



November 2010

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## CORE COMPETENCIES FOR MRC VOLUNTEERS

1. Describe the procedure and steps necessary for the MRC member to protect health, safety, and overall well-being of themselves, their families, the team, and the community.
2. Document that the MRC member has a personal and family preparedness plan in place.
3. Describe the chain of command (e.g., Emergency Management Systems, ICS, NIMS), the integration of the MRC, and its application to a given incident.
4. Describe the role of the local MRC unit in public health and/or emergency response and its application to a given incident.
5. Describe the MRC member's communication role(s) and processes with response to partners, media, general public, and others.
6. Describe the impact of an event on the mental health of the MRC member, responders, and others.
7. Demonstrate the MRC member's ability to follow procedures for assignment, activation, reporting, and deactivation.
8. Identify limits to own skills, knowledge, and abilities as they pertain to MRC roles.

## MRC Core Competencies

*Medical Reserve Corps (MRC) members come from a variety of backgrounds and enter the program with varying credentials, capabilities, and professional experience. There is currently no standard training or core set of competencies for MRC members; hence, there is variation in what each MRC is able to do. This diversity is a strength of the program, but also makes standardization across the MRCs difficult. In order for an MRC to fulfill its mission in the community, members of the MRC need to be competent to carry out their responsibilities. Training needs to be geared toward a common set of knowledge, skills, and abilities. (From the MRC website)*

To that end, the Core Competencies for MRC Volunteers are listed to the left of this box. At first glance, they may seem daunting, but 90% of this information is covered at Orientation, and is contained in your Member Guide (which is now online at the PHD website—**see website address in red box below**).

Having a majority of our members conversant with the Core Competencies is a goal for our Unit over the next few years. Since the nature of our organization does not allow me to meet with all of you at any one time, it seems that the one product that can come out of the Core Competencies is **the personal and family preparedness plan** as described in Competency #2.

**Core Competencies were introduced in a July 2007 newsletter.**

**Some of you may already have completed them. If so, please send me your personal preparedness plan and I'll update your records. Thanks!**

When many or most (!) of our members can say that they can fulfill the Core Competencies, these benefits will occur at events or incidents: members will experience decreased anxiety and increased cohesiveness and cooperation—because we are all on the same page!

I would encourage all of you to go through the list, jot down some answers to the questions, write up your **personal preparedness plan**, and send it to me. If you are unsure about any of the questions, please contact me by phone or email (listed below) and together we'll work it out!

## County Coordinators Corner

As you may recall in the last newsletter, I announced our new leadership team. We could still use more volunteers to serve in this role in all 5 counties—part of the preparedness creed is redundancy—we would like at least 3 people in each county in this role. If you are interested, please call or email me for more information. Meetings are only four times a year—please consider! Thanks.

## Why have a Personal & Family Preparedness Plan?

**So that you and your family are sure to do the right thing in an emergency situation. Peace of Mind!**

### North Idaho MRC Contact Information

8500 Atlas Road, Hayden, ID 83835

Call: 208-415-5185 / Fax: 208-415-5181

MRC@phd1.idaho.gov

[www.phd1.idaho.gov/public\\_health/mrc.cfm](http://www.phd1.idaho.gov/public_health/mrc.cfm)



## MRC Member Reminders:

1. Send me your new email address
2. **Check the MRC phone line for the latest on classes and orientations: 208-415-5185**
3. Mark your calendar to attend a class or orientation
4. Let me know if you need an alternate time & we'll do it!

**New & Old Member Meetings and Orientations**  
 St. Maries PHD, 137 N 8th; Jan. 12, 2011  
 Sandpoint PHD, 322 Marion; Jan. 20, 2011  
 Hayden PHD, 8500 N. Atlas, Jan. 26, 2011  
 All meetings will be from 10:00 am to Noon



Panhandle Health District  
 Medical Reserve Corps of North Idaho  
 8500 North Atlas Road  
 Hayden, ID 83835



### New Member Orientation

...We will continue to offer the MRC Orientations. The agenda includes where to go/what to do if you are activated; personal and family preparedness; an introduction to the Incident Command System; an overview of Just In Time training, and more!

...New members who have not been to an Orientation are encouraged to attend—you will receive your Member Guide. And all members who would like a refresher are welcome also. Sandwiches will be served at noon.

...**All meetings will be from 10:00 am to Noon. Dates/locations are on the front.**

...**PLEASE RSVP to 208-415-5185** (press the “#” key if you don’t want to hear the entire announcement) and tell me your name, your phone number, and WHICH location you will attend. **I need your RSVP so I can prepare training materials. THANK YOU!**

...**And please mark your calendar so that you remember to attend!**

*EVENING Orientations can be scheduled, if there are 5 or more people per county. Please call me to request an evening time.*

### Training Plans

**Nov. 17: Hayden PHD, 1-5 pm:**

.....IS-100, Introduction to the Incident Command System

**Dec. 9: Sandpoint PHD:**

.....IS-700, Introduction to the National Incident Management System, 9 am to Noon

.....IS-100, Introduction to the Incident Command System, 1:00-5:00 pm

**Dec. 15: St. Maries PHD:**

.....IS-700, 9 am to Noon AND IS-100, 1:00-5:00 pm

**Feb. 10, 2011: Bonners Ferry PHD**

.....IS-700, 9 am to Noon AND IS-100, 1:00-5:00 pm

**Feb. 17, 2011: Kellogg PHD**

.....IS-700, 9 am to Noon AND IS-100, 1:00-5:00 pm

**Feb. 24, 2011, Hayden PHD:**

.....IS-700, 9 am to Noon AND IS-100, 1:00-5:00 pm

**NOTE: All classes require a minimum of 5 participants. Please register as soon as possible to avoid the class being cancelled. Registration is required.**

**SAVE THE DATE: Saturday, April 16, 2011:MRC Training Summit in Hayden, 8:30-4:30. 4 different classes offered, you can take TWO during the day. Lunch & Fun, Too!**