

VA OEP TRAINING IN FOCUS

Are You Ready? OEP Quarterly Training Newsletter



Leadership Letter

The end of the federal and State Declarations are scheduled for May 11. VDH is compiling anticipated impacts of that event, to be shared. Additionally, we are in the final draft stage of the VDH COVID-19 After Action Report / Improvement Plan. This operational / state level report will be staffed with state leadership and a distribution plan will be developed. We encourage this process to be completed at the District Level.

We also are updating our Continuity Planning Process. We saw great lessons learned and response from Peninsula HD facility event as we had from past events such as the VaTech, VaB Municipal Center & Charlottesville Mass Shootings. More to follow; but, in the meantime, please ensure your LHD has a viable, operationalized plan should you have to respond to such a challenge,

Finally as we enter our Tropical Storm, Heat and Swimming seasons... Time to brush up, dust off your response plans accordingly. We will send out our annual "considerations" in the coming weeks.

Thanks all for your continuing efforts keeping Virginia Healthy and Safe.

Bob

R.P. Mauskopf, MPA

Director, Office of Emergency Preparedness

Virginia Department of Health

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2023 CBERS: Training Exercise Design for Community Partners



Community partners come together and learn the fundamental of designing a training exercise and participate in a table-top exercise. This one day event is FREE and offered in 9 locations across Virginia.

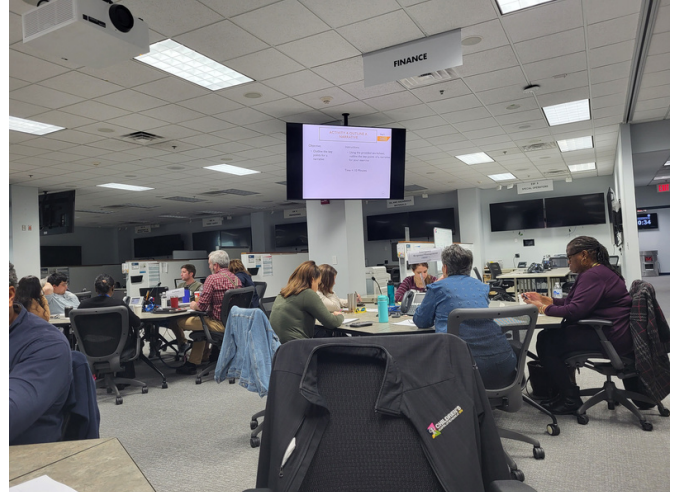
Participants will learn the following:

- 8 steps in developing an emergency preparedness exercise
- Steps for developing an After Action Report (AAR)
- Virginia Reporting Requirements for incidents or events that impact public health

For additional information visit the CBERS webpage and direct any questions to Adreania Tolliver at adreania.tolliver@vdh.virginia.gov

Register on [Eventbrite](#)

Location	Date
Chesapeake	May 10
Newport News	May 22
Dinwiddie	May 24
Fairfax	June 5
Fairfax	June 6
Culpeper	June 7





VDH: Everbridge HAN Group Manager and Dispatcher Refresher Training (Live Event) Course ID 1059198 —This course provides Group Managers and Dispatchers with refresher trainings on various topics regarding the functionality of using Everbridge HAN.

Day/Date/Time	Topic	Job Aid
Tuesday, May 16, 2023 / 9:30am-10:30am	Reports Tab (Group Managers ONLY)	<u>Click here</u>
Wednesday, June 14, 2023 / 10:00am-11:00am	Sending Notifications	<u>Click here</u>
Tuesday, July 11, 2023 / 9:30am-10:30am	Universe Tab / Dashboard Tab	<u>Universe Tab</u> <u>Dashboard Tab</u>
Tuesday August 8, 2023/ 9:30am -10:30am	Contacts Tab (Group Managers ONLY)	<u>Click here</u>
Tuesday, September 12, 2023/9:30am-10:30am	Reports Tab (Group Managers ONLY)	<u>Click here</u>
Tuesday, October 17, 2023/9:30am-10:30am	Sending Notifications	<u>Click here</u>



The EP&R Lunch and Learn program is perfect for short powerful training sessions to address hot topics and occurs on the second Thursday of each month from 11:00–11:30 am for those that are interested. It is the ideal opportunity to learn a little, eat a bite, and interact with colleagues. Review upcoming sessions and register on TRAIN.

If you don't have time to join in on the actual Lunch and Learn, you can still access these great mini-courses. Just visit [OEP Lunch and Learn Sessions on the webpage](#). Here you can find information about upcoming sessions and access archived sessions watching them at your convenience.

If you have suggestions for upcoming topics, send your idea to Regina Hutchinson at regina.hutchinson@vdh.virginia.gov.

VDH: EP&R Lunch and Learn Topic: Workplace Safety Course ID 1079519 Thursday May 11, 2023 at 11:00 am -- Worksite safety is an area of public health that focuses on illness and injury trends in the workplace. The scope of occupational health and safety is broad, encompassing disciplines from hazardous materials and the spread of disease to ergonomics and violence prevention. Measures also touch work environments ranging from construction sites to office buildings.

VDH: EP&R Lunch and Learn Topic: Active Shooter Course ID 1079519 Thursday June 8, 2023 at 11:00 am -- OEP and Capital Police staff will discuss the basic steps of responding to an active shooter incident and the resources available to VDH during an emergency.

VDH: EP&R Lunch and Learn Topic: De-Escalation Course ID 1079519 Thursday July 13, 2023 at 11:00 am -- Join us for a discussion on the basic principles of situational awareness in the workplace or elsewhere. Participants will learn de-escalation techniques anyone can utilize during an uncomfortable or potentially dangerous situation. This presentation is designed to be applicable for all staff whether they work at the front desk, in the office, or out in the community

Archived Lunch and Learn Sessions On-Demand

Biological Diseases - Higher-Priority Communicable Diseases (right now) Dawn Saady, M.S.
VDH Division of Surveillance and Investigation

Stress Management: Developing a Work Life Balance Charles A. Davis, MBA Workforce Development Training Consultant

ICS Training:

ICS 300 Course ID 1014182 May 2-4, 2023

Location: Central Region OEMS 1041 Technology Park Dr, Glen Allen, VA 23059

Intermediate Incident Command System (ICS) is for those who could fill supervisory level positions during an incident. This course permits the student to develop an ICS organizational structure, list staffing requirements, prepare a briefing, lead or participate in a planning meeting, identify resources, develop goals, prepare an action plan, and become familiar with the National Incident Management System (NIMS).

ICS 400 Course ID 1076991 July 11-12, 2023

Location: Central Region OEMS 1041 Technology Park Dr, Glen Allen, VA 23059

This course is designed for those emergency response personnel who would function as part of an Area Command, Emergency Operations Center, or Multiagency Coordination System during a large, complex incident or event, or those personnel who are or would likely be part of a local or regional Incident Management Team during a major incident, whether single agency, multiagency or Unified Command. VDH staff that would serve in an EOC or management role are encouraged to sign up, provided that they have the course prerequisites (see course posting in TRAIN).

HSEEP Training:

VDH: L0146- HSEEP (Homeland Security Exercise and Evaluation Program) Course ID: 1076987 August 2-3 2023 8:00 am- 5:00 pm

Location: Harrisonburg Rescue Squad 1700 Reservoir St. Harrisonburg, VA. 22801

This is a basic-level course providing a comprehensive overview of exercise design along with practical skill development in accordance with the HSEEP Doctrine. The course uses activities that give participants an opportunity to interact with many of the templates and other materials provided by the National Exercise Division to ensure exercises are conducted in a consistent manner. Participants gain a better understanding of what constitutes a HSEEP consistent exercise. The course is geared towards those within and partner with VDH that develop and practice exercises for the agency.

VDH: Rabies After Hours Calls

VDH: Rabies After Hours Calls (Live Event) Course ID: 1110479 June 1, 2023 10:00 am- 11:00 am Dr Julie Murphy will provide information about answering after hour calls regarding rabies.

Avoid Deny Defend

Active Assailant Training Opportunities

VDH: Civilian Response and Causality Care (CRASE) (Online) Course ID 1109148 July 20, 2023 11:00 am - 1:00 pm

VDH: Civilian Response and Causality Care (CRASE) (In-person) Course ID 1109150 July 21, 2023 9:00 am - 1:00 pm
Location: VDH: Mezzanine Conference Room

The Virginia Department of Criminal Justice Services (DCJS) is pleased to announce the Civilian Response and Casualty Care (CRCC) course. This training, designed and built on the Avoid, Deny, Defend / Run, Hide, Fight strategy developed by ALERRT in 2004, provides strategies, guidance, and a proven plan for surviving an active shooter event. This course combines the civilian response with the Stop the Bleed Campaign, which empowers civilians to provide life-saving medical aid before first responders ever arrive. Topics include the history and prevalence of active shooter events, civilian response options, and basic medical intervention to reduce preventable causes of death. Facilitator: Adam Keene, Active Attack Training Coordinator

VDH: Until Help Arrives (Online) Course ID 1108695 July 27, 2023 11:00 am - 1:00 pm

Threatening emergencies can happen fast and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately. You Are the Help Until Help Arrives.

Workforce and Development Team

The Workforce Training and Development (WFD) Team is accepting training and special project requests and can customize offered trainings to the needs of teams across VDH. We facilitate workshops, design eLearning content, create surveys, and present for LHDs, Offices and regional events. For more information pertaining to the team's training scope and background, **please visit our webpage**. If you have specific questions about this team, contact WFD Training Team Supervisor at claudia.sparks@vdh.virginia.gov

Is there a topic that you'd like to have our team develop? Do you have an idea for a useful training? Share your ideas with us through our request form using the link listed below. Your request will be reviewed and scheduled for consultation. **Workforce Development Training Request Form**.

Upcoming Training Opportunities from the WFD Team

- **Professional Learning Community (PLC)** has been established as an ongoing community of training professionals here at VDH! Our goal is to have trainers, facilitators, and instructional designers from all VDH Offices and Districts to join. Our purpose is to share best practices, resources, strategies, ideas, and most of all, to provide a space for peer collaboration. **Please sign up for the PLC to be added to our VDH Teams channel**. We meet virtually the 4th Wednesday of the month on Teams. Our next meeting is Wednesday, May 22.
- **VDH: Supervisor Net - TOPIC: Self-Management (Webcast) Course ID 1095924 June 22, 2023**
This training focuses on time management and stress management and how supervisors/managers can best utilize their time to be successful in their roles, while still having the time to be accessible to their staff.
- **VDH: EP&R Lunch and Learn Topic: De-Escalation Course ID 1079519 Thursday July 13, 2023 at 11:00 am** Join us for a discussion on the basic principles of situational awareness in the workplace or elsewhere. Participants will learn de-escalation techniques anyone can utilize during an uncomfortable or potentially dangerous situation. This presentation is designed to be applicable for all staff whether they work at the front desk, in the office or out in the community.

MHFA Training Information

- **Adult MHFA - Hanover County Behavioral Health Wellness Team May 22, 2023 In-Person Course ID 1107498**
- **Youth MHFA - Hanover County Behavioral Health Wellness Team June 5, 2023 In-Person Course ID 1107501**
- Local health departments and offices seeking large group MHFA trainings, contact:
 - Goochland Powhatan Community Services, Robin Pentecost, rpentecost@goochlandva.us
 - Rockbridge Area Community Services, BreAnne Rogers, brogers@racs.org

Other external offerings:

- **Eastern Shore Community Services Board**
- **Western Tidewater Community Services Board**

8 Step Exercise Design Process

Aaron L. Kesecker, MEP, VDH Office of Emergency Preparedness

The 2023 Community Based Emergency Response Series is underway. This year CBERS is all about Training Exercise for Community Partners, and we have been travelling the state providing our community partners with tools to use to develop and implement successful exercises to prepare for future emergencies. Although we use the Homeland Security Exercise and Evaluation Program (HSEEP), did you know that there was an exercise design methodology in place prior to HSEEP? FEMA has used the "8-Step" design process for many years prior to the inception of HSEEP after 9/11.



This is the process we are using for CBERS since our target audience is not bound by HSEEP and the 8-step process is much easier to teach and absorb for folks that don't use it daily. It does not usurp HSEEP; it all fits together in the big picture. The process, as you can see from the illustration, is linear and builds upon itself and these 8 steps can be applied to the design of ANY exercise from seminars to full-scale.

As 2023 progresses, I will feature the 8-Step process as the focus of my exercise articles in upcoming newsletters. So stay tuned and stay ready! Please let me know if you have any questions or comments by contacting me at aaron.kesecker@vdh.virginia.gov

Know of an agency that might benefit from this CBERS training? Share the [CBERS webpage](#) which includes information about location and registration and as always it is FREE!

MRC Training Opportunities

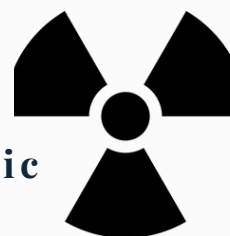
Providing a solid training foundation is essential in building volunteer capabilities and ensuring they are ready for potential deployments. In Calendar Year 2022, MRC Volunteers were able to collectively complete 13,538 hours of training. The total number of unique courses that were completed, by at least one volunteer, in 2022 was 1,087. When you take those 1,087 unique courses and multiply each one by the number of volunteers that completed each course, the total course completed by volunteers was 9,561. Also, 336 volunteers easily completed our new interactive online statewide orientation.

The MRC Units with the highest number of unique courses completed were Fairfax, Loudoun County, and Greater Richmond (in that order). The MRC Units with the highest number of total course completions and total volunteer training hours were Fairfax, Loudoun County, and Virginia Beach.

We look forward to the following upcoming MRC Statewide Training Events:

- Strategic National Stockpile 5/25
- Radiological Health Overview 6/15
- Introduction to Public Health 7/18
- Communication Skills Best Practices 8/10

Regardless of the need, VA MRC ensures our volunteers are trained and ready at a moment's notice!



Training Needs Assessment Hot Topic


According to the 2023 TNA, 53% of all respondents indicated they would like more training in order to explain the role of their office or district, as well, as their own role in an emergency due to a nuclear/radiological incident (such as a dirty bomb or release of radioactive material from a power station). Here is a 5 minute course that can easily address this very specific topic and provides a very high level overview for this type of incident for ALL types of employees. View [What Is Your Role in a Nuclear/Radiological Incident?](#)


Need further support or want to discuss additional training opportunities regarding nuclear/radiological incidents, contact Donald Moore
donald.moore@vdh.virginia.gov

Hurricane Preparedness

Hurricane Preparedness week was April 30 – May 6, 2023, but if you missed it, it is never too late to prepare and encourage others to prepare as well. Hurricanes are dangerous and can cause major damage from storm surge, wind damage, rip currents and flooding. They can happen along any U.S. coast or in any territory in the Atlantic or Pacific oceans. Storm surge historically is the leading cause of hurricane-related deaths in the United States. You can find media tools to implement this campaign at ready.gov.



 **Atlantic Hurricane Season: May 15 – November 30.** Know your hurricane risk: Hurricanes are not just a coastal problem. Find out how rain, wind, water and even tornadoes could happen far inland from where a hurricane or tropical storm makes landfall. .

 **Know your Evacuation Zone:** You may have to evacuate quickly due to a hurricane if you live in an evacuation zone. Learn your evacuation routes, practice with your household and pets, and identify where you will stay.

 **Build a kit** to be ready for disasters and emergencies.

