



# What's Happening

## In the News...

The news has been full of interesting stories about new things coming to our area that may have an impact on our providers and social service agencies. Among these things:

- BZP—A new drug that looks just like candy. The Kitsap Sun has reported that a new drug, BZP (Benzylpiperazine) which has an amphetamine effect similar to Ecstasy, was recently found during a drug buy. It comes in the shape of cartoon characters such as Bart Simpson and the Teenage Mutant Ninja Turtles and thus makes it more marketable to younger kids. With a price of \$7 to \$10 per pill, it is also more easily within the buying power of younger kids compared to other drugs. The drug can cause seizures and acute psychosis and is increasingly being trafficked from Canada where the drug is still legal. For more information, contact the Kitsap Drug Task Force. The article in the Kitsap Sun about the drug can be found at [www.kitsapsun.com/news/2009/mar/12/club-drug-that-looks-like-candy-shows-up-in/](http://www.kitsapsun.com/news/2009/mar/12/club-drug-that-looks-like-candy-shows-up-in/).



- “Sexting” is apparently all the rage now. This illegal activity involves juveniles sending nude or partially nude photos of themselves taken with their cell phone cameras and has become quite common. A recent CBS report stated that 20% of the teens surveyed had participated in this type of activity. While many kids don't see it as a problem, sending such photos falls under child pornography laws and can have serious implications. Kids as young as 13 have been charged with felony child pornography which means the kid will have to register as a sex offender for the rest of his life and could face stiff penalties. For more information on this topic, check out the CBS article at [www.cbsnews.com/stories/2009/01/15/national/main4723161.shtml](http://www.cbsnews.com/stories/2009/01/15/national/main4723161.shtml).

- A New (and dangerous) way to commit suicide. A Japanese “Detergent Suicide” technique is now being used in the US to commit suicide. Recipes are popping up on the internet with instructions for using common household chemicals to make a deadly hydrogen sulfide gas. Some sites even calculate the amount of the product the person would need based on the room/ car size where they plan to commit suicide. This can affect our first responders because when they go to answer a call for someone passed out in a car, their usual response is to break the window to gain access to the victim, however this will cause the responder to be exposed to the dangerous chemical and they themselves can be overcome by the fumes. See the article at <http://blog.wired.com/27bstroke6/2009/03/japanese-deterg.html> for more information.



# Mark Your Calendar!

## DUI Panels

April 9; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385  
April 11; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193  
April 14; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139  
April 28; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



## Base Station Meetings

Jefferson County EMS  
April 2nd at 6pm  
'Shock/Trauma Assessment'  
Chimacum, WA  
crodrigues@jgh.org

Kitsap County EMS  
April 2nd at 9am  
'Pediatrics'  
Bremerton, WA  
360-447-2066

Mason County EMS  
April 16th  
'OB-GYN & OB Emergencies'  
Shelton, WA  
360-426-1611

## Council Meetings

Jefferson County EMS Council  
*No meeting scheduled this month.*

Northwest Region Council Meeting  
*April 9th; 9am at The Lodge in Sequim*

West Olympic Peninsula EMS Council  
*April 16th; 7pm in Forks*

Mason County EMS Council  
*April 16th; 6pm in Shelton*

Clallam County EMS Council  
*April 16th; noon at Olympic Medical Center*

Kitsap County EMS Council  
*April 22nd; 9am at the Readiness Center*

## EMS Live@Nite

When: April 14th; 6:45pm  
Where: Via video conference  
Topic: 'Packaging the Patient for Transport'  
More Info: 888-258-9632

**Post Your Event Here!**

**Email info to [aprilborbon@yahoo.com](mailto:aprilborbon@yahoo.com)**

## More Upcoming Events

### April Is...

- Dental Health Month
- Stress Awareness Month
- National Child Abuse Prevention Month
- National Public Health Week (second week)
- World Health Day (April 7)
- Easter (April 12)
- Administrative Professional's Day (April 22)
- Earth Day (April 22)

### Suicide Alertness Training

April 29th

Kitsap Unitarian Church in  
Bremerton

206-297-5922 x114

[www.yspp.org](http://www.yspp.org)

### Meetings/Training in the Northwest Region

April 2—Region 2 Hospital Prep meeting; 10am at Harrison Medical Center Annex in Bremerton. 360-479-5631

April 8—Hood Canal Bridge Closure meeting; 10am at Pt Ludlow Fire and Rescue in Pt Ludlow. 360-479-5631

April 8—Mesa Redonda de Kitsap meeting; 8:30am at the Norm Dicks Government Center. 360-440-2376.

April 8—Kitsap County Safe Kids meeting; 12pm at the Sheriff's Office in Silverdale. 360-337-7101

April 9—NWREMS Council meeting; 12pm at the Lodge in Sequim. 360-479-5631

April 15—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686

April 15—Kitsap Child Death Review; 8:30am in Bremerton. 360-337-5250

April 15—Annual Northwest Region EMS QI Conference; 1pm at Mary Mac's in Port Orchard. 360-479-5631

April 23—Kitsap County Healthcare Coalition meeting; 9:30am at HMC in Silverdale. 360-475-6426

April 29—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

April 30—ACLS for Experienced Providers; Kitsap County EMS in Bremerton. 360-447-2066

# Hood Canal Bridge Closure Guide



**WHAT:** The Hood Canal Bridge closure to replace the eastern half of the bridge. The closure of the Hood Canal Bridge will have a major impact on transportation in the Northwest Region. All of our counties—Clallam, Jefferson, Kitsap, and Mason—will be impacted.

**WHEN:** The closure is scheduled to begin on May 1, 2009 and end in mid June. Although the closure is slated for six weeks, there is a possibility that the bridge could open a bit sooner if all goes well or later if any issues arise during construction.

**WHO WILL BE IMPACTED:** Anyone who travels over the bridge will be impacted by the closure, including employees who live on one side of the bridge and work on the other, business people who travel across the bridge for work (ie: meetings, delivering or picking up supplies, etc), tourists who use the bridge to reach the Olympic Peninsula, people who travel or live along Highway 101 (all of the traffic will be rerouted along this small, two-lane highway), patients who live on one side of the bridge and receive medical care on the other, emergency service providers who transport patients from one side of the bridge to the other, and people who become critically ill or injured on the Olympic side of the bridge and need care in either the Kitsap area or Seattle.

**TRANSPORTATION OPTIONS:** If you need to access or leave the Olympic Peninsula you will have a few options:

- **Driving.** You can take Hwy 101 through Forks on to Aberdeen or take Hwy 101 along the Hood Canal and through Shelton or Olympia. Note that when you MapQuest a route from Mason County (ie: Lake Cushman) to Belfair, the route sends you through Hwy 106 along the canal. This is not a very good option as the road is tiny and full of blind curves, Hwy 101 will be your best option when traveling between Mason and Kitsap counties.
- **Commercial Ferry.** A commercial ferry will run between Pt Townsend and Edmonds, Sundays through Thursdays, with the ferry leaving Edmonds at 8:40pm and leaving Pt Townsend at 11pm. Reservations can be made by calling 877-595-4222; commercial trucks will be given priority with excess space

on the ferry being allotted to private vehicles.

- **Air Travel.** It is possible to fly from the airport in Pt Angeles to Seattle. Go to [www.portofpa.com/airports/fairchild/commercial-air-service.html](http://www.portofpa.com/airports/fairchild/commercial-air-service.html) for information on commercial air service from the peninsula.
- **Car Ferry.** The Washington State Ferry will continue its regular car ferry run between Pt Townsend and Keystone on Whidbey Island. This ferry is subject to tides, and depending on boat availability, may change from a car ferry to a passenger-only ferry so calling ahead for the schedule and to make a reservation is highly encouraged. Go to [www.wsdot.wa.gov/ferries/](http://www.wsdot.wa.gov/ferries/) for information on the Pt Townsend-Keystone ferry.
- **Passenger Ferry.** A passenger-only ferry will run between Lofall on the Kitsap side and Southpoint on the Jefferson side, every 30 minutes, between 4am and 11pm, seven days a week. Ferry passengers will need to meet the shuttle bus in the Park and Rides set up in Port Gamble and Shine Pit in order to get to the ferry dock as only transit and emergency vehicles will be allowed to access the ferry dock areas. These ferries will be provided free of charge and the shuttle bus as well as the park and ride spaces will also be provided free of charge during the closure. Local transit busses will meet passengers at the Park and Rides and provide service on local bus routes, however you will need to check with the local transit agencies for their scheduled hours which may not necessarily be the same hours as the ferries. For complete information on the passenger-only ferry service, go to [www.wsdot.wa.gov/Projects/SR104HoodCanalBridgeEast/Closures/options.htm](http://www.wsdot.wa.gov/Projects/SR104HoodCanalBridgeEast/Closures/options.htm)

**EMERGENCY/MEDICAL OPTIONS:** Emergency responders will have access to the passenger ferry 24 hours a day in order to transport patients

## Hood Canal Bridge **continued**

from the Olympic Peninsula to Kitsap and Seattle area hospitals. Less severe injuries will be treated at Jefferson Healthcare, Olympic Medical Center, or Forks Hospital. Depending on the situation, patients may be driven around the canal via ambulance to reach other hospitals. AirLift Northwest is well aware of the closure and will make thorough coverage of the Olympic Peninsula a priority during the closure, however depending on weather conditions, AirLift may not always be able to fly. A medical bus service has also been set up for patients who need to access care on the Kitsap Peninsula or in Seattle. Patients can call 877-595-4222 to reserve a spot

on the Kitsap medical bus or call 360-417-0700 to reserve a spot on the Seattle medical bus which they would meet after taking the passenger ferry to the Kitsap side (note that people who need additional help should bring their own assistant; wheelchairs will be available at both dock areas for patient use). The Kitsap ACCESS bus is a separate entity from the medical busses and can also be used on a reservation-only basis for transportation by the physically impaired. More information on the medical bus program can be found online at [www.wsdot.wa.gov/Projects/SR104HoodCanalBridgeEast/Closures/medicaltransportation.htm](http://www.wsdot.wa.gov/Projects/SR104HoodCanalBridgeEast/Closures/medicaltransportation.htm).

### Bridge Closure Survival Tips

- For up-to-date information on the Bridge Closure Project, go to [www.hoodcanalbridge.com](http://www.hoodcanalbridge.com).
- For information on your cell phone, call 511 which provides 24-hour updates on road, bridge, and traffic conditions in Washington State.
- A Hood Canal Bridge Project Hotline has been set up at 877-595-4222.
- Consider ride sharing or leaving a car at each Park and Ride if you must travel between the Olympic and Kitsap Peninsulas often during the closure.
- If you work on one side of the bridge and live on the other, talk to your employer about options such as flexible scheduling, tele-commuting, or other ways to lessen the impact of the closure on your work schedule.
- Don't travel to the Olympic Peninsula (and for Olympic Peninsula residents, don't travel to the Kitsap Peninsula) during the closure if possible.
- Schedule regular appointments with your doctor, or other service providers who are on the opposite side of the bridge, for before or after the closure.
- Tell everyone you know about the closure. If your visitors or business associates will be impacted by the closure, provide them information about the closure either personally or via your website in order to lessen their inconvenience.
- If you must drive around the canal, be prepared for extended drive times due to the huge increase in traffic expected on Hwy 101. Fill up your car's gas tank before heading out, drive carefully and considerately (one accident could entirely closure Hwy 101 for hours), and bring water, snacks, and entertainment with you in case you do get caught in a big back up. Also, be sure to allow extra time for travel as drive times may be much slower than usual.

# Did You Know?

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- Save the Date! The 2009 Partners In Emergency Preparedness Conference will be held on April 14th and 15th at the Greater Tacoma Convention and Trade Center. This is always an interesting, informative event. Go to [www.partnersinemergencypreparedness.com](http://www.partnersinemergencypreparedness.com) for more information or to register.
- Save the date! The 3rd Annual Healthy Schools Summit will take place on May 28 and 29 in Seattle. Go to <http://depts.washington.edu/waschool/summit/> for more information.
- The Parent Child Assistance Program (PCAP) offers a variety of assistance programs to pregnant and post-partum women who have a history of alcohol and/or drug abuse. For an appointment or more information, call Charlene at 360-377-0370.
- Save the date! The 4th Biennial Latino Tobacco and Health Forum will take place on May 14th and 15th in SeaTac. The flyer for this event is posted on the NWREMS website with more information.
- If your organization is a non-profit here is an opportunity you can't miss! TechSoup offers a huge variety of computer software—we're talking complete Microsoft Office suites, Dreamweaver, Adobe Photoshop, and others—at super low prices (ie: \$500 software suites for around \$35!). These discounted products are only available to non-profits and the process for registering is really easy. Get more information at [www.techsoup.org](http://www.techsoup.org).
- The First Steps program for pregnant women and their babies provides a “one stop shop” for a comprehensive set of services including DSHS, WIC, child birth classes, Health District programs and other useful services and information for low income parents and parent-to-be in Kitsap County. Call 360-337-4821 for more information.
- Communications Academy 2009 will be held on April 4th and 5th at the South Seattle Community College in Seattle. This event will feature classes, workshops, exhibit, and vendors. The topic of the academy will be “Amateur Radio: Your Resource in Disaster and Emergency Communication”. To register for the event, go to [www.commacademy.org](http://www.commacademy.org).
- In conjunction with the Hood Canal Bridge Closure, there will be a region-wide drill to test communications and other regional hospital plan functions as well as an exercise during which EMS providers will practice loading, transporting, and unloading patients onto the passenger ferry that will be used during the bridge closure. These events will take place on April 29th beginning at 10am. For more information on the drill, contact Jessica Guidry at 360-337-5267. For information on the EMS exercise, contact Anice Grant at 360-479-5631.
- The Region 2 Hospital Prep meeting will take place on April 2nd at 10am at the Harrison Medical Center annex in Bremerton. At this meeting we will be discussing the hospital preparedness grant, the TSP program, reviewing upcoming work on the Hospital Plan, and discussing the upcoming drill; this meeting is open to all hospital reps on the regional coalition. For more information, contact April at 360-990-3270.
- The Washington State Child Death Review Conference will be held on April 30th at the Southcenter Doubletree Hotel in Seattle. Emerging data, best practices, doll reenactment, and nationwide trends in child death review are among the topics of the conference. For more information or to register, go to <http://www.regonline.com/builder/site/Default.aspx?eventid=708624>
- After the Injury is a new website from the Children's Hospital of Philadelphia which provides information on how parents can help their children after the trauma of severe injury. Check it out at <http://stokes.chop.edu/programs/aftertheinjury/index.html>.
- Suicide Alertness Training for Everyone will be offered on April 29th at the Kitsap Unitarian Universalist Church in Bremerton. The training, sponsored by the Youth Suicide

## Did You Know? continued

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Prevention Program and the Kitsap Safe Schools Network, will provide information on the signs, services, and resources for working with people who may be suicidal. Call 206-297-5922 x114 or go to [www.yspp.org/training](http://www.yspp.org/training) for more information or to register.

- Stay Active and Independent for Life (SAIL) Exercise Instructor training will be offered in Olympia on April 23 and 24. This program provides exercise instruction to senior citizens as a way to help them develop strength and balance and prevent falls. For more information about this free training course, contact David Hughes at [daveh@pswipa.com](mailto:daveh@pswipa.com).
- The Map Your Neighborhood Program is an excellent way to prepare yourself and your neighbors for a disaster. The program teaches interested groups of community members about the nine steps to take after a disaster and also assists the group in creating a neighborhood contact list and a neighborhood skills and equipment inventory list. Contact Penny at 360-417-2483 for more information on this program.
- Save the Date! The Kitsap County Suicide Prevention Task Force will be holding their annual Suicide Awareness Walk on May 9th at 10am beginning at the Old Mill Park in Silverdale. This annual event will feature a guest speaker, a sign making table, and a short one to two mile walk through Silverdale in order to raise awareness about suicide. Contact Rene Arcement at [renee@yspp.org](mailto:renee@yspp.org) for more information.
- The Washington State Coalition to Reduce Underage Drinking has a new website that provides all kinds of information about talking to kids about alcohol. Check out their website at <http://starttalkingnow.org/>. For information on local efforts to reduce underage drinking, click on the map on the left side of their webpage then click on your local county.
- The Washington Association of Sheriffs and Police Chief's website now features a comprehensive list of links about sex offenders in our state. Go to their website at [www.waspc.org](http://www.waspc.org) and click on the 'sex offender' tab in order to find information on offender watch resources, sex offender information and notification resources, and county, state, and federal sex offender lists.
- The Kitsap County County-wide Life Jacket and Helmet Sale will take place on April 30th from 3pm to 6pm at a number of locations around Kitsap County. Go to the NWREMS website ([www.nwrems.org](http://www.nwrems.org)) and download the flyer for information on locations for this event.
- The Central Kitsap Kids Day community safety fair sponsored by Central Kitsap Fire and Rescue will take place at the Kitsap Fairgrounds Pavilion on Saturday, June 6th from 10am to 2:30pm. This events features "touch a truck", firefighting demonstrations, and dozens of child safety provider agency booths with information for both parents and children. This event is free of charge and usually draws thousands of people each year. For information on this event or to reserve a booth, contact Theresa MacLennon at 360-447-3550.
- The South Kitsap Safety Fair sponsored by South Kitsap Fire and Rescue will be held on Saturday, June 13th at the Port Orchard Fred Meyers. This fair includes free helmets and bicycles for children, many child safety-oriented booths, and information on child safety for both parents and children. Contact Mike Wernet at 360-871-2411 for details to reserve a booth.
- The Washington State Hospital Association is hosting a conference entitled "Prepare for the Unexpected: Readiness for Healthcare Systems" on May 12 and 13 in Wenatchee. This conference is specifically targeted towards physicians and clinic staff who will be provided information on the importance of and the ways to implement disaster planning and readiness into the hospital and clinical setting. Download the brochure for this conference from the NWREMS website at [www.nwrems.org](http://www.nwrems.org).

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**We're On The Web!**

**[www.nwrems.org](http://www.nwrems.org)**

## News from the NWREMS Office

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The Northwest Region EMS Council has a number of injury prevention resources available to community members and other community service agencies and providers, these include:

- Handouts on everything from DUI prevention and falls prevention to child safety coloring books and stickers.
- DUI Victim's Impact Panels for adults, teens, military, and Spanish-language speakers on a monthly basis at various locations around Kitsap County.
- Free child safety seats for those who cannot afford to purchase their own (\*must come as a referral from a community service agency).
- Free bicycle helmets for children.
- Assistance with paying for DUI roadside signs for victims who have died in drunk driving-related crashes.
- Assistance with finding a certified child safety seat installation service provider.
- Trauma Nurses Talk Tough presentations for community groups, schools, and other organizations.
- Participation in community safety events and fairs either by having a booth at these events when requested or providing handout materials.

*The Northwest Region Emergency Medical Services and Trauma Care Council is a non-profit umbrella organization which oversees EMS training, prevention activities, and program funding in Clallam, Jefferson, Kitsap and Mason Counties.*

*The mission of the NWREMS & TCC is to promote and support a coordinated system for local Emergency Medical Services/Trauma Care Councils by:*

- *Providing resources/funding*
- *Enhancing education/training*
- *Promoting data collection/analysis*
- *Facilitating communication*
- *Promoting standardization*
- *Promoting public education and prevention*