



Blue Light Express

CCDC Needs You!

By CCDC Volunteer Board Members

Do you know:

- What happens before you see a mission posted?
- How training needs are created and identified?
- How we ensure that volunteers are prepared to respond?

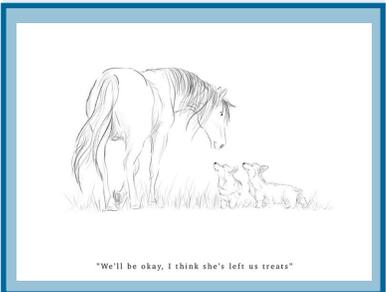
Before the Covid Pandemic, CCDC had about 500 members and was led by a team of about 20 volunteers overseen by a county-employed Volunteer Management Coordinator. We have grown to over 2,000 registered volunteers, and we are looking to grow the Leadership Team. Here are some of the responsibilities that our leaders deal with daily.

- Leading current Projects and developing new Projects. Projects are programs that are used to do the work to drive the corps. Examples of such projects include:
 - Brainstorming and implementing new ways to recruit new volunteers and retain them. This includes planning orientation and social events.
 - Identifying training needs of CCDC. Reviewing and recommending training materials. Identifying training instructors.
 - Manage publicity, including website and social media updates. Maintain records (meeting minutes, etc.). Marketing and Branding. Email, blog posts, newsletter, mission posting. Maintain our databases: Google drive (now discontinued), ServPA, Galaxy (new during pandemic).
 - Working and managing public events to promote emergency preparedness/health and recruit CCDC members. Programs for groups such as retirement centers, acute care facilities, community groups, municipalities.
 - Inventorying and maintaining CCDC equipment to remain ready for use in training, exercises, or actual deployments.
- Confirming credentials of medical volunteers; providing specific medical training as needed for medical deployments. Planning for pre and post deployment health assessment of volunteers.
- Maintaining strategic planning documents; maintaining Volunteer Reception Center Plan (to manage spontaneous volunteers); developing and maintaining safety plans and training.



Kindness is the language which the deaf can hear and the blind can see.

Mark Twain



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CCDC Looking for New Leadership Members

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We are looking for additional leaders to assist with these projects (some of which are continual, and others are intermittent or short term). We are actively inviting volunteers to be part of the Leadership Team when they express an interest and would love to hear from you if you have not yet expressed interest. If you would like to participate on a Project Team as a volunteer member or in a leadership position, plan to attend our new Leadership Training Class next month, on Saturday, October 8 from 9am to 3pm. Be assured that we envision new leaders being mentored by experienced leaders.

Got Any Good Ideas?

By Judy McKinney



Even if you are not interested in elevating your leadership involvement, CCDC would love you to share any ideas you might have to improve our organization. From your perspective, there are procedures or processes that you might be able to highlight to us that need some tweaking or something we have not thought about at all!

The CCDC Board will review the submitted projects, assign a priority for completion and then a mission will be built for the project so that volunteers can respond to it, if it is of interest. The title of the mission will start with “**Project:**” to differentiate it from regular missions where we begin with the date. The volunteer will be notified of their idea acceptance, or not, so that you will be apprised of its disposition.

[Fill out the downloaded form](#) and send it to mrc@co.delaware.pa.us

Delaware County CISM Resource

Source: criticalincidentstress.com

Critical Incident Stress Management, or CISM, is an intervention protocol developed specifically for dealing with traumatic events. It is a formal, highly structured and professionally recognized process helping those involved in a critical incident to share their experiences, vent emotions, learn about stress reactions and symptoms and given referral for further help if required. It is not psychotherapy. It is a confidential, voluntary and educative process, sometimes called ‘psychological first aid’.

Delaware County has a CISM Team who offer the following services:

- Behavior Health Services Navigation,
- Individual Peer to Peer
- Critical Incident Stress Debriefing.

Hotline: 610-565-8719 or any Emergency Dispatcher.



Yeadon Shelter/Reception Center

By Danielle Koerner

At 9:58pm on Saturday, September 17th, 2022 hundreds of phones across Delaware County started to ring. The message was simple: help was needed, and the Citizen Corps of Delaware County Volunteers were being asked to log into their Galaxy accounts and sign up to assist with an immediate unmet need.

A building fire in the county had temporarily displaced over 50 individuals and a temporary reception center had been set up, with the potential for a shelter to follow.

A Reception Center is a temporary location set up for disaster survivors to come and receive immediate support while they plan for what happens next in their recovery. This can include everything from charging cell phones and contacting loved ones, working with municipal or Red Cross teams to find temporary shelter, if they have no place to go, to getting a warm meal from the Salvation Army.

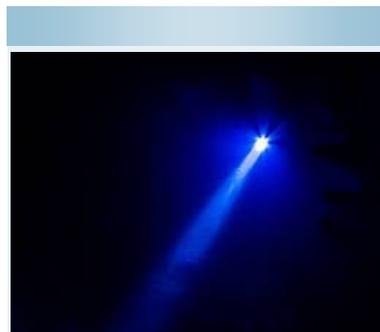
A Shelter is a temporary location set up for disaster survivors to stay overnight up to several days after a disaster until a more permanent housing situation can occur.

Within 30 minutes of sending out the call we had 4 CCDC Volunteers deployed to assist at the Reception Center, a volunteer leader onsite, and a morning shift staffed, which was ultimately not needed and later cancelled. CCDC Volunteers assisted displaced residents by offering comfort, getting them snacks, drinks, and blankets, and assisting individuals with mobility challenges to and from transportation. Additionally, once the apartment building was declared safe and ready for evacuees to return home, the CCDC volunteers played a key role in coordinating the transport operation.

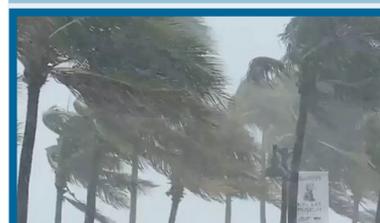
CCDC is an 'All Hazards' organization and our Mission Statement reads: *"The Mission of the Citizen Corps of Delaware County is to train and build a robust organization of volunteers who possess emergency preparedness, knowledge, and leadership skills to serve in emergency circumstances"*- CCDC Handbook, 2022.

In this instance, the hazard was the aftermath of a building fire that temporarily displaced over 50 individuals. CCDC answered the call, and thanks to the volunteers who responded and who deployed with their preparedness, knowledge, and leadership skills, the circumstances of these 50 individuals were greatly improved.

Didn't get a call on the 17th? Log into your ServPA Account at www.serv.pa.gov to update your information and confirm that you have elected to receive texts and deployments.

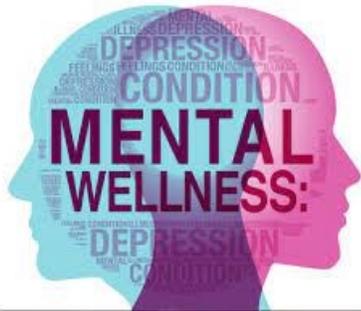


"The volunteers are FANTASTIC! The volunteers were amazing with the clients! This was an elderly population, and the volunteers handled it very well. It was such a great feeling to know that the cavalry was coming!" Julia Borek, DES Volunteer Staff



Hurricane Kit 8 Must-Haves

- 1. Your Medication**
- 2. Cash**
- 3. Important Documents**
- 4. First Aid Supplies**
- 5. Bottled Water**
- 6. Flashlight**
- 7. Covid-19 Supplies**
- 8. Pet Supplies**



Thorncroft is pleased to announce the Opening of Enrollment for Fall 2022: Intro to Horsemanship for First Responders.

Horses evoke **deep emotional** and **physical responses** in people, especially in individuals affected by or managing trauma or stress. Because of this innate quality, horses offer unique healing opportunities for veterans returning from service and emergency first responders.



Six weeks; No prior horse experience is required.

Thorncroft.org

Delco CISM Team News: VIPER Expands

Mirmont Treatment Center has been providing behavioral health care with compassion and clinical excellence to emergency responders and their families suffering from substance use disorders, as well as co-occurring mental health issues for over a decade, through the [Valor with Integrity Program for Emergency Responders \(VIPER\)](#). As the latest promotion of the program states:

“In an effort to broaden our commitment to the heroes who serve us, Mirmont has expanded our treatment services to include a dedicated intensive outpatient program for individuals with a mental health primary diagnosis.

This specialized, trauma-informed outpatient program is unique to the needs of first responders. It will offer a safe, supportive and confidential environment where they can:

- Process the level of stress experienced in their workplace
- Identify job-related triggers affection their mental health
- Gain insight to the signs and symptoms of underlying trauma
- Identify situations adversely affecting their lives, both on and off of the job
- Develop healthy coping skills

The goal of this program is to inform first responders on how to self-regulate their reactors to life events so they can perform their jobs without compromising their emotional well-being. We will guide participants as they learn to process their personal experiences effectively, realize the benefits and values of peer-to-peer relatability, camaraderie and support, and work through the difficulties disrupting their lives.”

Loving Others That Are Under The Shield

The complimentary program that Mirmont offers is called [Loving Others That Are Under The Shield or LOTUS](#). As their website states: “People in relationship with someone experiencing symptoms of trauma, may themselves develop symptoms, such as:

Codependency Mood instability Heightened stress

Loving someone in this field often presents issues that require and deserve support. Which is why we have introduced a support group specifically for the family members and loved ones of emergency responders and veterans.

It is a safe and confidential space to connect with other people who understand what it's sometimes like to be in relationship with a police officer, firefighter, paramedic, or anyone who is regularly exposed to traumatic events.

We provide a platform where you can share your experiences, which often include:

- Getting through communication barriers
- Learning how to open up and process feelings
- Discovering ways to support yourself and those you love

This group is here to respond to your needs and provide education and resources to help. We welcome anyone interested in being a part of this network of support. You deserve help, too!”



Richard Smith
Volunteer ER Site Lead

Richard & his wife live in Narberth and have three daughters. He retired from a petroleum quality control position and has been very involved with Vietnam Vet activities, including the Veterans Hospital, and outreach.

“While as a Volunteer Pod Commander at the ER’s was an interesting experience, again the way the volunteers stepped up to help out was incredible. The ER was an eye-opening adventure, and I was really glad that we could provide some relief for the hospital staff.”

The Volunteer Heart

By Richard Smith



As the pandemic started to envelope our area, I felt that I could not just sit back and not be involved and help out in some way. A buddy of mine from the Vietnam Vets of America organization mentioned CCDC and that is how I got involved in this new volunteer role. I have volunteered for DAV, the VFW and as I mentioned, the Vietnam Veterans of America, for which I serve as District 1 Director.

Responding for various VPODS, I was amazed at the number of other volunteers that were lending a hand to help out. People from many backgrounds brought their skill sets to the table and contributed their expertise to help the public. Communication in CCDC was focused on guiding the volunteers in assisting the friends, neighbors, and strangers coming in for vaccination against the covid virus. Good hearted people were volunteering to help others out with the risk of it all not going well, but that was never the case. The operation was flexible and successful.

It was easy to get caught up in the continual 7 day a week operation working 4 -8 hours a day and I found that the case when I was working in Aston. But we were always reminded to pace ourselves; to take time for ourselves so that we would not burn out. And I did heed that advice on more than one occasion. CCDC encouraged the self-help policy which gave yourself permission to take a break and step back for a bit.

Relieving the stress that the covid virus had on the public was rewarding in and of itself. I watched the faces of the men and women apprehensively waiting in line and filling out their forms, to anticipating the sting of the shot, and then the relief of it being done in the observation area. One family was pretty stressed out by the whole ordeal and only the mom seemed to want to get the shot. The father and son did not want to be at the clinic but succumbed to the mom’s wishes. I asked the father if he wanted some water and he looked at me in such surprise. “Can you do that?”, he said. In my mind I am thinking “yes I have the blue vest on, I can do almost anything!” I brought over more bottles of water and gave them to him to give to his family and he was grateful.

A simple act of kindness that we provided everyday has made volunteering an awesome experience and is why I will continue to volunteer with the Citizens Corps of Delaware County.

Oh, One More Thing....

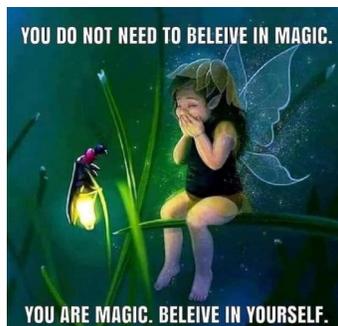
Citizen Corps of Delaware County

c/o Department of Emergency Services
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Media, PA 19063

mrc@co.delaware.pa.us

<https://delcocitizencorps.org>

<https://ccdcredi.delcocitizencorps.org>



All of you bring a unique set of experiences that are blended into the pot of secret sauce. Kindness, compassion, and respect for humanity bind the recipe together to yield successful missions.

citizen★**corps**
of Delaware County