



What's Happening

'Tis the Season for DUIs

Actually DUIs (driving under the influence arrests) are more continual than seasonal however prom, graduation, and summer vacation seems to spike these numbers in our area. Last month's DUI panel in Kitsap County drew 104 adults and 30 teens who were court ordered to attend. It's pretty sobering to walk into a room that is almost standing room only and realize that all of these people were arrested for driving under the influence of alcohol in one county in one month! That means a whole lot more people who were on the roads with these drivers were in danger of an accident, injury, or death because these people chose to drink and drive. Scary.

Unfortunately there is not one "cure all" that will stop drinking and driving or alcoholism for that matter, but here's some ideas:

- Awareness and action. There is still a ways to go to make drinking and driving completely socially unacceptable as it is in other countries, however each person who is aware of the problem and takes action to stop friends or loved ones from driving drunk helps create change in people's attitudes and drinking and driving outcomes.
- Participation. There are a number of DUI Panels and related events held throughout our region and around our state on a monthly basis. The public is always welcome to attend these events at no charge (unless they are court-ordered to attend, in which case there is a fee). Many people have come to a DUI Panel, and even brought their teens. just to hear the message from the speakers and learn more about this problem in our community. See the list on page two for local DUI Panels and check out the box below for locations of upcoming MADD Mock Crashes at area high schools.
- Education. There is no shortage of educational materials about the dangers of drinking and driving. Among some wonderful internet resources: Rethinking Drinking (<http://rethinkingdrinking.niaaa.nih.gov/>), Mothers Against Drunk Driving (www.madd.org), and the Centers for Disease Control (www.cdc.gov/MotorVehicleSafety/Impaired_Driving/impaired-driv_factsheet.html).
- Get help. Parents can and should set strict "zero tolerance" rules for their kids and employers should do the same for their employees, however the disease of alcoholism in a multi-faceted problem which requires treatment, not just talk or consequences. By 'Googling' or looking up Alcoholics Anonymous and/or 'alcohol treatment centers', you will find a number of resources for getting help with alcohol-related problems.

Upcoming MADD Mock Crashes in Kitsap County

- May 1; 9:30am at North Kitsap High School
- May 15; 8:45am at Olympic High School
- May 26; 10am at South Kitsap High School
- May 29; Noon at Bremerton High School
- June 5; 8:40am at Klahowya High School

Mark Your Calendar!

DUI Panels

May 9; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193

May 12; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

May 13; 7pm Mason County—Oakland Bay Junior High School; Shelton, WA 360-427-1686

May 14; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385

May 19; 7pm Kitsap Spanish—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

May 26; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



Base Station Meetings

Jefferson County EMS

May 7th at 9am

'Pharmacology'

Chimacum, WA

crodrigues@jgh.org

Kitsap County EMS

May 7th at 9am

'Treatment of Stroke'

Bremerton, WA

360-447-2066

Mason County EMS

May 21st

'Trauma Assessments and Shock
with Airway Lab'

Shelton, WA

360-426-1611

Council Meetings

Jefferson County EMS Council

May 5th; 7pm in Quilcene

Northwest Region Council Meeting

No meeting scheduled this month

West Olympic Peninsula EMS Council

No meeting scheduled this month

Mason County EMS Council

May 21st; 6pm in Shelton

Clallam County EMS Council

May 21st; noon at Olympic Medical Center

Kitsap County EMS Council

May 27th; 9am at the Readiness Center

EMS Live@Nite

When: May 12th; 6:45pm

Where: Via video conference

Topic: 'Elder Abuse'

More Info: 888-258-9632

Post Your Event Here!

Email info to aprilborbon@yahoo.com

More Upcoming Events

May Is...

- Clean Air Month
- Mental Health Month
- Healthy Vision Month
- National Bike Month
- National Women's Health Week (second week)
- Mother's Day (May 10)
- Armed Forces Day (May 16)
- Memorial Day (May 25)
- World No Tobacco Day (May 31)

Suicide Awareness Walk

May 9th at 10am

Old Mill Park in Silverdale

More info: ksptf@comcast.net

Kitsap Suicide Prevention Task Force

Meetings/Training in the Northwest Region

May 13—Mesa Redonda de Kitsap meeting; 8:30am at the Norm Dicks Government Center. 360-440-2376.

May 20—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686

May 20—Kitsap Child Death Review; 8:30am in Bremerton. 360-337-5250

May 27—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

May 28—Kitsap County Healthcare Coalition meeting; 9:30am at HMC in Silverdale. 360-475-6426

Conferences/Events

May 5—Healthy Aging Fair; 9am to 2pm at the Central Building (810 3rd Avenue); Seattle, WA <http://www.4elders.org/docs/032609wn.pdf>

May 12—Web Conference: "Planning and Preparedness for Children's Needs During a Disaster"; 10am online. www.ahrq.gov/about/chpheweb.htm

May 12 & 13—WSHA Conference "Prepare for the Unexpected: Readiness for Healthcare Systems"; Wenatchee, WA. cynthiah@wsa.org

May 16—Latina Health Fair; 10am to 3pm at the North Seattle Community College; Seattle, WA www.whf.lhf

How to Dispose of Unwanted Medicines

What do you do with old prescriptions or other medications that have either expired or that you no longer take? The old way of flushing them down the toilet is not the right way to get rid of these meds. Flushing medications pollutes the water in our community since wastewater treatment systems are not designed to treat chemical contamination. Here's what you can do:

- Use community drug take-back programs. Ask your pharmacist if they participate in the Medicine Return program or have a similar program available to dispose of unwanted medications.
- Go to www.medicinereturn.com for locations that you can dispose of unwanted medications.
- If no disposal program is available in your community, mix the medications with an undesirable substance (ie: cat litter, coffee grounds, a baby diaper), put this in a sealed container, then dispose of the container in the trash.
- Be sure to conceal personal information on your prescription bottles before you dispose of them.

10 Summer Safety Tips

Summer is almost here and people are raring to go enjoy the sun. Here's some tips to make your summer safer:

1. Wear the proper safety devices when enjoying your favorite summer sports (ie: life jackets when boating, helmets when riding a bike or motorcycle, etc).
2. Take a class. While it is possible to buy a firearm, a motorcycle, or a jet ski then head out and use your new "toy", it is much safer to take a class and find out how to properly use and care for these items. Not only will this prevent death or injury, it will help keep your new item in top shape.
3. Take safety precautions that are only needed in the summer but which can often be forgotten, such as locking doors and windows to prevent burglaries and theft, avoiding "teak surfing" on boats and the possibility of carbon monoxide poisoning, and being safe around campfires, outdoor burn piles, and fireworks.
4. Beware of swimming in rivers, ponds, and lakes. Many drownings occur in our area due to very cold water which runs very quickly and high in the early summer. Even good swimmers can get hypothermia or be caught by an underwater snag and drown so be careful!
5. Keep your kids safe. When kids are outdoors in the nice weather, there are many dangers that parents need to be aware of: unprotected bodies of water that catch kid's attention, "fun toys" such as ATV, bicycles, and motorcycles which require safety skills and equipment as well as supervision when being used by children, and "stranger danger" awareness by parents and children in public places and at summer events.

Just the Facts...

Suicide

- In 2006, 33,300 people committed suicide in the United States.
- In 2006, 809 people committed suicide in Washington state, which ranks the state number 23 in the nation for suicide deaths.
- Suicide is the 11th leading cause of death in the United States.
- Firearms are used in 50.7% of suicide deaths followed by hanging/suffocation in 22.5% of suicide deaths.
- There are three female suicide attempts for every male suicide attempt.
- There are 3.8 male deaths by suicide for each female death.
- There is one suicide attempt every 38 seconds in the US (832,500 attempts per year).
- One person kills themselves every 15.8 minutes in the US.
- Each suicide intimately affects six other people.
- Suicide is the third leading cause of death for young people.
- Whites are far more likely to commit suicide than blacks and non-whites.

Source: American Association of Suicidology; Suicide Data page 2006.

Prescription Pain-Reliever Abuse Among Teens

- Over 4% of Washington 8th graders, 10% of Washington 10th graders, and 12% of Washington 12th graders used prescription pain medication to get high in the past 30 days.
- In 2005-2006, Washington ranked 6th in the nation for the percentage of people 12 and older who misused prescription pain relievers.
- In 2007, 454 people died of prescription opiate-related overdoses.
- In 2006, there were 9 recorded deaths among youths aged 12-17 by prescription overdoses. Prior to 2004, there were never more than two per year.
- Teens get prescription pain relievers from their friends (36%), their own prescription (21%), taken from their own or someone else's home without permission (15%), from a family member (11%), or from a drug dealer (6%).
- In Washington, the number of prescriptions for pain relievers tripled between 1997 and 2006.

Source: Washington State Department of Health, Division of Alcohol and Substance Abuse (March 2009).

Swine Flu Update

The swine flu outbreak is all over the news these days. Here's where you can find more information on the outbreak:

- If you work in the medical/EMS/healthcare field, follow all instructions provided by your administration. Public Health is in constant contact with healthcare providers, giving them the latest information on precautions to take and reporting protocols.
- While the evening news may provide all kinds of reporting on the issue, be sure to go to trusted medical sources for the most accurate, up-to-date information. These sources include your local Public Health district, the Washington State Department of Health (www.doh.wa.gov), the Centers for Disease Control (www.cdc.gov/swineflu), and the World Health Organization (www.who.org).
- Your county Public Health office and local Department of Emergency Management usually have an alerting system for both the public and for healthcare providers to provide public health alerts. If you are not receiving these alerts, contact these agencies and ask about registering with their alert system. Alerts are often sent via email or fax and are tailored for the particular audience (ie: more technical for medical providers, more informational for the public).
- Take care at home as well. Don't go to work or send your children to school if they are ill. Wash your hands often, cover your cough, and watch the news for updated school information.

Did You Know?

- Just a reminder: The Hood Canal Bridge is closing for six to eight weeks beginning May 1st. There will be a free passenger-only ferry running between Lofal on the Kitsap County side and Southpoint on the Jefferson County side, but for drivers, the only options to get to the Olympic Peninsula will be to drive around through Shelton or take the ferry via Whidbey Island. Park and Ride lots will be provided on each side of the closure and local bus companies will provide service to and from the Park and Ride areas both down to the ferry docks and to connect passengers to local bus routes. For more information about the closure including contact info for the medical bus and bridge closure updates, go to www.hoodcanalbridge.com.
- 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 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.
- 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 for more information.
- The 7th Annual Latina Health Fair will be held on May 16th from 10am to 3pm at the North Seattle Community College in Seattle. This is always a huge event that provides a variety of free health screenings, medical/health information, service referrals, and some wonderful food and cultural entertainment in English and Spanish. Go to www.whf.lhf for details.
- 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

Did You Know?

“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 or 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.
- An event for community social service providers entitled “Sharing Resources to Deal With This Economy” will be held on June 8th from 4pm to 6pm at the Norm Dicks Government Center in Bremerton. All community service agencies are welcome to attend and discuss ways that all of our agencies can work together during these tough economic times. Call 253-476-7012 for more information.
- The 6th Annual Emergency Preparedness Conference, which will be hosted by the Northwest Portland Area Indian Health Board, will be held July 28th and 29th at the Tulalip Casino and Resort in Marysville, WA. This was an excellent conference last year and provided discussions and hand-on training on a wide range of preparedness topics. Go to www.npaihb.org/resources/emergency_preparedness/ for more information or to register.
- The Washington State Department of Health has newly updated injury and violence information and data summaries for 2007 now available on their website at www.doh.wa.gov/hws/IV2007.shtm. This is excellent information on everything from falls and suicide to domestic violence and traumatic brain injury in easy to download, easy to read, PDF files. This information is particularly helpful for grant applications and creating injury prevention articles/educational materials.
- Save the date! An Applied Suicide Intervention Skills Training course will be held on June 10th and 11th at The Zone Sports Complex in Poulsbo, WA. The cost is \$55 for both days and provides attendees with the ability to identify youth at risk of suicide, talk directly to youth about suicide, make a safety plan, and develop the skills to intervene with youth at risk for suicide. For more information or to register go to www.yspp.org/training.
- The Washington State Traffic Safety Commission has recently updated their list of Community Traffic Safety Task Forces on their website. For information on the traffic safety task force in your area, go to www.wtsc.wa.gov/programs/taskforce.php.
- Speaking of the WTSC, their annual grant funding RFP is due May 15th. Grants of up to \$50,000 will be awarded to for public education, training, materials, and implementation of strategies that address traffic safety problems outlined in the “Target Zero” priorities. Go to www.wtsc.wa.gov/business/grants.php for more information or to download the RFP.
- Speaking of grants, the Robert Wood Johnson Foundations focuses much of its grant fund projects on the healthcare field. For information on current and upcoming grants, go to www.rwjf.org/grants.
- Don’t forget Mother’s Day on May 10th!

**NORTHWEST REGION
EMERGENCY MEDICAL
SERVICES AND TRAUMA**

5610 Kitsap Way #240
Bremerton, WA 98312

PO Box 5179
Bremerton, WA 98312

Phone: 360-479-5631

Fax: 360-479-5772

Email: admin@nwrems.org

Edited by April Borbon

www.aprilborbon.com

© 2008 NWREMS

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*

News from the NWREMS Office

Due to the Hood Canal Bridge closure, May will be kind of quiet around our office. Here's what's happening at the NWREMS office:

- During the bridge closure, our office hours will be Monday thru Thursday 9:30am to 2pm. Of course phone messages and email will be checked throughout the day, Monday thru Friday.
- Check out our website at www.nwrems.org. By mid May, our site should be totally redesigned and updated.
- Our NWREMS Injury Prevention program will be having booths at both Kid's Day and the South Kitsap Safety Day. If your organization or community is having an event and you would like us to have an injury prevention booth and/or provide you with injury prevention handouts, just contact April Borbon at aprilborbon@yahoo.com.
- Our condolences go out to the friends, family, and employees of Chief Bob Wilson from JCFD # 3 and JCFD #5. He passed away on April 17th and will be missed by all. The NWREMS office has started a fundraising drive to collect money for a scholarship in Chief Wilson's name which will be given to a deserving Quilcene High School student on May 27th at the school's scholarship night. Donations are still being accepted by our office until May 22nd for this worthy cause. Simply send a check to the address above with 'Chief Wilson scholarship' written in the memo section. Any amount will help—we hope to pay for a year of college for a deserving student and leave a lasting legacy in the name of Chief Bob Wilson.