

Contra Costa County Medical Reserve Corps Training Plan

Contra Costa County Medical Reserve Corps (CCMRC) has adopted a tiered system training plan. This approach ensures our Medical Reserve Corps (MRC) members complete the needed training to align with the Competencies for Disaster Medicine and Public Health (DMPH) adopted by the National Association of County & City Health Officials (NACCHO) for the MRC. These competencies are accepted as the baseline knowledge and skills that all MRC members should possess to ensure they can consistently and safely perform their role. Competencies will be measured by performance qualifications addressed through multiple modalities. The Contra Costa MRC annual training and exercise plan details competency and performance qualifications met with training topic/activity. MRC members will have the option of completing on-line modules on MRC-TRAIN and/or educational and tactical training through meetings and drills to meet these qualifications. All on-line learning modules have been assigned to registered members through the MRC TRAIN portal: www.mrc.train.org. Please see the CCMRC Training Matrix for details of competencies addressed through the annual training plan. Each member will have a matrix in their personnel file to track training activities.

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Training Plan**

DMPH Competency	MRC Performance Qualification	Annual Training/Events
1.0 Demonstrates personal and family preparedness for disasters and public health emergencies	<ul style="list-style-type: none"> • Complete a personal and family preparedness plan 	<ul style="list-style-type: none"> • CCMRC Orientation • Personal Preparedness • Your Family Disaster Plan* • Disaster Service Worker*
2.0 Demonstrates knowledge of one's expected roles(s) in organizational and community response plans activated during a disaster or public health emergency	<ul style="list-style-type: none"> • Follow procedures to successfully activate, report, and demobilize. • Follow policies and procedures related to professional and ethical representation of the MRC. • Describe the chain of command (e.g. NIMS, ICS, EMS) during MRC activities. 	<ul style="list-style-type: none"> • CCMRC Orientation • IS 100 or IS 100B* • IS 200 or IS 200HCA* • IS 700 * • IS 800 * • CPR certification • MRC POD drill • MRC County Exercise (2) • DHV Drills • Disaster Service Worker*
3.0 Demonstrate situational awareness of actual/potential health hazards before, during, and after a disaster or public health emergency	<ul style="list-style-type: none"> • Describe how the MRC serves the community. 	<ul style="list-style-type: none"> • CCMRC Orientation • Core Disaster Life Support * • MRC POD Drill • MRC County Exercise (2) • MRC Community Events
4.0 Communicate effectively with others in a disaster or public health emergency	<ul style="list-style-type: none"> • Describe the member's communication responsibilities and procedures. 	<ul style="list-style-type: none"> • Communication and Radio Training • IS 700* • MRC POD Drill

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		<ul style="list-style-type: none"> • MRC County Exercise (2) • DHV Drills • MRC Community Events
5.0 Demonstrate knowledge of personal safety measures that can be implemented in a disaster or public health emergency	<ul style="list-style-type: none"> • Demonstrate safe behaviors during MRC activities. 	<ul style="list-style-type: none"> • CCMRC Orientation • Blood borne Pathogens* • MRC Community Events • MRC County Exercise (2)
6.0 Demonstrate knowledge of surge capacity assets consistent with one's role in organizational, agency, and/or community response plans	<ul style="list-style-type: none"> • Describe how MRC serves the community. 	<ul style="list-style-type: none"> • MRC Community Events • MRC POD Drill • Mass Dispensing Overview* • PODS: Public Health Training for staff and volunteers* • Shelter Training Volunteers in Disaster Shelters* • MRC County Exercise (2) • IS-405 Overview of Mass Care*
7.0 Demonstrates knowledge of principles and practices for the clinical management of all ages and populations affected by disasters and public health emergencies, in accordance with professional scope of practice	<ul style="list-style-type: none"> • Identify the impact of an event on the behavioral health of the MRC member and their family, team, and community. • Describe how MRC serves the community. • Demonstrate cultural 	<ul style="list-style-type: none"> • CCMRC Orientation • Psychological First Aid or Crisis Communication and Mental Health Overview • Psychological First Aid (PFA) Online * • Triage & MRC Cache • MRC Community Events

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	<p>humility during MRC activities.</p>	<ul style="list-style-type: none"> • MRC Skills Day • MRC Updates “Competency Corner” • Disaster Service Worker*
<p>8.0 Demonstrate knowledge of principles and practices for the management of all ages and populations affected by disaster and public health emergency</p>	<ul style="list-style-type: none"> • Demonstrate cultural humility during MRC activities. • Describe how the MRC serves the community. • Identify the role of public health in the community. 	<ul style="list-style-type: none"> • Disaster Service Worker* • Cultural & Health Literacy Beyond Access* • MRC Community Events • Special Populations • MRC POD Drill • Mass Dispensing Overview* • PODS: Public Health Training for staff and volunteers* • MRC County Exercise (2) • Shelter Training • Shelter Training Volunteers in Disaster Shelters* • MRC Updates “Competency Corner”
<p>9.0 Demonstrate knowledge of ethical principles to protect health and safety of all ages, populations, and communities affected by disaster or public health</p>	<ul style="list-style-type: none"> • Follow policies and procedures related to professional and ethical representation of the MRC. 	<ul style="list-style-type: none"> • MRC Orientation • MRC Code of Conduct • MRC Community Events • Decision Making in

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<p>emergency</p>	<ul style="list-style-type: none"> • Demonstrate cultural humility during MRC activities. 	<p>Disasters: Lessons from the Field*</p> <ul style="list-style-type: none"> • Special Topic meeting*(e.g.Panflu scramble, Ebola, Wilderness Medicine) • Disaster 101: An immersive emergency preparedness and crisis leadership workshop* • MRC Updates “Competency Corner”
<p>10.0 Demonstrate knowledge of legal principles to protect the health and safety of all ages, populations, and communities affected by a disaster of public health emergency</p>	<ul style="list-style-type: none"> • Demonstrate safe behaviors during MRC activities. • Follow policies and procedures related to professional and ethical representation of the MRC. • Demonstrate cultural humility during MRC activities. 	<ul style="list-style-type: none"> • CCMRC Orientation • MRC Community Events • MRC POD Drill • MRC County Exercise (2) • MRC Updates “Competency Corner”
<p>11.0 Demonstrate knowledge of short and long term considerations for recovery of all ages, populations and communities affected by a disaster</p>	<ul style="list-style-type: none"> • Identify the impact of an event on the behavioral health of the MRC member, their family, team and community. 	<ul style="list-style-type: none"> • Special Populations • Shelter Training • Psychological First Aid or • Crisis Communication and Mental Health Overview

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<p>or public health emergency</p>	<ul style="list-style-type: none"> • Demonstrate cultural humility during MRC activities. 	<ul style="list-style-type: none"> • Psychological First Aid (PFA) Online * • Building Community Resilience to Disasters: Road to Resilience Series* • MRC Community Events • MRC Updates “Competency Corner”
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Tier 1	Tier 2	Tier 3
<p>MRC Application Packet_____</p> <p>Interview_____</p> <p>Orientation_____</p>	<p>IS 200 or IS 200 hca _____</p> <p>IS 800_____</p> <p>Psychological First Aid (or)</p>	<p>MRC Role Specific Training:</p> <ul style="list-style-type: none"> • Shelter Training_____ • Vaccine Clinic Training_____

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<p>Blood-borne Pathogen Overview _____</p> <p>Personal Preparedness or Family Disaster Plan* _____</p> <p>CPR certification _____</p> <p>Disaster Service Worker* _____</p> <p>IS-100b or IS-100Hcb _____</p> <p>IS-700 _____</p> <p>MRC Community Event (or) MRC Exercise</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Crisis Communication/Mental Health Overview (or)</p> <p>Psychological First Aid Online* _____</p> <p>Communication/Radio Training _____</p> <p>Triage/MRC Cache _____</p> <p>Core Disaster Life Support* _____</p> <p>Special Populations (or) _____</p> <p>Culture & Health Literacy: Beyond Access*(or)</p> <p>Building Community Resilience for Children* (or)</p> <p>Building Community Resilience for Disaster*</p> <p>MRC Community Event(s)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>MRC Exercise(s)</p> <p>_____</p> <p>_____</p> <p>Additional Training:</p>	<ul style="list-style-type: none"> • Points of Dispensing _____ • MRC County Exercise _____ • Special topic _____ <p>MRC Community Event(s)</p> <p>_____</p> <p>_____</p> <p>MRC Exercise(s)</p> <p>_____</p> <p>_____</p> <p>MRC Activation (s)</p> <p>_____</p> <p>_____</p> <p>_____</p>
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		<p><u>MRC-TRAIN Modules:</u></p> <p>Volunteers in Disaster Shelters* _____</p> <p>Disaster Triage for Mass Casualty Incidents* _____</p> <p>IS-405 Overview of Mass Care* _____</p> <p>Mass Dispensing Overview* _____</p> <p>Mass Dispensing Sites* _____</p> <p>PODS: Public Health Training for staff and volunteers* _____</p> <p>Decision Making in Disasters: Lessons from the Field* _____</p> <p>Disaster 101: An immersive emergency preparedness and crisis leadership workshop* _____</p>
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