REM Meeting

April 1st, 2022
9:30AM-11:00AM: Meeting

NCTCOG, 616 Six Flags Dr, Arlington, TX 76011, William Pitstick Conference Room

Microsoft Teams Meeting

❖ Welcome and Introductions
  - Samantha Pickett, REM Vice Chair

❖ Presentations
  - Disaster after Disaster: Addressing Emergency Manager Mental Health
    - Chad Anderson, Director of Intensive and Forensic Services, North Texas Behavioral Health Authority
      - Planning is important to EM- we need to plan for factors that can affect our staff
      - Impacts can affect the entire organization
        - Consider people that may be typically overlooked
          - i.e. staff reviewing bodycam footage from Dallas Police ambush.
      - Difficulties in addressing stress include:
        - Perceived weakness
        - Worry about losing job
        - Poor resources/lack of resources
        - Fear of a diagnosis
      - Stress can be from a single event or a series of events
      - Critical incident stress is different than PTSD
      - Cumulative stress is stress of time and may not have a “spike” of a critical incident
      - Triggers can appear unrelated to the incident
      - Get enough sleep, drink lots of water, recognize the signs early, do not rush back to work.
  - Sarah Haak, District Coordinator Garland, Texas Division of Emergency Management
    - Everything can add up. It isn't always a singular event.
    - Lack of support in many organizations
    - There is a belief that emergency managers are not first responders and do not need mental health services
    - Many different people need mental health services/debriefings after major events, such as those assisting with disaster recovery that is not a part of their normal duties.
      - i.e. Accountants out in the field assisting with damage assessments after a tornado impacted their community.
    - Many agencies and jurisdictions do not conduct debrief’s after major events.
    - Talked about starting up the “Resiliency PPE Coalition” to
help first responders including emergency managers with stress and mental health.

- Showed artwork that she and other first responders and military created
- If you need help, speak up. We’re all in this together.

❖ Member Updates

  ▪ REM Give Back Program
    • **First Event:** North Texas Food Bank (NTFB)
    • **Date:** April 29, 2022
    • **Time:** 9:00AM (Please arrive at 8:30AM for orientation)
    • **Location:** 3677 Mapleshade Ln. Plano, TX 75075
    • **Registration/Waiver:**
      - http://volunteer.ntfb.org/need/detail/?need_id=641264
        - Create an account
        - Click Pack and Box Details
        - Click Respond as a Team
        - Find the open registration April 29th at 9:00AM
        - Team Name: Regional Emergency Managers Group

  ▪ NCTCOG Updates
    - Attached

  ▪ TDEM Updates
    - Registration open for TDEM Conference
    - PIV-I cards will be issued throughout Region 1 as well as at the TDEM Conference in San Antonio. Be on the look out for an additional email for more information.
    - Added County Liaison position.
      - “This change allows TDEM to directly support local partners in a more robust manner by leveraging resources for Texas communities.”
      - See Memo sent out by TDEM for more info

❖ Team Building Activity

  ▪ Word Game
    - Pushed to next meeting

❖ Next Meeting

  ▪ Friday June 10th (tentative-to accommodate TDEM Conference)