
 - CERT provides training every month online – that's what this class is!
- Specific things we can plan for that can make an immediate impact:
 - Have a plan to stay OUT of a shelter in the event of storm impact
 - Once there are vaccines, have the mindset that you will likely not get one when you want it
 - Just because we're in one major incident (the pandemic) doesn't mean we won't get hit with more – prepare mentally, physically, and with plans

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Any last contributions?

Questions?

People being asked to go back to the office after working from home for months...



Only two more slides... I promise!

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Review & Summarize

- Stress is the body responding to a challenge, and that any challenge can be stressful
- Boredom may not be a bad thing, it could just be an opportunity to slow down, or change direction and do something different
- Ways to fight stress:
 - Make and work from lists – see your accomplishments!
 - Exercise
 - Fight screen and news fatigue
 - Get with others (socially distanced or virtually)
 - Pick activities to make yourself feel good
 - Celebrate by thinking outside the box
 - Quarantine nicely with others
- It's okay not to be okay, and asking for help is definitely 'cool'
- Stress can be mitigated by preparing (mentally and physically) ahead of time – *DO IT NOW*

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My final words... I promise!

- CERT Meetings are free and so is membership, let us know if you'd like an application, have questions or meeting topic ideas – info@ChathamCERT.org
 - ~~October 24 FEMA Comms Class~~ **CANCELLED**
 - October 28 – Chatham County will discuss Covid-19 & Mass Vaccination Planning
 - No Meetings Planned for November & December
 - We will resume meetings Wednesday, January 27th (topic yet to be determined)
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- Chatham County Public Health – coronavirus@ChathamNC.org or 919-542-8220
 - National Suicide Prevention Lifeline – 800-273-TALK (8255)
 - Crisis Text Line – Text “HELLO” to 741741
 - Veterans Crisis Line – 800-273-TALK (8255), press 1 (or text to 838255)
 - Disaster Distress Helpline – 800-985-5990 or text “TalkWithUs” to 66746



www.nimh.nih.gov/health/find-help/index.shtml



www.samhsa.gov/find-help/national-helpline