

Spring 2007

# KCCRB NEWSLETTER

Kentucky Community Crisis Response Board  
Pine Hill Plaza, 1121 Louisville Road, Suite 2  
Frankfort, KY 40601

24-Hour Response Line: 888-522-7228

The KCCRB credentials and maintains a statewide team of trained professional volunteer responders and deploys rapid response teams to crisis and disaster sites. The Kentucky Community Crisis Response Team (KCCRT) provides multi-component crisis intervention services statewide, and is available 24 hours a day, seven days a week.

## From the Director

### Quarterly Report

Critical incident responses include events impacting first responders, schools, businesses, organizations, and communities. **Since July 1, 2006, KCCRT provided services following 177 responses serving a total of 2,148 individuals across the Commonwealth, utilizing 476 KCCRT Members.**

**KCCRB provides** crisis intervention and psychological first aid training through a variety of courses. **Since July 1, 2006, KCCRB trained 167 individuals through 64.5 hours of training.**

**KCCRB has 22 Regional Team Coordinators** providing coverage in 12 of the 14 KyEM Areas.

## Team News



### Jack Runyon Retires

John (Jack) Runyon of Paducah has retired from the KCCRT. Jack has served as a Team Member, Regional Team Coordinator and a KCCRB Board Member over the years. He has been very committed to the team and the community he serves.

We thank you Jack, for your commitment and service to the KCCRB and the Commonwealth of Kentucky. We will keep you and your family in our thoughts.



### Team Appreciation!

*Thank you* to all KCCRT Members who have responded or stood ready to respond to incidents over the past few months! We have had some difficult responses and KCCRT Members have done a superb job of meeting the needs.

## Training News

### New Continuing Education Options Available

**OPTION 1:** The first group of formal Ongoing Training Modules for Regional Team Meetings have been developed and distributed to the Regional Team Coordinators. These modules include Crisis Management (Informational) Briefings, Disaster Response, and the SAFER. More modules are being developed.

These Regional Team Meetings are important for team building networking, and continuing education. Having the opportunity to meet and work together in simulating interventions will enhance the effectiveness of regional team responses. **Remember:** Time spent at team meetings counts toward ongoing education hours.

**OPTION 2:** Every team member can earn three (3) hours of ongoing education now by reading the KCCRT All Hazards Field Manual and successfully completing and submitting the written Review. These manuals were distributed last year at regional meetings. If you did not receive one, contact the office. Every team member should be familiar with the information in the manual and have the manual in their go bag. The Review is also available for download from the website. A copy of it is included in this newsletter for your convenience.

**OTHER OPTIONS:** Team Members may continue to submit copies of training certificates from other continuing education providers. The training must fit within the Core Competencies listed on the Team Renewal Continuing Education Form.

# Thoughts on Personal Resiliency: Building it and Sustaining It

by Renelle Grubbs, LCSW  
Executive Director, KCCRB

Resiliency is the process of adapting well in the face of adversity, trauma, tragedy, threats or other significant sources of stress. Development of resiliency in young people is linked to long term success and prevention of substance abuse, violence and suicide.

## **Resiliency is related to:**

- Biological factors such as temperament, emotions, intelligence, creativity, resistance to disease and genetic and physical characteristics.
- Attachment which refers to the ability to bond, form significant relationships with others, the capacity for empathy, compassion, caring and joy.
- Control which includes the capacity to manipulate one's environment, social competence, self-esteem, and a sense of purpose.

## **Persons with resiliency have certain common skills. These skills can be taught and strengthened in children, adults and communities. These demonstrated skills include:**

- Healthy relationships
- Optimism: views self and future positively
- Flexibility: sees change as part of life
- Self-confidence: moves towards goals, bases decisions on confidence in own abilities
- Competence: be good at something and take pride in it
- Insightfulness: understand people and situations, ability to see other side
- Perseverance: doesn't give up
- Views crises as challenges, not insurmountable obstacles
- Internal locus of control: self control-manages strong feelings and impulses
- Problem solving skills: ability to plan; seeks help from others and thinks creatively and reflectively.

Thus we see that *problem-solving focused* coping following adversity increases resiliency while *emotion-focused* coping impairs resiliency. In other words, when faced with setbacks or challenges the focus is outward on things that must be handled, not inward on emotions. Persons who focus on solving problems are most resilient and are sick less often.

As applied to persons we serve following adversity, people who bounce back from disaster, tragedy, trauma and stress do so by having: care and support; high expectations for success; opportunities for meaningful participation; positive relationships with others; clear and consistent boundaries with others and life skills that support adaptability.

Those of us in service to others may take opportunity for self reflection. As we see these strengths in those we are called on to support let us appreciate and commend their resiliency.

# Courses Scheduled Through November 2007

## What Courses Do You Need?

Most of the interventions provided by KCCRT involve one-on-one support and a group intervention. It is important for each team member to be knowledgeable in both Assisting Individuals in Crisis and Group Crisis Intervention.

Faith-based team members will benefit from both the Pastoral Crisis Intervention courses. Seasoned team members who have taken both the individual and group courses, and have a few years of response experience, will benefit from the Strategic Response to Crisis course. Any team member who works with a school system in any capacity will benefit from the School-Centered Crisis Response course.

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**PLEASE NOTE** deadline dates for all courses. The LATE FEE applies to anyone registering after the deadline date, including Team Members who are planning to audit a course. **Decisions to hold the course are made by deadline date based on sufficient registrants.**

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## Questions About Team Membership or Training?

Contact C.J. Wright or Sharon Koontz at (502) 607-5781.

## Regional Team Meetings

<u>Region</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Focused Training</u>
Region 13 – 14	February 19	6:30pm	Lexington Fire Training Center, 1375 Old Frankfort Pike, Lexington, KY	Disaster Response
Region 5	March 6	6:00pm	Hardin Memorial Hospital, 913 N. Dixie Ave., Elizabethtown, KY 42701	Meal & Informational Briefing
Region 6	April 17	6:00pm	Middletown FD – Sta. 2, 10217 Shelbyville Rd., Louisville, KY 40223	Informational Briefing

## KCCRT Regional Team Coordinators

Region 1	Shawn Bixler	Region 2	Tim Davis & Pam Gabbard
Region 3	Robert Carter & Paula McCaghren	Region 4	Lynda & Robert Simpson
Region 5	Karl Lusk & Keith Taylor	Region 6	Pam Fleitz, Mike Freville & Ken Nichter
Region 7	Mike Downer & Charles Williams	Region 8	Recruiting
Region 9	Tom Adams, Rebecca Bauder & Robert Kerr	Region 10	Recruiting
Region 11	Debra Anderson & Barry McDonald	Region 12	Charles David Hawk
Region 13	Ryan Good	Region 14	KCCRB

## Community Preparedness Training

### Psychosocial Effects of Disasters & Catastrophic Events

The Preparedness program offers the Psychosocial Effects of Disasters & Catastrophic Events - A Trained Community Crisis Responder Course (TCCR).

#### Course Description:

This training includes information on the following topics: types of trauma caused by disaster, phases of disaster, and risk factors that make disasters and terrorist events psychologically toxic for survivors and responders. Participants will learn the factors and situations that influence psychological response; assessment of community needs; effects of terrorism before, during and after impact; types of terrorist agents (CBRNE) and the psychological reactions likely with each. Participants will learn principles of psychological first aid and its application in the aftermath of disasters, terrorism, and catastrophic events. Recent innovations in service delivery as a result of mass terrorism and disaster will be presented. The Oklahoma City bombing, the September 11, 2001 attacks, Hurricane Katrina, Pandemic Influenza, and Severe Acute Respiratory Syndrome (SARS) will be used as case studies, and students will participate in a variety of small group learning exercises and scenarios.

Training will be provided in two parts: part one will be online; part two will be an 8-hour face-to-face classroom event. Participants will have a two week timeframe before the classroom event to complete the online portion. Registration for this course is provided at [www.train.org](http://www.train.org). NOTE: You will have to register for both the online portion and the classroom portion. Call Debbie Bohannon at (502) 564-4990 for assistance with online registration.

**Who Should Attend?** First Responders, Emergency Management, School Personnel, Nurses, Physicians, Behavioral Health Professionals, Public Health Dept. Representatives, Local Community Agency Representatives, Community Leaders.

**Registration:** To register for the Psychosocial Effects of Disasters & Catastrophic Events course please visit: <http://www.train.org/>

**Kentucky Community Crisis Response Board (KCCRB)**  
**REVISED 2007 SCHEDULED COURSES**

Middletown Fire Protection District – 2 (MFPD-2) is less than 1 mile South of Hurstborne on Shelbyville Road, Louisville, KY.

Course Times: Day 1- 8:00am - 4:30pm; Day 2 – 8:30am – 4:30pm

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|-------------------------------------|---|
| <del>March 15-16, 2007</del>        | <p>Pastoral Crisis Intervention II<br/> <b>** RESCHEDULED FOR AUGUST 16-17, 2007 **</b></p>   |
| March 29-30 2007                    | <p>Assisting Individuals in Crisis – Paducah Area<br/> Purchase Area Dev. Dist. 1002 Medical Drive, Mayfield, KY 42066<br/> Deadline: Mar. 8                      Cost: \$150</p>   |
| April 17-18, 2007                   | <p>Assisting Individuals in Crisis<br/> Middletown FPD-2                      10217 Shelbyville Rd, Louisville, KY 40223<br/> Deadline: Mar. 30                      Cost: \$150</p>  |
| May 14-15, 2007<br><b>** NEW **</b> | <p>Pastoral Crisis Intervention I<br/> Middletown FPD-2                      10217 Shelbyville Rd, Louisville, KY 40223<br/> Deadline: Apr. 30                      Cost: \$150</p>   |
| May 23-24, 2007                     | <p>Group Crisis Intervention – Bowling Green<br/> FOP Lodge                                  150 Corvette Dr., Bowling Green, KY 42101<br/> Deadline: May 2                          Cost: \$150</p>  |
| June 21-22, 2007                    | <p>Strategic Response to Crisis<br/> <i>See description for prerequisites</i><br/> Middletown FPD-2                      10217 Shelbyville Rd, Louisville, KY 40223<br/> Deadline: Jun. 1                          Cost: \$150</p>  |
| July 2007                           | <p>School-Centered Crisis Response – TBA<br/> Location TBA                              KY<br/> Deadline: TBA                              Cost: \$150</p>  |
| August 16-17, 2007                  | <p>Pastoral Crisis Intervention II<br/> <b>** CHANGED TO PCI-II **</b><br/> <i>Prerequisite: Pastoral Crisis Intervention I</i><br/> Middletown FPD-2                      10217 Shelbyville Rd, Louisville, KY 40223<br/> Deadline: July 27                          Cost: \$150</p> |
| Sept. 13-14, 2007                   | <p>Assisting Individuals in Crisis<br/> Middletown FPD-2                      10217 Shelbyville Rd, Louisville, KY 40223<br/> Deadline: Aug. 24                          Cost: \$150</p>  |
| Oct. 11-12, 2007                    | <p>Group Crisis Intervention<br/> Middletown FPD-2                      10217 Shelbyville Rd, Louisville, KY 40223<br/> Deadline: Sept. 21                          Cost: \$150</p>   |
| Nov. 8-9, 2007                      | <p>Strategic Response to Crisis<br/> Middletown FPD-2                      10217 Shelbyville Rd, Louisville, KY 40223<br/> Deadline: Oct. 19                          Cost: \$150</p>   |

Current KCCRT Member Rate: \$50 per course.  
Registration form is on back page of Newsletter.

*Revised Feb. 20, 2007*

## Course Descriptions

**Group Crisis Intervention:** Group Crisis Intervention training program is designed to present the core elements of a comprehensive, systematic and multicomponent crisis intervention curriculum. The two day course prepares participants to understand a wide range of crisis intervention services, including pre and post incident crisis education, significant other support services, on-scene support services, crisis intervention for individuals, demobilizations after large scale traumatic incidents, small group defusings and group interventions. The Group Intervention Course specifically prepares participants to provide several of these interventions. The need for appropriate follow up services and referrals when necessary is also described. Considerable evidence gathered to date strongly supports the multicomponent crisis intervention strategy that is discussed in this course. The Group Intervention training is open to any person who wishes to know more about crisis intervention techniques. Emergency services and disaster workers, security, safety, military, industrial and school system personnel, EAPs, human resources personnel, psychologists, social workers, counselors and others can all benefit from the Group Intervention training. (\$150; 14 Contact Hours) Two-day course.

**Individual Crisis Intervention and Peer Support:** Crisis intervention is NOT psychotherapy. Rather it is a specialized acute emergency behavioral health intervention that requires specialized training. As physical first-aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called "emotional first-aid." Crisis interventions are typically done individually (one-on-one) or in groups. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual intervention. The audience for this class includes emergency services, military, and business/industrial peer support personnel without formal training in behavioral health, as well as faith-based, behavioral health and school professionals who desire to increase their knowledge of individual (one-on-one) crisis intervention techniques. (\$150; 13 Contact Hours) Two-day course.

**Pastoral Crisis Intervention:** Pastoral Crisis Intervention (PCI) may be thought of as the combination of faith-based resources with traditional techniques of crisis intervention. PCI represents a powerful addition to traditional community and organizational psychological support resources. The purpose of this two-day workshop is to assist the participants in learning how pastoral interventions and traditional psychological crisis interventions may be effectively integrated. Upon completion of this course, participants will be able to: Demonstrate a familiarity with the psychological interventions as may be applied within a faith-based community; Define concepts of crisis and Critical Incident Stress Management; define Pastoral Crisis Intervention; define the SAFER-R-PCI model; and identify the most appropriate Pastoral Crisis Intervention to use in a given crisis event. Chaplains, pastoral counselors, mental health professionals, ministers, and anyone interested in the use of faith-based resources in crisis intervention should find this course of interest. This course is a prerequisite for Pastoral Crisis Intervention II. (\$150; 13 Contact Hours) Two-day course.

**Pastoral Crisis Intervention II:** The "Pastoral Crisis Intervention II" course builds on the foundations of "Pastoral Crisis Intervention I" course. More specific advanced concepts and field applications where pastoral crisis intervention is applied will be covered. Upon completion of this course, participants will be able to: describe the stages of spiritual development; understand Theodicy; discuss the principles of spiritual first-aid; and recognize and understand the impaired pastoral crisis interventionist.

**Prerequisite:** "Pastoral Crisis Intervention I" course. Confirmation of full attendance in "Pastoral Crisis Intervention I" is a prerequisite to attend this class. A copy of your certificate for "Pastoral Crisis Intervention I" must be submitted with registration. (\$150; 13 Contact Hours) Two-day course.

**Responding to School Crises:** Educators nationwide and worldwide struggle to establish and manage School Crisis Response Teams in response to the recent escalation in frequency and scope of campus emergencies. Community CISM teams have much to offer, but much to learn about the unique milieu of schools. Similarly, schools can benefit from CISM technology and strategies. This course attempts to develop a common language and approach that fits within the broad goals and specific needs of school crisis management. Working together in multi-disciplinary teams, we explore organizing principles, develop specific skills and culminate in a large incident planning simulation. The Group Crisis Intervention course is recommended as a prerequisite but not required, as an overview of techniques will be provided. (\$150; 14 Contact Hours) Two-day course.

**Strategic Response to Crisis:** Strategic planning and tactical decision-making are emphasized, as are rationales for choosing one set of crisis intervention processes over another. Participants will complete a series of exercises designed to sharpen their assessment and crisis planning skills. This course builds confidence that crisis interventionists will make the right choices of interventions for the populations they are assisting under specific circumstances.

At the conclusion of this course, participants will be able to: Define strategic planning as it applies to crisis intervention; Outline the elements of the National Incident Management System and relate those elements to crisis intervention; Describe a comprehensive, integrated, systematic and multi-component crisis intervention program; Participate actively in a planning process designed to assist the participants in assessing target populations and in determining the type, timing and resources necessary to assist large numbers of people involved in a crisis; and Choose from a list the most important crisis intervention tactics to apply in a simulated complicated or large scale crisis event. (\$150; 14 Contact Hours) Two-day course.

**Prerequisite:** This advanced course requires knowledge and experience in the theories and interventions acquired through: 1) Individual Crisis Intervention, Group Crisis Intervention, Psychological First Aid training and field experience in order to engage in planning and tactical decision-making.

**KENTUCKY COMMUNITY CRISIS RESPONSE BOARD**

1121 Louisville Rd. Ste 2, Frankfort, Kentucky 40601  
(502) 607-5781 Fax (502) 607-5780

Website: <http://kccrb.ky.gov> Email: [kccrb@ky.ngb.army.mil](mailto:kccrb@ky.ngb.army.mil)

**COURSE REGISTRATION FORM**

Enclosed is a check/money order for: \$ \_\_\_\_\_ for the below course(s) and a late fee of \$25 (if not postmarked by deadline date).

*NOTE: Payment must accompany Registrations. Make checks payable to: Kentucky Community Crisis Response Board (KCCRB)*

Kentucky Community Crisis Response Team (KCCRT) Member:  Yes  No

**Participant Information**

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Work Phone \_\_\_\_\_  
Email Address \_\_\_\_\_

**Agency Information {If paying for course(s)}**

Agency Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Agency Contact \_\_\_\_\_  
Contact Phone \_\_\_\_\_  
Contact Email \_\_\_\_\_

Course Times: Day 1- 8:00am - 4:30pm; Day 2 – 8:30am – 4:30pm

I am registering for the following course (s):

\_\_\_\_\_ Date Course  
\_\_\_\_\_ Date Course  
\_\_\_\_\_ Date Course

**Discipline (check all that apply):**

- Behavioral Health
- Education
- Faith-Based
- Fire Service
- Military
- Massage Therapist
- Other \_\_\_\_\_
- Disaster
- Emergency Mgt.
- EMS/EMT/Para
- Hospice
- Law Enforcement
- Public Health/Medical

**I prefer to receive my class confirmation/receipt by:**

- Participant Email  Participant Phone  Participant Address  Other \_\_\_\_\_

**PRINT FORM: Make a copy for your records and return Registration Form with Payments to the above address.**

**REGISTRATION POLICY**

**Registration:** Registering for a course requires the submission of a completed registration form and full payment for the course. If you are unable to attend a course after registering, your payment will become a credit for a future course. No refunds will be given. If an agency/ organization pays the registration costs, the credit may be used for any person from that organization.

**Payment:** Payment must be in the form of check or money order. No purchase orders will be accepted.

**Late Fee:** Completed course registration AND payment MUST be postmarked by the deadline date. Registrations postmarked after the deadline must include an additional \$25.00 late fee.

**Attendance:** Registrants must attend the full course in order to get a certificate of completion. Certificates for partial hours will not be issued.

**Auditing:** Only KCCRT Members who are current may audit a course, and only then if they have previously taken the same course. *Example:* KCCRT Member took Group Crisis Intervention in 1995. He/she may audit the course for full credit. KCCRT Members are encouraged to update skills due to changes in the models and protocol over the years.

**Continuing Education Units (CEU):** Certificates will be issued from the University of Maryland-Baltimore for all the above courses for the number of contact hours and continuing education units. Kentucky Community Crisis Response Board is approved by the following Kentucky Boards to award continuing education units: Effective Instructional Leadership Act (EIL), Kentucky Board of Licensure of Marriage & Family Therapists, Kentucky Board of Social Work, Kentucky Board of Certification for Professional Art Therapists, and Kentucky Board of Certification for Certified Professional Counselors.

**Course Cancellation:** In the event of course cancellation by the KCCRB, the KCCRB's liability is specifically limited to refunding the applicable course fees and excludes any incidental or consequential damages.

KCCRT Current Member Rate: \$50 per course