



What's Happening

Northwest Region Emergency Medical Services
and Trauma Care Council

February 2010

February is Teen Dating Violence Awareness Month

February is the month of hearts and flowers and candy and Valentine's Day. February is also teen dating violence awareness month. Kind of an ironic combination.

According to a Safe Space study, one in three teens experience some kind of abuse in their romantic relationships, including verbal, emotional, or physical abuse. In another recent study conducted by the Family Violence Prevention Fund, teen dating violence was shown to be on the rise, possibly due in part to the recession. The study pointed out that the recession has led to increased violence within the home which in turn impacts teens and their personal relationships.

Unfortunately many people don't notice or overlook the signs of teen dating violence which is why this problem can often be prolonged without anyone doing anything about it. If you suspect that someone you know is a victim of teen dating violence, there are a number of things you can do including contacting the teen's parents, discussing the situation with their school counselor, or contacting your county's local domestic violence program (often coordinated through the YWCA).

Signs of possible domestic violence include:

- Frequent unexplained (or poorly explained) bruises or scratches.
- A sudden change in mood or personality.
- Truancy, dropping out of school, or failing grades.
- Increasing isolation from friends and family.
- Drug and alcohol use.
- Wearing inappropriate clothing (ie: a turtleneck sweater on a hot day).
- Emotional outbursts.

- Signs of extreme jealousy, controlling behavior, or explosive anger by the teen's partner.
- Intimidation either verbally or physically.
- Intimidating emails, text messages, FaceBook postings, etc.
- Overt threats to cause harm to the victim or the victim's friends/family members.
- A relationship that gets too serious, too fast.
- A partner who has a history of abusive relationships, always blames others for their problems, or does not accept responsibility for their actions.
- A relationship where one partner won't let the other person break up with them.
- Stalking behavior where the person continually calls, emails, follows the partner around, or shows up unexpectedly when they are not welcome.



Mark Your Calendar!

Northwest Region ALS OTEP

- February 2nd—Jefferson County Base Station Meeting in Pt Townsend. Topic: Respiratory. Info: 360-385-5589
- February 4th—Kitsap County Base Station Meeting in Bremerton. Topic: TBA. Info: 360-447-2066
- February 9th—EMS Live@Night: Topic: Stroke Info: 509-232-8155
- February 18th—Mason County Base Station Meeting in Shelton. Topic: Environmental emergencies and toxicology Info: 360-426-1611

Upcoming Conferences

- February 26th-28th—West Region EMS Conference at Ocean Shores, WA www.wrems.com/EMSConference.htm
- April 6th-7th—Partners in Emergency Preparedness Conference in Tacoma. www.piepc.org
- April 10th-11th—12th Annual Communications Academy in Seattle. www.commacademy.org

Northwest Region DUI Panels

- February 9th—Kitsap Youth Panel in Bremerton at 7pm. 360-731-5139
- February 11th—Clallam County Panel in Pt Angeles at 6:30pm. 360-417-2385
- February 13th—Jefferson County Panel in Pt Townsend at 8:30am. 360-385-9153
- February 23rd—Kitsap Adult Panel in Bremerton at 7pm. 360-731-5139

Healthcare Coalition/Disaster Prep Calendar

- February 4th—Region 2 Hospital Prep meeting. 10am at Olympic Medical Center in Pt Angeles. Info: 360-479-5631
- February 8th—Kitsap Vulnerable Populations meeting. 10:30am at the Kitsap DEM office in Bremerton. Info: 360-307-5870
- February 9th—IS 700/ICS 100 Intro to ICS class. 8:30am at the Kitsap DEM Office in Bremerton. Info: 360-307-5870
- February 19th—Clallam County Healthcare Coalition meeting. 10am at Olympic Medical Center in Pt Angeles. Info: 360-990-3270
- February 18th—Clallam Prep meeting 10am in Pt Angeles, WA 360-417-2483
- February 22nd—ICS 402 Overview for Executives. 7pm at the Kitsap DEM Office in Bremerton. Info: 360-307-5870
- February 24th—Understanding Social Media. 8am at the Kitsap DEM Office in Bremerton. Info: 360-307-5870

Mark Your Calendar!

Injury Prevention Meetings in the Northwest Region

- February 10th—Mesa Redonda de Kitsap meeting; 8:30am at the Norm Dicks Government Center. 360-440-2376.
- February 17th—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686
- February 17th—Kitsap Child Death Review meeting. 8:30am at the Norm Dicks Center in Bremerton. 360-337-5250
- February 24th—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

Committee Meetings in the Northwest Region

- February 12th—Northwest Region EMS Executive Board meeting. 9am at the Lodge at Sherwood Village in Sequim. 360-479-5631

Other Meetings/Training

- February 1 & 2—Applied Suicide Intervention Skills Training (ASIST). The 2100 Building in Seattle. Info: www.yspp.org/training/training_options.htm
- February 15th—EMT course. In Mason County. Info: jess_fulkerson@yahoo.com
- February 19th—Teen Dating Violence Workshop. 9am at Olympic College in Bremerton. Info: 360-551-3140

List your class or event here! Email details to aprilborbon@yahoo.com

Council Meetings in the Northwest Region

- February 2nd—Jefferson County EMS Council meeting in Chimacum at 7pm
- Northwest Region EMS Council—no meeting scheduled this month
- February 18th—Mason County EMS Council meeting in Shelton at 6pm
- February 18th—Clallam County EMS Council meeting in Pt Angeles at noon
- West Olympic Peninsula Council meeting —no meeting scheduled this month
- February 24th—Kitsap County EMS Council meeting in Bremerton at 9am

10 Skills to Learn to Make Yourself Valuable in an Emergency

Disasters happen all the time. Just watch the evening news and you will see reports on everything from earthquakes to car crashes to someone dropping dead from a sudden heart attack. If you are ever faced with an emergency, would you know what to do? Here are ten skills that will allow you to respond better during an emergency:

1. CPR. Did you know that Seattle and the surrounding area has one of the highest bystander CPR save rates in the nation? This is attributed to a high level of CPR training available to the public, good pre-arrival CPR instruction from 911 dispatch, excellent care by medics and hospital ER staff, as well as a willingness by the public to help those in need. Contact your local fire department or hospital for information on where you can take a CPR class in your area.
2. The Heimlich Maneuver. This is another basic skill that can help you save a life. Just last week at our regional conference, our Training Coordinator Rene was eating dinner when another diner in the restaurant started choking. Rene jumped up and performed the Heimlich Maneuver on the woman and may have saved her life. You never know if or when you will ever need this skill but in an emergency, knowing how to save someone with this simple skill can be invaluable. Instructions for this skill can be learned online by Googling Heimlich Maneuver or by calling your local fire department.
3. Basic First Aid. While most people will never develop the skills of an EMT or Paramedic, even having some basic first aid skills can come in handy during a disaster. Emergencies rarely happen when there are trained life savers standing by so it is up to the public to learn what to do, and what not to do, to help someone after a car crash, earthquake, or other disaster until professional help arrives.
4. How to use an AED. AED (Automatic External Defibrillator) devices are being placed at more and more locations around our area. These devices can make a life or death difference when someone keels over from a heart attack. Learning how to use an AED is a simple process, often included with your CPR class, and can be the difference between life and death.
5. How to swim. Everyone should know how to swim no matter where you live or how often you go into the water. Knowing how to swim can save your own life, and with a few extra skills in ways to help someone who is drowning (you may not necessarily want to swim after a panicked person who is drowning because they may cling on to you and you will both be gone) you could save the life of a friend, loved one, or stranger.
6. How to use a HAM radio. After the earthquake in Haiti, one of the only ways that people were able to contact the outside for help and to let their family know they were alive was via HAM radio. This is a simple skill to learn, a fun hobby, and, in an emergency, a skill that can help save lives. Go to www.arrl.org for information on HAM radio classes in your area.
7. Basic wilderness survival skills. These skills may be a given for Boy Scouts but for many of us, it may have been some time since we even went camping. As was (and still is) being demonstrated in Haiti, after an earthquake or other natural disaster, you and your family/friends may end up in an outdoor survival situation which will require everything from shelter building to purifying water to building a fire for heating and cooking purposes. Learning these skills ahead of time can be invaluable during a disaster.
8. Self defense. You never know when self defense skills will be needed. People don't plan to go into situations where their lives may be at stake but as is often reported on the news, people do find themselves in situations where they need to be able to protect themselves. Self defense is not all about knowing how to use a firearm, rather it is a set of skills—everything from your attitude to how you carry yourself to how loud you can scream to being aware of your surroundings to, if you choose, physical skills—

Valuable Emergency Skills

continued

that can protect you in an emergency situation.

9. Planning ahead. Planning ahead for a disaster/emergency situation will cover a number of things that could save a life. Do you have smoke alarms in your home? Have the batteries been checked recently? Does the whole family take home safety seriously and lock the doors every time they enter or leave the house? Do you have a bag of emergency survival supplies in your home, office, and car? All of these things can ensure your ability to survive during a disaster.
10. Your health and fitness. If you want to be valuable during an emergency or disaster situation, you need to be able to respond immediately and effectively. Being effective is often a matter of increasing your knowledge of survival skills but it is also your physical ability to respond. Your health and fitness can make a difference in an emergency situation whether you are saving your own life or helping to save the lives of others. Keeping yourself in good health and great physical shape is necessary if you want to be able to respond during an emergency.

With a little bit of effort and skills development, you too can be a valuable asset during an emergency.



15 Emergency Resources You Need

1. An emergency fund to cover three to six month's worth of your household expenses.
2. A disaster supply bag (first aid kit, water, food, change of clothes, emergency supplies, etc) at your home, office, and in your car.
3. An emergency communications plan.
4. A month's worth of stored food that can be used during a disaster.
5. Stored water which can be used for drinking, washing, and bathing during a disaster.
6. A couple of five gallon containers of gasoline, safely stored, which can be used to evacuate during a disaster.
7. Flashlights. One for each member of your family plus a couple of spares.
8. A fire escape plan which the whole family knows and regularly practices.
9. A back-up of all of your important information (wills, investment documents, birth certificates, etc) and important phone numbers.
10. \$100 in cash in your wallet in fives and twenties.
11. All of your vaccinations up to date (after a disaster is not the time to try to track down a tetanus or hepatitis vaccine).
12. A battery-powered/wind-up radio.
13. Two fire extinguishers (one in the kitchen, one in the garage)
14. Awareness of your work and children's school's emergency plans.
15. A home security plan.

Poison Prevention 101

Did you know that poisoning is the leading cause of unintentional death in Washington state? Between 1998 and 2007, there were 5,427 poisoning deaths followed by falls (5,073 deaths) and car crashes (5,014). It is hard to believe that there are more unintentional poisoning deaths than there are car crashes since gristly car crashes often lead the evening news but fatal poisonings are rarely ever publicized.

Here's some tips to keep you and your family safe around poisons:

- Realize that poisons aren't just bug killers and chemicals such as antifreeze. Many people are poisoned by prescription medication.
- Lock up all poisons (everything from drain cleaner to antifreeze to medications) so that babies and small children can't get into them.
- Always store items that could be poisonous in their original packaging with the original label (in the case of prescriptions, always keep the prescription in the original container in which it was prescribed).
- Hide your prescription medications from others in your home. By far the easiest way for teens who want to experiment as well as people with drug addictions to acquire these medications is by stealing them from others.
- Read the labels! Many poisons (from medications to household chemicals) have very specific instructions about how to use the product safely. Follow all safety instructions on the label and if you are unsure about how to use a product, call the company (in the case of household chemicals) or your pharmacist (in the case of medications).
- Be super aware when you are taking/using a substance that could be poisonous. Always take medication in a well lit area where you can see what you are taking.
- When you are finished with a medication or household chemical, dispose of it properly so that it cannot fall into the wrong hands and poison someone. If you are unsure of how to

properly dispose of these items, call the Washington Poison Center at 800-222-1222.

- If you suspect someone may have been poisoned—everyone from babies who have ingested an unknown substance to teenagers who have ingested a large amount of alcohol or taken any sort of drug—call the Washington Poison Center for assistance. If the person is showing signs of poisoning, call 911 immediately.

You can still call Mr. Yuk!

March 14-20, 2010 is National Poison Prevention Week

Last year, the Washington Poison Center (WAPC) was campaigning to keep their funding in the State budget. Today, the WAPC wants you to know they *are* still open even though they are operating on reduced funding. So the next time you have a question about a poison or medication, call the Poison Help line right away: **1-800-222-1222**. What's good to know is that your question will be answered by a specially-trained pharmacist, nurse or poison specialist -- 24 hours a day, 7 days a week (services are also available for people with hearing problems and for non-English speakers). Calls are free and confidential. Sorry pet owners: the WAPC is now charging a \$30 credit card fee before answering animal related poison calls. Keep that Mr. Yuk sticker with your list of emergency numbers -- calling it could mean the difference between an emergency room visit or managing the situation safely home.

The Washington Poison Center is a 501(c)(3) nonprofit charity organization.

Did You Know...?

- The West Region EMS Council will host their 25th Annual Conference on February 26-28 at Ocean Shores. This is always a very popular and informative conference! For more information go to www.wrems.com/EMSConference.htm.
- The Kitsap County Department of Emergency Management will be hosting a Vulnerable Populations meeting on February 8th at 10:30am at the Kitsap DEM office in Bremerton. This group will meet to discuss ways to help vulnerable populations (ie: homeless, mentally ill, people with limited English abilities, and others who need additional assistance) during a disaster. Call 360-307-5870 for more information.
- Save the Date! The 12th Annual Communications Academy will take place on April 10th and 11th at South Seattle Community College in Seattle, WA. This is a popular annual event which is open to anyone with an interest in emergency communications—volunteer or professional. The presentations are designed to promote the development of knowledgeable, skilled emergency communicators who will support their local communities during a disaster or emergency response. Go to www.commacademy.org for more information.
- The Partners in Emergency Preparedness Conference will take place in Tacoma on April 6th and 7th. Go to www.piepc.org for more information about this event.
- ASIST (Applied Suicide Intervention Skills Training) is being offered on February 1st and 2nd in Seattle. This is an excellent way to learn skills that will help you intervene with people who may be suicidal. Go to www.yspp.org/training/training_options.htm#February.
- A Teen Dating Violence Workshop will be held on February 19th at Olympic College in Bremerton. This is a growing problem that still isn't widely recognized. This workshop will provide insight into the problem as well as provide steps that can be taken to mitigate the situation. Call 360-551-3140 for details or to register.
- Save the Date! The Central Kitsap Kid's Day will be held on June 5th at the Fairgrounds in Bremerton. This event always draws a huge crowd of kids and parents who come to see firefighters in action and learn about safety from the many vendors at the event. Applications for booths at the event are now being taken. For more information, contact Teresa MacLennon at 360-447-3550.
- A webinar which will focus on Strengthening SUID, SIDS, Safe Sleep Environment, and Bereavement Services will be held on February 11th at noon. The webinar will feature two internationally recognized experts on SIDS and SUID and will focus on the latest studies, new national initiatives, and promising practices. To register, go to www1.gotomeeting.com/register/686308521
- Save the Date! The Washington State 2010 Public Safety Communications Summit will take place in Spokane on March 31st and in Seattle on April 13th. The purpose of these summits is to create seamless emergency communications in order to ensure that emergency responders can communicate with each other during a disaster. Registration for these summits will open on February 1st. To register, go to www.siec.wa.gov/news/news_Dec1.shtml
- The Washington State Department of Health has a new section on their website which features information on living well with chronic conditions. Information provided on the site includes training programs, workshops, and resources which are available to the public and providers on chronic disease self management skills. Go to <http://livingwell.doh.wa.gov/about-us> for more information.
- A new Survivors of Suicide group has formed in Bremerton. The group will meet on the second Thursday of each month at 5:30pm in downtown Bremerton. Contact coordinator Melissa Spaulding at 360-265-1110 for details. Anyone who has been impacted by suicide is welcome to participate in these group support meetings.

**NORTHWEST REGION
EMERGENCY MEDICAL
SERVICES AND TRAUMA**

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We're On The Web!
www.nwrems.org

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*

NWREMS Office News

- A huge THANK YOU to all who helped make our Geriatrics Conference, which was held at the end of January, a success. We had a number of amazing speakers, wonderful participation from conference attendees, and great participation from vendors as well. We appreciate the support of all who attended and look forward to continuing our annual conferences in order to provide top notch educational opportunities to the EMS providers in our region.
- We are gearing up for a busy spring and summer community event season. Starting off the season, we will have an injury prevention booth at the Kitsap Homeless Count. We are also looking forward to the annual Central Kitsap Kid's Day and South Kitsap Safety Fair too. If you are planning a community event and would like us to participate by having an injury prevention booth at your event, simply contact April Borbon, our Injury Prevention Coordinator, and let us know about your event. We can also provide handouts and other items for your summer safety fairs.
- Our office will be closed on February 15th in honor of President's Day.
- The DUI Victim's Panels in the northwest region are not just for those who are court-ordered to attend. DUI Victim's Impact Panels are open to the community, at no charge, in order to provide education about the hazards of drinking and driving. A list of DUI panels in the Northwest Region and around the state is available on our website at www.nwrems.org/injuryprevention.htm.