

Regional Alliance for Resilient and Equitable Transportation (RARET)

May 2020

RARET

Regional Alliance for Resilient and Equitable Transportation

Welcome!

- Agenda Review
- Welcome & Introductions
- Announcements

Announcements

1. Staffing Updates
2. Steering Committee Update
3. NCMM Article

Announcements

1. Staffing Updates

- [South King County Mobility Coordinator](#) position is vacant and looking for support distributing this job opening

Announcements

2. Steering Committee Update

- Brock Howell has officially joined the Steering Committee as the representation for Snohomish County.
- Focusing on how RARET can support with gaps that will be created as providers return to normal operations and idea of a provider's summit in late summer

Announcements

3. NCMM Article

- Interview on Friday 5/29 and looking for quotes from RARET members

2020 Workplan Q1/Q2 Projects

1. *Launch and Promote RARET's Adverse Driver Resources Webpage – PROJECT CLOSED*

1.1: Develop and launch an adverse weather driving resource webpage for transportation providers (Q1)

1.2: Promote the adverse weather driving resource webpage through a coordinated distribution campaign (Q1)

2020 Workplan Q1/Q2 Projects

2. *Establish an operational network of transportation providers willing to provide services during an emergency.*

2.1: Engage with transportation providers to understand their interest and capacity in operating during an emergency (e.g. focus groups, interviews) (Q1)

2.2: Formalize “Alliance” participation expectations and develop a partner agreement with participating transportation providers (Q2)

2020 Workplan Q1/Q2 Projects

3. *Facilitate discussions around implementing King County winter weather medical transportation procedures in Pierce and Snohomish Counties.*

3.1: Convene Snohomish and Pierce County partners to assess the possibility of implementing similar medical transportation procedures (Q1-3)

2020 Workplan Q1/Q2 Projects

6. *Participate in Cascadia Rising regional earthquake exercise in 2022.*

6.1: Engage with exercise planning group to assess feasibility of engaging RARET during earthquake exercise. (Q1-Q4)

2020 Workplan Next Steps

- Balancing COVID-19 response with workplan projects
- Limited implementation of Q1/Q2 projects, due to COVID-19
- Weekly COVID-19 Impact Summaries are currently supporting project #2 to develop the transportation provider alliance
- Considering a provider's summit in late summer

Discussion: COVID-19: What is RARET currently doing?

- Gathering information to increase situational awareness
- Tracking transportation providers' level of operations
- Weekly [transportation impact summaries](#)
- [May newsletter](#) featured resources about COVID-19 and call to action for partners to share how RARET can support with duplicating efforts
- Discussions about food access and partner meetings
- Send post-event survey to providers to assess impacts
- Complete after-action report

Project Update: Weekly COVID-19 Transportation Impact Summary

- How the process has changed
- How to streamline moving forward
- Feedback for weekly Transportation Impact Summaries?

Discussion: COVID-19

- How has COVID-19 impacted your operations and how have you adjusted?
- What needs are you hearing from your community?
- How are you sharing resources? What educational campaigns are occurring?
- Check out [MedStar's Guidance & Checklists](#)

Discussion: COVID-19

- What gaps are being created as providers transition back to steady state operations?
- Financial impacts of COVID and possible grant connections.
- Survey ideas for after or during COVID response. (End user and provider)

Presentation: Pierce County Department of Emergency Management: *Ivan Tudela*

- Review of Emergency Management
- Pierce County EOC opening
- RARET/Pierce County Partner Meetings
- Compassion Fatigue

Wellness for Emergency Workers

Recommendations for Volunteers, First
Responders, Health Workers and EOC Staff

Ivan Tudela
Unified Command
Elizabeth Allen
eallen@tpchd.org
Tacoma Pierce County Health Department
March 31, 2020

Stay healthy

- **Manage workforce stress.**
- **Prevent compassion fatigue.**
- **Create self-care plans.**



Learn how to prevent and manage workplace stress and compassion fatigue

What's the difference between burnout, compassion fatigue and secondary traumatic stress (STS)?

Burnout

- Extreme exhaustion and being overwhelmed.
- Easily angered, frustrated, irritable.
- Lack of feelings.

Compassion fatigue

Emotional stress from working with people exposed to a traumatic event and is different from “burnout.”

- Nervous system arousal (Sleep disturbance).
- Emotional intensity increases.
- Behavior and judgment impaired.
- Loss of morale.
- Depression.

Secondary Traumatic Stress

Stress from helping or wanting to help a traumatized or suffering person.

- Intrusive imagery.
- Avoidance of reminders and cues.
- Hyperarousal.
- Distressing emotions.
- Functional impairment.



Taking care of YOU

- If possible, limit working to no longer than 12-hour shifts.
- Work in virtual teams; limit amount of time working alone.
- Talk to family, friends, supervisors and teammates about your feelings and experiences.
- Practice breathing and relaxation techniques.
- Know that it is okay to draw boundaries and say “no” to prevent burnout, compassion fatigue or STS.

Use the buddy system

A team member shares in the responsibility for their partner's safety and well-being.

Do:

- Be a listener to your buddy.
- Monitor your buddy for stress (including environmental stressors).
- Check on your buddy's workload and encourage breaks when needed.

Use the buddy system

A team member shares in the responsibility for their partner's safety and well-being.

Do Not:

- Offer clinical diagnosis or treatment.
- Take on the role of a therapist.
- Pry or demand that a buddy discuss problems.

Remember these points

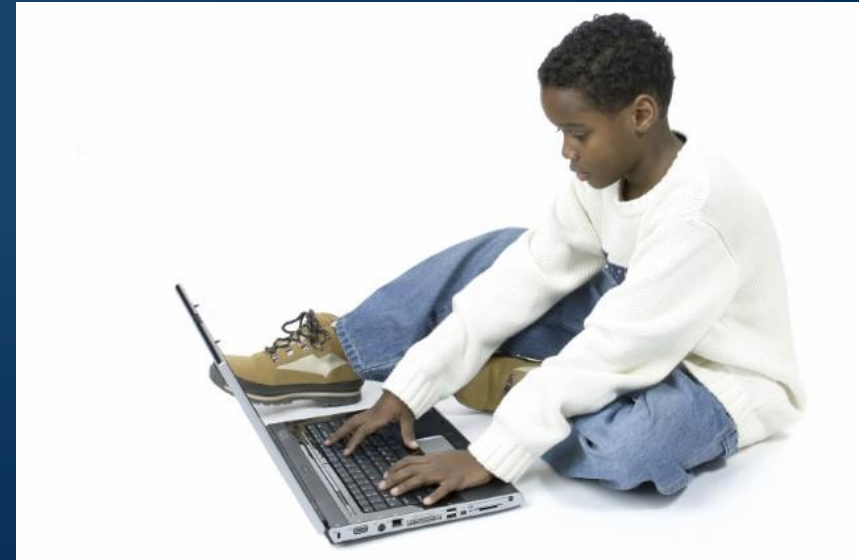
- It is not selfish to take breaks.
- The needs of survivors are not more important than your own needs and well-being.
- Working all the time does not mean you will make your best contribution.
- There are other people who can help in the response.



More information on YouTube.

SAMHSA: Self-Care for Disaster Behavioral Health Responders (57 minutes).

https://www.youtube.com/watch?v=G957P6w1Xfs&feature=youtu.be&list=PLBXgZMI_zqfRcTt9ndxkbieQ-pQsIk-R6



More information on YouTube.

**Volunteering Hygiene Recommendation
(1.2 minutes).**

https://www.youtube.com/watch?time_continue=5&v=5eh0PHfF45o&feature=emb_logo

Brene Brown-empathy and sympathy (2.4 minutes).

<https://www.youtube.com/watch?v=1Evwgu369Jw>

Resources for you, staff and volunteers

For non life-threatening but urgent mental health crisis:

- Pierce County Crisis Line (24/7) 1-800-576-7764.
- Crisis Text Line text 741741 (mobile fees waived).
- Other mental health resources, call 211.
- LGBTQ Trevor Project Support Center 866-488-7386.



Resources for you, staff and volunteers

If you or someone you know has suicidal thoughts:

- National Suicide Prevention Lifeline(24/7)
1-800-273-TALK (8255).



Online resources

- [Traumatic Incident Stress](#) (CDC National Institute for Occupational Safety and Health [NIOSH])
- [Interim NIOSH Training for Emergency Responders: Reducing Risks Associated with Long Work Hours](#) (CDC NIOSH)
- [Resilience Resources for Emergency Response](#) (Occupational Safety and Health Administration)
- [Psychological First Aid for First Responders](#) (SAMHSA)



Online resources

- [Guidelines for Good Practice: Managing Stress in Humanitarian Workers](#) (Antares Foundation)
- [Stress and Coping During Coronavirus](#) (CDC)
- [Emergency Responder Wellness](#) (CDC)
- [Compassion Fatigue](#) (American Institute of Stress)



Roundtable and Next Steps

Next Meeting:

Wednesday, July 22nd

10:00am – 12:00pm

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Please contact us with any questions!