



CFDMC Annual Conference

December 13, 2023

Opening Session: Reginald Kornegay, CFDMC Board Chair, welcomed attendees. He announced that the Coalition is ten years old this month! Reggie recognized the Executive Committee members, Board members, the conference sponsors, and the conference planning team.

Region 5 Threat Assessment: Brittany DiCaprio and Kayli Torres from the FBI provided an overview of local and national threats (see attached presentation).

Extreme Weather: Jessie Smith from NOAA provided an update on extreme weather expected this winter (see attached presentation).

Panel Discussion: Life in the Extremes: Steven Lerner presented on extreme heat and the challenges and response this past summer. Heat waves kill more Americans than any other natural disaster. Michelle Rud provided an overview of an extreme threat her hospital experienced in 2023 (see attached presentation). Eric Alberts provided an overview of violent events in Central Florida recently (see attached).

The Psychology of Learning Through Extreme Change: Dwight Bain from Lifeworks presented on managing change and chaos. He provided a takeaway with tools and resources for managing (see attached).

Medical Response to Terrorist Attacks and MCIs “The Israeli Experience:” Clint Sperber introduced Guy Caspi, Magen David Adom, and described his experience and responsibilities. Guy provided a compelling and impactful presentation on Israel’s mass casualty incident (MCI) plan and responses. He also provided an overview of Operation Iron Sword, Israel’s response to the October 7th attacks. Guy received a standing ovation, and Reggie thanked him for sharing these experiences with our members, particularly amidst their ongoing challenges. We will send Mr. Caspi and his colleagues a Coalition Challenge Coin as a token of our gratitude.

Closing Session:

Clint Sperber, Executive Committee Member, Health and Medical Co-Chair, and Health Officer for DOH-St. Lucie recognized Dave Crowe, the Region 5 Emergency Response Advisor, who will be retiring early next year.

Reggie presented the Member of the Year Award to Michelle Rud, HCA Florida Osceola Hospital. Michelle thanked the coalition and commended the regional collaborations. Reggie announced other nominees – Steven Lerner, Amanda Nixon and Shawn Treloar; all will receive a certificate along with their nominations.

Reggie presented the Leader of the Year Award to Alan Harris, Seminole County Emergency Manager. Alan was out of town but provided a video with his thanks.

First	Last	Email	Organization	In Person-P or Virtual-V	Registered - R or Walk-in-W
Eric	Alberts	Eric.Alberts@orlandohealth.com	Orlando Health	P	R
Darren	Armstrong	Darren.Armstrong@va.gov	VA Healthcare Administration	P	R
Dwight	Bain	thelifeworksgroup@gmail.com	Lifeworks	P	R
Maria	Bledsoe	mbledsoe@cfchs.org	Central Florida Cares	P	W
Claudine	Boring	cboring@volusiasheriff.gov	Volusia Sheriff's Office Communications	P	R
Tim	Boring	tboring@volusia.org	Volusia County	P	R
Jim	Brachman	jfbrachman1@mmm.com	3M	P	W
Gregory	Brenneman	gregory.brenneman@brevardfl.gov	Brevard County Emergency Management	P	R
Clariece	Brunson	clariece.brunson@orlandohealth.com	Orlando Health, Inc.	P	R
Avi	Bryan	abryan@altamonte.org	City of Altamonte Springs	P	R
Hillarie	Burgess	hillarie.burgess@hotzoneusa.com	Hot Zone USA	P	R
Joey	Burgess	joeyburgess@hotzoneusa.com	Hot Zone USA	P	R
Ted	Burgwald	ted.burgwald@adventhealth.com	AdventHealth	P	R
Nathan	Carpenter	nathan.carpenter@brooksrehab.org	Brooks Rehabilitation	P	R
Guy	Caspi	BFinley@afmda.org	MDA	V	R
Georgianne	Cherry	georgianne.cherry@flhealth.gov	DOH-Volusia	V	R

Julia	Coker	julia.coker@orlandohealth.com	Orlando Health	P	R
Christine	Colby	CColby@fhcinc.org	FCHC	P	R
Beverly	Cook	bbacook@aol.com	CFDMC	P	R
John	Corfield	john.corfield@orlandohealth.com	Orlando Health	P	R
David	Crowe	david.crowe@flhealth.gov	Florida Department of Health	P	R
Megan	Cummings			V	W
Tom	Daniels	tom.daniels@ocfl.net	Orange County FL government	P	R
Taylor	Dark	Taylor.Dark@hcahealthcare.com	Oviedo Medical Center	P	R
Brittany	DiCaprio	BMDiCaprio@FBI.gov	FBI	P	R
Christopher	Dorans	christopher.dorans@flhealth.gov	DOH	P	R
Jemima	Douge	Jdesir@tgh.org	Poison Center	V	R
Lynne	Drawdy	ldrawdy59@gmail.com	Central Florida Disaster Medical Coalition	P	R
Melissa	Ell	Melissa.Ell@HCAHealthcare.com	HCA Florida Lake Monroe	P	R
Justin	Everhardt	jeverhardt16@icloud.com	AdventHealth	P	R
Bonnie	Finlay		MDA	V	R
Amanda	Freeman	amanda.freeman@ocfl.net	Orange County Office of the Medical Director	P	R
Cedah	Friday	cedah.friday@orlandohealth.com	Orlando Health	P	R
Juan	Gomez	juan.gomez@hcahealthcare.com	HCA Florida Poinciana Hospital	P	R

ATHENA	HERNANDEZ	AHERN.FHS@GMAIL.COM	FLORIDA HOMECARE SPECIALISTS	P	R
Erin	Hicks	erincary99@gmail.com	Lake County Office of Emergency Management	V	R
William	Howe	William.Howe@TampaBayHMPC.org	Tampa Bay Health and Medical Preparedness Coalition	P	R
Brandon	Huang	brandon.huang@orlandohealth.com		V	R
Donald	Hughes	Donald.Hughes@hhs.gov	NDMS	P	R
Jeffery	Jackson	jeffery.jackson3@va.gov	Department Of Veterans Affairs	P	R
Jonathan	Johnston			V	W
Colin	Jones	cjones@smahealthcare.org	SMA Healthcare	P	R
Eli	Jordan	eli.jordan@flhealth.gov	Florida Department of Health	P	R
Pam	Keil	emailme32837@hotmail.com	Orange County Office Of Emergency Management	V	R
Georganne	Kirk	GKirk@fchcinc.org	Florida Community Health Centers	P	R
Aaron	Kissler	aaron.kissler@flhealth.gov	DOH-Lake	P	R
Reginald	Kornegay	reginald.kornegay@va.gov	US Dept of Veterans Affairs - VISN 8	P	R

Darby	Leimer	darby.leimer@orlandoh ealth.com	Orlando Health	P	R
Steven	Lerner	slerner@seminolecount yfl.gov	Seminole Emergency Management	P	R
Steve	Leve	steve.leve@va.gov	Orlando VA Healthcare System	P	R
Kathleen	Lyons	Kathleen.Lyons@flhealth.gov	DOH-Brevard	V	W
Amelia	Mach	amelia.mach@orlandoh ealth.com	Orlando Health	P	R
Brian	Massey	brianmassey@hpcswf.c om	Southwest Florida Healthcare Coalition - Region 6	V	R
Kayla	McMahan	kayla.mcmahan@prepa ris.com	Preparis/BOLDplanni ng	P	R
Matt	Meyers	projects@centralfladisa ster.org	CFDMC	P	R
Patrick	Mull		Aerclave	P	W
QueHuong Lily	Nguyen	huong.nguyen@yahoo.c om	AdventHealth	P	R
Ana	Nieves	ana.nieves@flhealth.gov	DOH-Brevard	V	W
Amanda	Nixon	amandarnixon@gmail.c om	Core Stress Solutions	V	R
Sven	Normann	sven.normann5@gmail. com	Orlando Health - Orlando Regional Medical Center	P	R
Lawrence	Noterman	c.noterman@southernitc.com	SHCM	P	W
Sai	Oicata	soicata@ecfrpc.org	East Central Florida Regional Planning Council	P	R

Thomas	ONeill	taoneill@southernltc.com	Southern HealthCare Management	P	R
IHAB	OSMAN	lhab.Osman@flhealth.gov	Florida Department of Health	V	R
Peter	Pappas	peterpappas52@gmail.com	CFDMC	P	R
Ken	Peach	kpeach@hcecf.org	The Local Health Council of East Central Florida I	V	R
Lizette	Reyes	cemp@ritewayservices.net	Riteway Services	P	R
Aaron	Rhodes	william.rhodes@orlando.gov	Orlando Fire Department	P	W
Franklin	Riddle	Franklin.Riddle@TampaBayhmpc.org	Tampa BayHealth and Medical Preparedness Coalition	P	R
Rob	Rosenthal		MDA	V	R
Michelle	Rud	michelle.rud@hcahealthcare.com	HCA	P	R
Aliya	Safeek	aliya.safeek@orlandohealth.com	Orlando Health	P	R
AJ	Saunders-Johnston	aj.saunders@adventhealth.com	AdventHealth	P	R
Gary	Schindele	gschindele@me.com		P	R
Stephanie	Scuteri	stephanie.scuteri@va.gov	Orlando VA	P	R
Turea	Sheppard	tbhmpc2@gmail.com	TBHMPC	P	R
Wayne	Smith	wayne.smith@davita.com	DaVita	V	R
Melissa	Smith	melissa.smith3@orlandohealth.com	Orlando Health-ORMC	P	R

Jessie	Smith		National Weather Service	P	W
Rick	Soto	rsoto-lopez@ecfrpc.org	ECFRPC	P	W
evan	Spence	evan.spence@orlandoh ealth.com	Orlando Health	V	R
Clint	Sperber	Clint.Sperber@flhealth.gov	DOH-St. Lucie	P	W
Leigh	Spradling	leigh.spradling@parrish med.com	Parrish Medical Center	P	R
Mark	Starer	mark.starer@gmail.com	AdventHealth	P	R
Karen	Street	Karen.Street@flhealth.gov	DOH-Brevard	V	R
Wayne	Struble	wayne.struble@hf.org	Health First Inc.	V	R
Jordan	Subryan	Jasubryan@outlook.co m	Cleveland Clinic	P	R
Michael	Talento	michael.talento@orland	OH Air Care Team	P	R
Kayli	Torres	kstorres@fbi.gov	FBI	P	R
Stephanie	Turner	STurner@fchcinc.org	Community Health Centers	P	R
Lynda	W. G. Mason	chaplain27@gmail.com	CFDMC/Northland Church	P	R
Bill	Wallace	bwallace@vantagepoint c.com	Vantage	P	R
Philip	Weiss	Philip.Weiss@flhealth.g ov	Dept of Health - Martin Cnty	P	R
lydia	williams	Lydia.Williams@flhealth .gov	FDOH-St. Lucie	P	R
Opal	Wilson	5chocolate7dreamer@g mail.com	Northland Church/CFDMC	P	R
Holly	Winhoven	hwinhoven32@gmail.co m	FDOH	V	R

Brenna	Young		Launch	P	R
Hunter	Zager	hunter.zager@tampabayhmpc.org	Tampa Bay Health & Medical Preparedness Coalition	V	R
Brandon	Zcybowste		Aeroclave	P	R
Tracy	Zito	tracy.zito@orlandohealth.com	Orlando Health, Orlando Regional Medical Center	P	R
Becky			Guest	V	W
Kami			Guest	V	W



**Central Florida Disaster Medical
Coalition (CFDMC)
2023 Annual Conference
December 13, 2023**

Opening Session

Reginald Kornegay, 2023 CFDMC Board Chair



Virtual attendees, please put your name,
organization and email address in Chat

Recognition of CFDMC Executive Committee

- ▶ RDSTF Health & Medical Co-Chairs
 - Clint Sperber, Public Health
 - Eric Alberts, Hospitals
 - ▶ Board Chair
 - Reginald Kornegay, Federal/Hospitals
 - ▶ Board Vice Chair
 - Eric Alberts
 - ▶ Treasurer
 - Lynda W.G. Mason, Behavioral Health
 - ▶ Executive Director (Ex-Officio)
 - Lynne Drawdy
- 

Recognition of CFDMC Board

- ▶ **Maria Bledsoe** (Brevard, Orange, Osceola, Seminole/ Mental Health)
- ▶ **Olive Gaye** (Orange/Home Health)
- ▶ **Alan Harris** (Seminole/ Emergency Management)
- ▶ **Dr. Vincent Hsu** (Regional/ EID Clinical Champion)
- ▶ **Chief Chris Kammel** (Martin/EMS)
- ▶ **Georganna Kirk** (Martin, St. Lucie/Community Health Centers)
- ▶ **Aaron Kissler** (Lake/Public Health)
- ▶ **Clint Mecham** (Volusia/Emergency Management)
- ▶ **Dr. Erin Mullen** (Regional/Pharmacy)
- ▶ **Dr. Peter Pappas** (Regional/ Trauma Clinical Champion)
- ▶ **Kenneth Peach** (Regional/ Business)
- ▶ **Christina Proulx** (Martin, St. Lucie/Hospitals)
- ▶ **Chief William (Aaron) Rhodes** (Orange/EMS)
- ▶ **Brittney Tyler** (Orange/ Nursing Homes)
- ▶ **Wayne Smith** (Regional/ Dialysis)
- ▶ **Dr. Sara Zydowicz** (Orange, Osceola/Medical Examiner)

Conference Recognition

- ▶ Recognition of Conference Planning Team
- ▶ Recognition of Sponsors:
 - Hotzone USA
 - Florida Healthcare Association
 - Aeroclave
 - Launch! Consulting
- ▶ Recognition of Speakers



Region 5 Threat Assessment

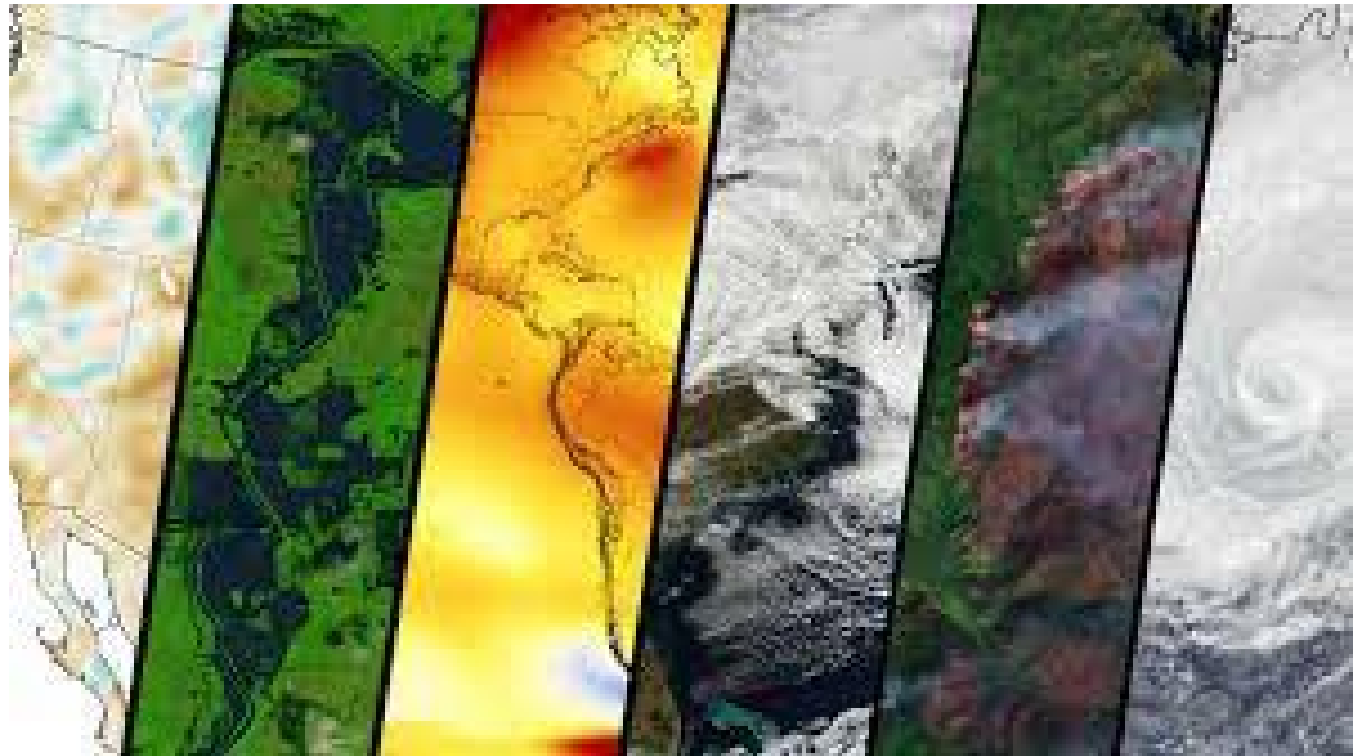
- ▶ Brittany DiCaprio & Kayli Torres, FBI



Extreme Weather

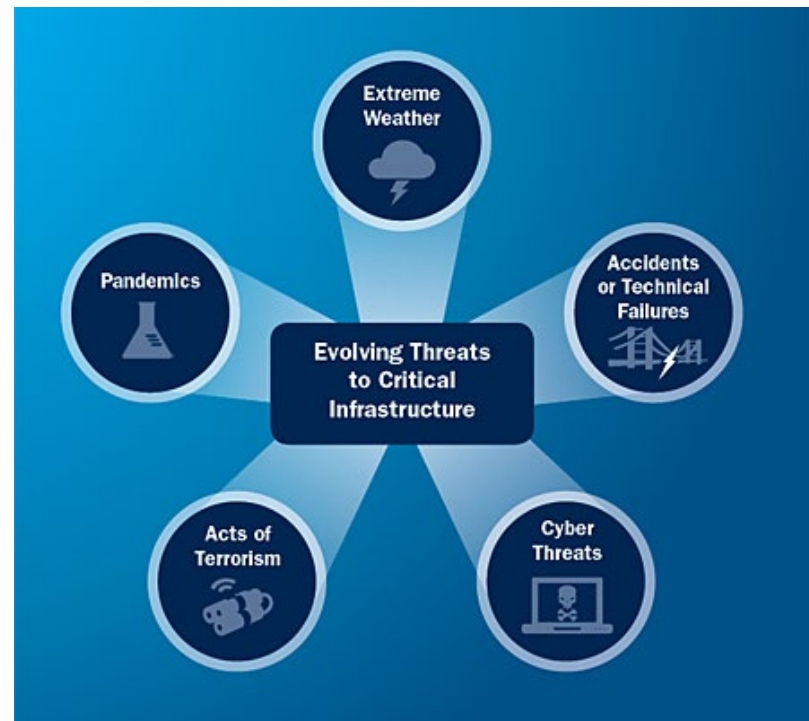
Will Ulrich

Warning Coordination Meteorologist
National Weather Service
Melbourne, FL Forecast Office



Life in the Extremes

- ▶ Extreme Heat– Steven Lerner
- ▶ Extreme Threats – Michelle Rud
- ▶ Extreme Violence – Eric Alberts
- ▶ Q&A



Break (back at 11:30 am)

- ▶ 1st Door Prize Drawing – \$50
Must be present (in person or virtually) to win!



The Psychology of Leading Through Extreme Change

C. Dwight Bain



Lunch

- ▶ 2nd Door Prize Drawing – \$100
Must be present (in person or virtually) to win!
- ▶ Self-serve outside auditorium
- ▶ Back at 1:30 pm



Medical Response to Terrorist Attacks and MCIs

“The Israeli Experience”

Guy Caspi

Chief MCI (Multi-Casualty Incident) Instructor and Director of HAZ-MAT Exercises and Operational Training, Magen David Adom



CLOSING SESSION

2023 Member of the Year Award

Winner: Michelle Rud



2023 Leader of the Year Award

Winner: Alan Harris



Recognizing Jim Judge

Director
Department of Emergency Services
County of Volusia

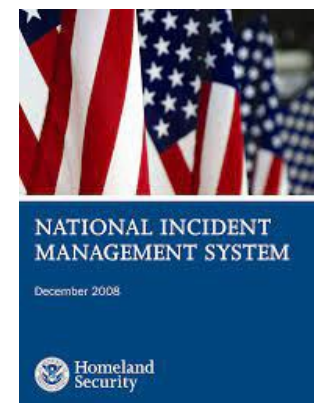


Recognition of our Host Valencia School of Public Safety



FEMA NIMS Training

- ▶ The **National Incident Management System (NIMS)** guides all levels of government, nongovernmental organizations and the private sector to work together to prevent, protect against, mitigate, respond to and recover from incidents
- ▶ NIMS provides stakeholders across the whole community with the shared vocabulary, systems and processes to successfully deliver the capabilities described in the National Preparedness System. NIMS defines operational systems that guide how personnel work together during incidents
- ▶ See www.centralfladisaster.org (under Members, Training)



Final Door Prize Drawing & Announcements





Life in the Extremes

SOS Brittany DiCaprio and SOS Kayli Torres

*Federal Bureau of Investigation | Tampa Division |
Orlando Resident Agency*

UNCLASSIFIED



Threats to Emergency Services Sector



- **Notable trends and emerging issues in the ESS**
 - Cyber and Communications Infrastructure Attacks or Disruptions
 - Emerging and disruptive technologies
 - Natural Disasters and Extreme Weather
 - Violent extremist and terrorist attacks
 - Chemical, biological, radiological, and nuclear incidents





Threats to Healthcare and Public Health



- Respond to hazards including terrorist incidents, natural disasters, and hazardous drugs and chemical materials
- Provide opportunities for targeting and exploitation of vulnerabilities from various threat vectors – e.g., legacy devices (outdated medical equipment), multiple fraud scheme types, criminal and insider threats



Violent Extremism



Violent extremism is defined as:

- *“Encouraging, condoning, justifying, or supporting the commission of a violent or criminal act to achieve political, ideological, religious, social, or economic goals”.*

*Attribution: IACP CVE Working Group
A Common Lexicon*



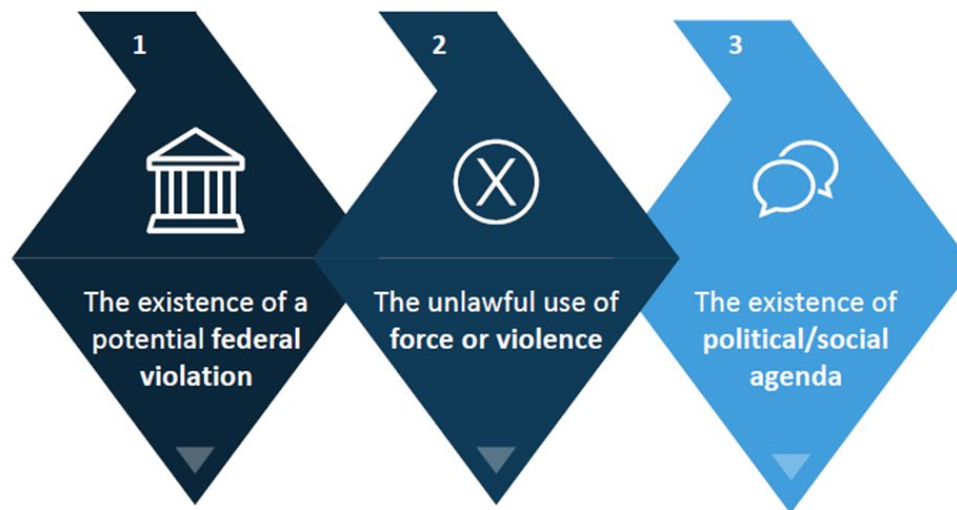
Domestic Violent Extremism



(U) The mere **advocacy** of political or social positions, political activism, use of strong rhetoric, or generalized philosophic embrace of violent tactics **may not** constitute extremism, and may be constitutionally protected

HATE IS NOT A CRIME...

The FBI **cannot** investigate First Amendment protected speech. Our authority to investigate Domestic Terrorism requires the following:





DT Threat Definitions



*Racially or
Ethnically
Motivated
Violent
Extremism*

RMVE

Display threat of force or violence, in violation of federal law, **derived from bias, often related to race, held by the actor against others**, including a given population or group.

*Anti-
Government
/Anti-
Authority
Violent
Extremism*

AGAAVE

Display threat of force or violence, in violation of federal law, derived from **anarchist violent extremism, militia violent extremism, or sovereign citizen violent extremism** ideology.

*Animal Rights/
Environmental
Violent
Extremism*

AR/ECO

Believe criminal actions are necessary and justified to end perceived cruelty, harm, or exploitation of animals, and/or the perceived exploitation or destruction of **natural resources and the environment**.

*Abortion
Related Violent
Extremism*

ARVE

Engage in violent criminal activity to further their **pro-life or pro-choice ideology**. Pro-life violent extremists often target reproductive healthcare facilities.

*All Other
Domestic
Terrorism
Threats*

ALL OTHER DT

Threats which are not otherwise defined under a single DVE threat. Individuals radicalize to violence based on **personalized ideologies that are difficult to classify into other categories**. Unique mixture of beliefs from different DVE threats, which result in violent dedication to a cause.



Current DT Threat Landscape



- **Anti-Government/Anti-Authority Violent Extremism**
 - Capitol conspiracies (Proud Boys, Oath Keepers)
 - Sovereign Citizens
- **Racially Motivated Violent Extremism**
 - Decentralization
 - “Lone Wolf Actions”
 - Online Threats
 - Violent Online Gore Groups/Extortion
 - Increasing Anti- Semitism





Inspiration



(U//FOUO) US Based Sympathizers continue to be inspired by a mix of **ideological, sociopolitical, and personal grievances.**

Open Source Jihad

o·pen | 'ōpən| source |sɔrs| ji·had |ji' hād|

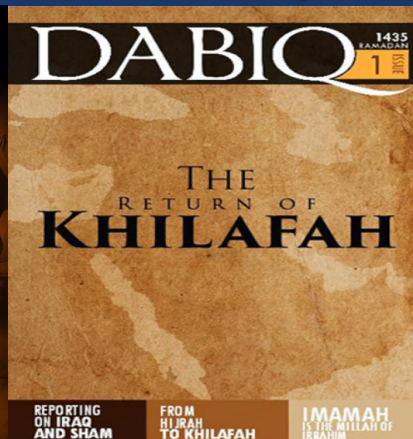
A resource manual for those who loathe the tyrants; includes bomb making techniques, security measures, guerrilla tactics, weapons training and all other jihād related activities.

● informal A disaster for the repressive imperialistic nations: *The open source jihād is America's worst nightmare.*

● It allows Muslims to train at home instead of risking a dangerous travel abroad: *Look no further, the open source jihād is now at hands reach.*

FEATURE

the ultimate mowing machine
yahya brahim



Make a bomb in the kitchen of your Mom
The AQ Chef



Designated Foreign Terrorist Organizations (FTOs)

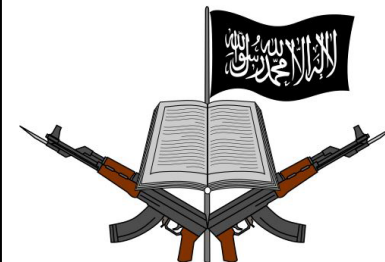


لا إله إلا الله



لا إله إلا الله محمد رسول الله


لا إله إلا الله محمد رسول الله



Organizations that advocate violence or conduct violent activities against U.S. interests domestically and abroad.

لا إله إلا الله محمد رسول الله



لا إله إلا الله

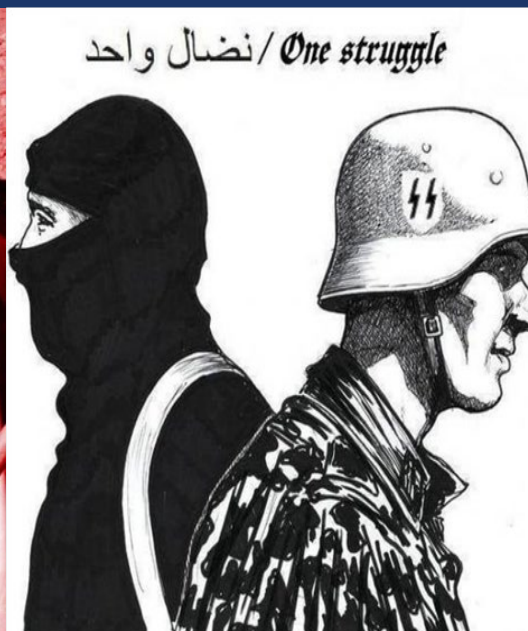




Ideological Fluidity



(U//FOUO) Individuals who...**switch between** international and domestic extremist ideologies, or **selectively choose aspects** of multiple conflicting ideologies.



(U) AN IMAGE FROM THE ATOMWAFFEN DIVISION (AWD) WEBSITE

(U) LEFT: FEUERKRIEG DIVISION (FKD) PROPAGANDA; RIGHT: ISIS VIDEO



Role of Bystanders



- A Bystander may be a family member, peer, authority figure, educator or a stranger.
- A 2008 USSS study on school attacks concluded:
 - 93% of attackers exhibited concerning behaviors prior to an attack
 - 81% of attacks were known by other individuals
 - 93% of other individuals were **peers**
 - A 2014 NCTC/FBI study on HVEs concluded:
 - 84% of terrorist's plans/act were known by other individuals
 - Over half of the other individuals downplayed the information and did nothing
 - **Acts of Targeted Violence are Preventable !!**



When to Report Violent Extremism



- Spending a lot of time reading violent extremist information online, including in chat rooms and password protected websites.
- Using several different cell phones and private messaging apps;
- Talking about traveling to places that sound suspicious;
- Researching or training with weapons or explosives;
- Studying or taking pictures of potential targets (like a government building);
- Using code words or unusual language;
- Looking for ways to disrupt computers or other technology;
- Staying away from friends or family while becoming very interested in violent extremist beliefs and propaganda; and/or
- Posting comments encourages violence on social media sites or online forums.



Questions?

UNCLASSIFIED

Central Florida Extreme Weather

Jessie Smith

Observation Program Leader & Meteorologist

National Weather Service – Melbourne, FL

jessica.r.smith@noaa.gov





- National Weather Service Overview
- East Central Florida Weather Hazards
 - Lightning
 - Heat
 - Tornadoes
- El Nino Implications This Winter
- Weather Resources & Safety Tips

National Weather Service

An Overview



WEATHER FORECAST OFFICE

Melbourne  Florida



Weather Forecast Offices

...a total of **122** across the country.

...each staffed with **20-25** employees.

...operates **24** hours a day, **7** days a week.

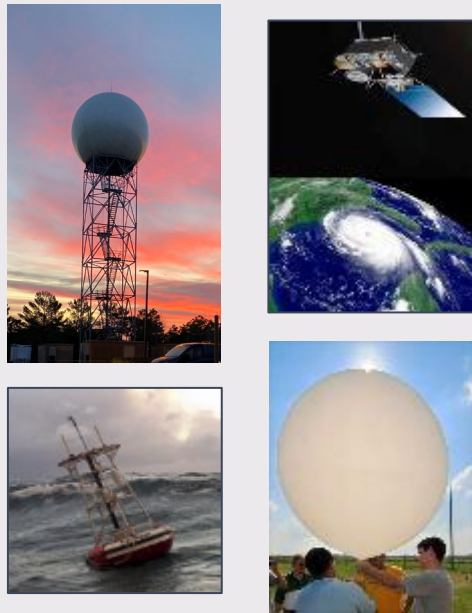




What Do We Do?

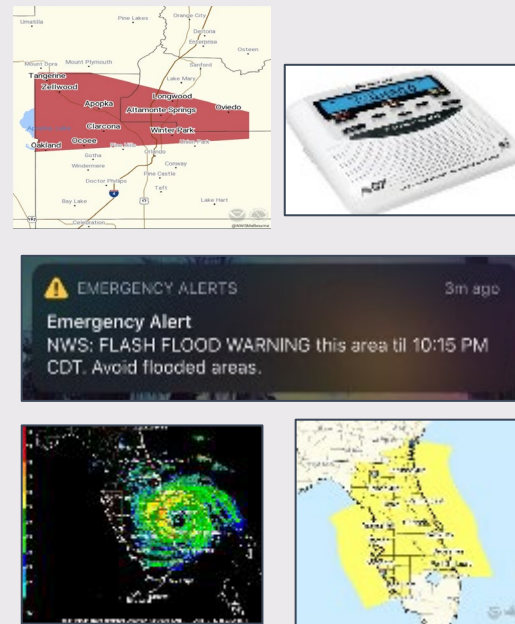
Observe & Collect

Near-surface, atmospheric, and oceanic data



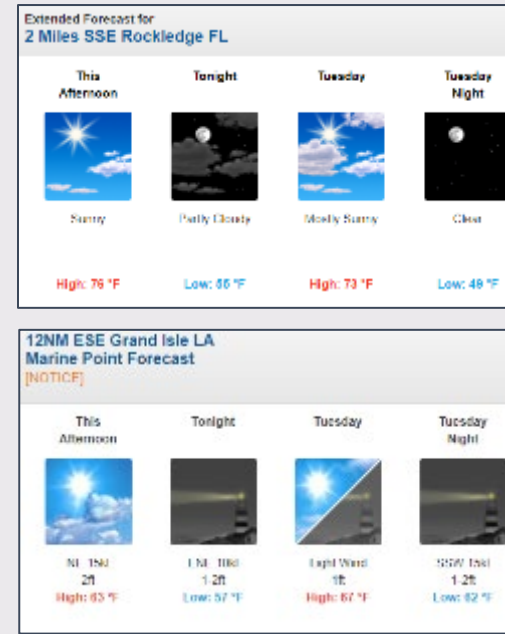
Issue Watches & Warnings

Tropical, severe, flood, fire, winter, marine, heat, cold, fog



Issue Forecasts

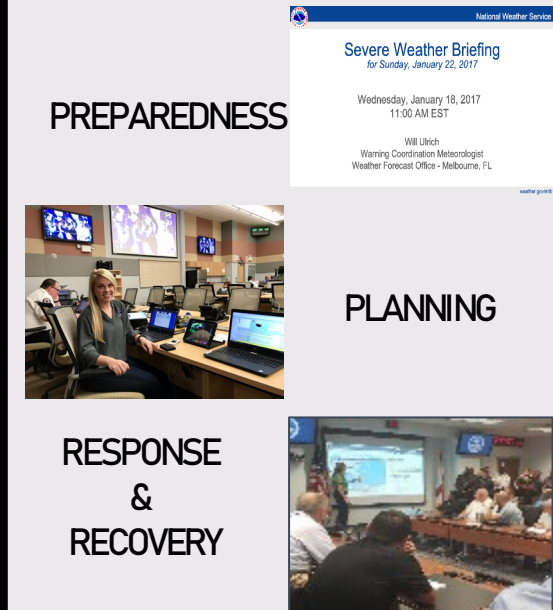
7-day, marine, aviation, fire weather, decision support



Provide IDSS

Impact-Based Decision Support Services

Customer-centric support through all phases of an event



Weather Hazards

An Overview

Lightning

Severe Thunderstorms

Tornadoes

Waterspouts

Tropical Storms & Hurricanes

Floods

Wildfires / Heat / Cold

Ocean Rip Currents



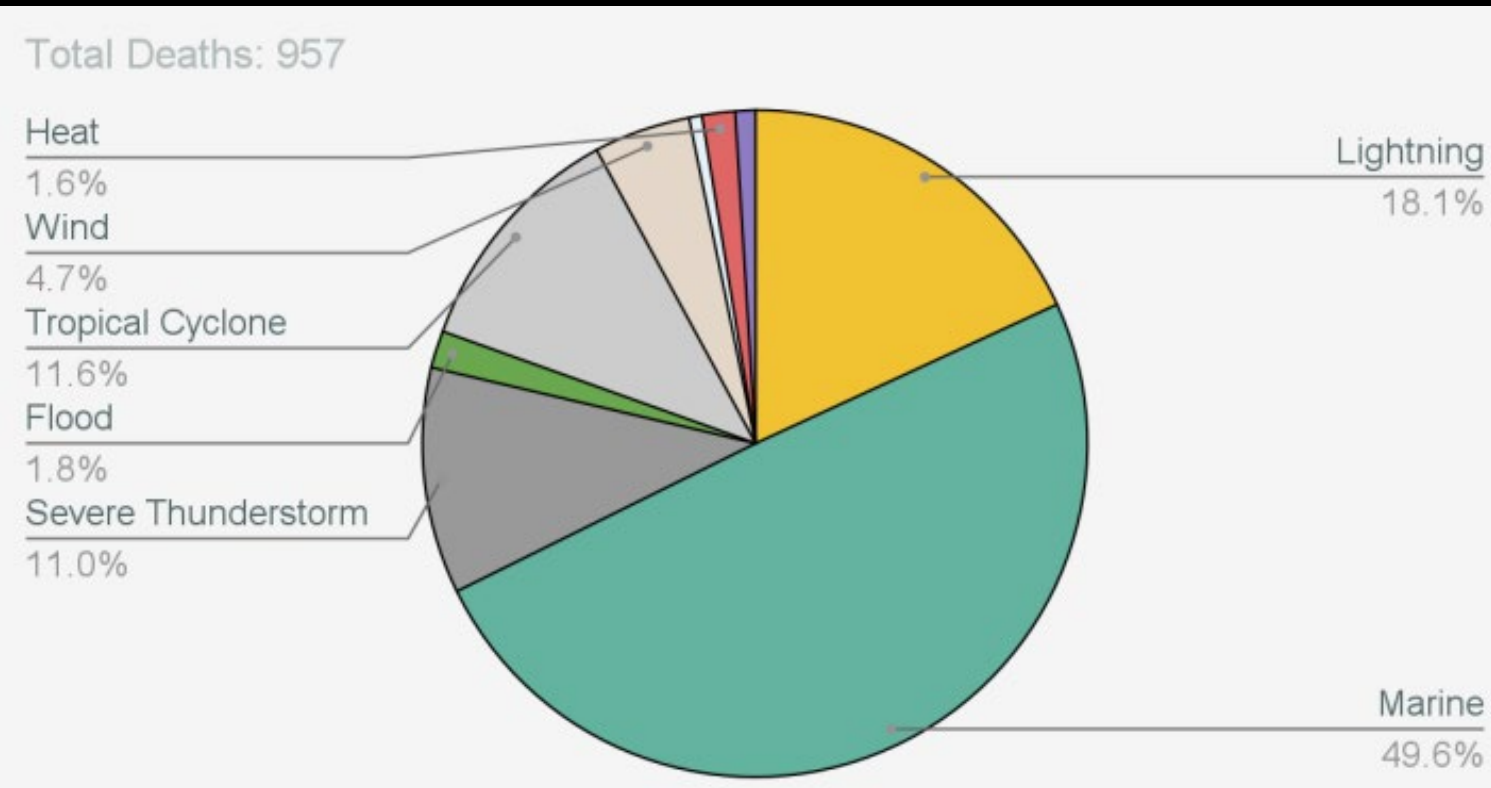
WEATHER FORECAST OFFICE

— Melbourne  Florida —





Florida Weather Related Fatalities (1992 – 2021)



Data Source: National Weather Service
Research Conducted by Lake Nona High School

Weather Hazards

Lightning Frequency (2022)



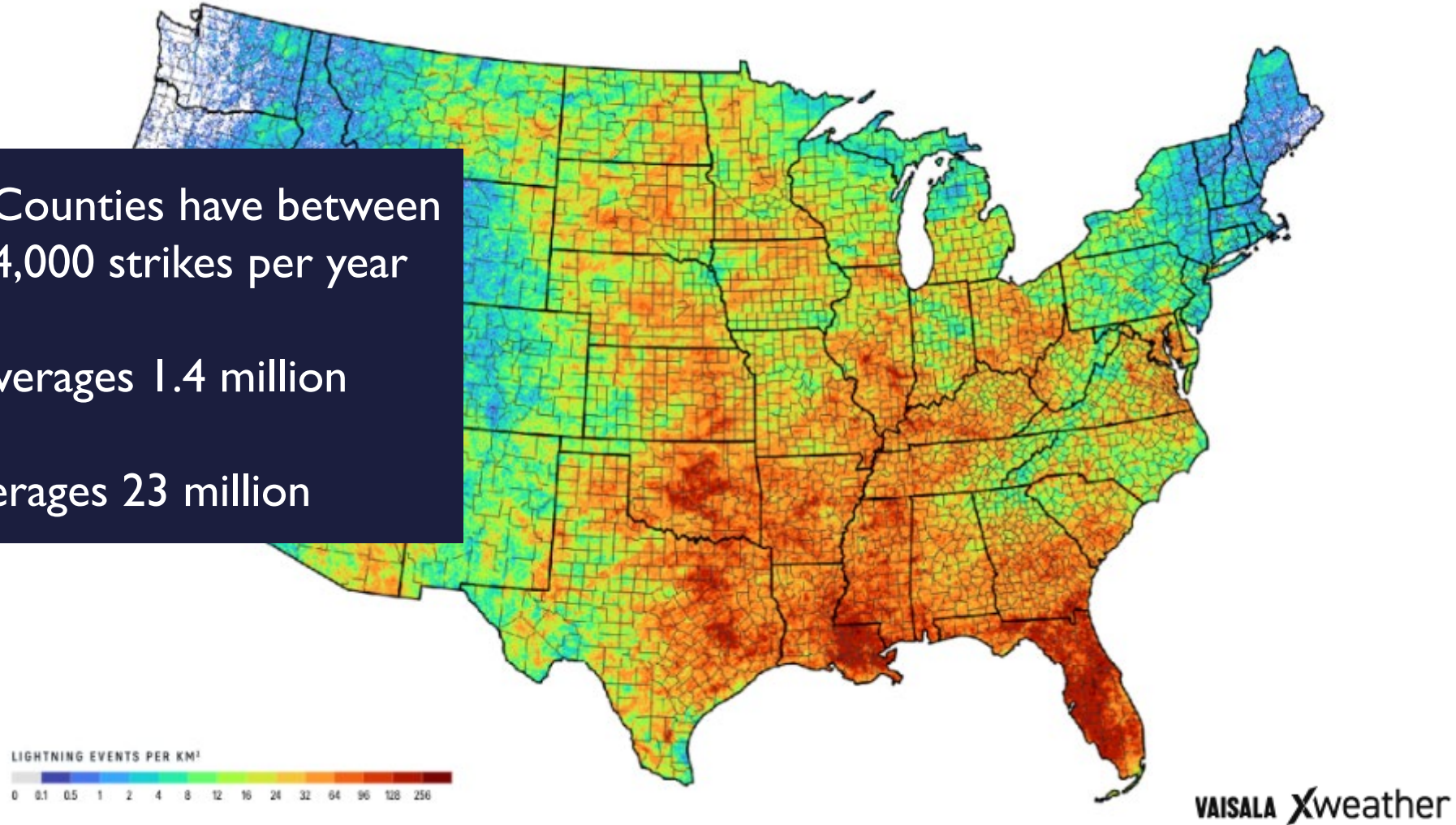
WEATHER FORECAST OFFICE

Melbourne  Florida

Most Florida Counties have between 10,000 to 44,000 strikes per year

Florida averages 1.4 million

U.S. averages 23 million





Lightning

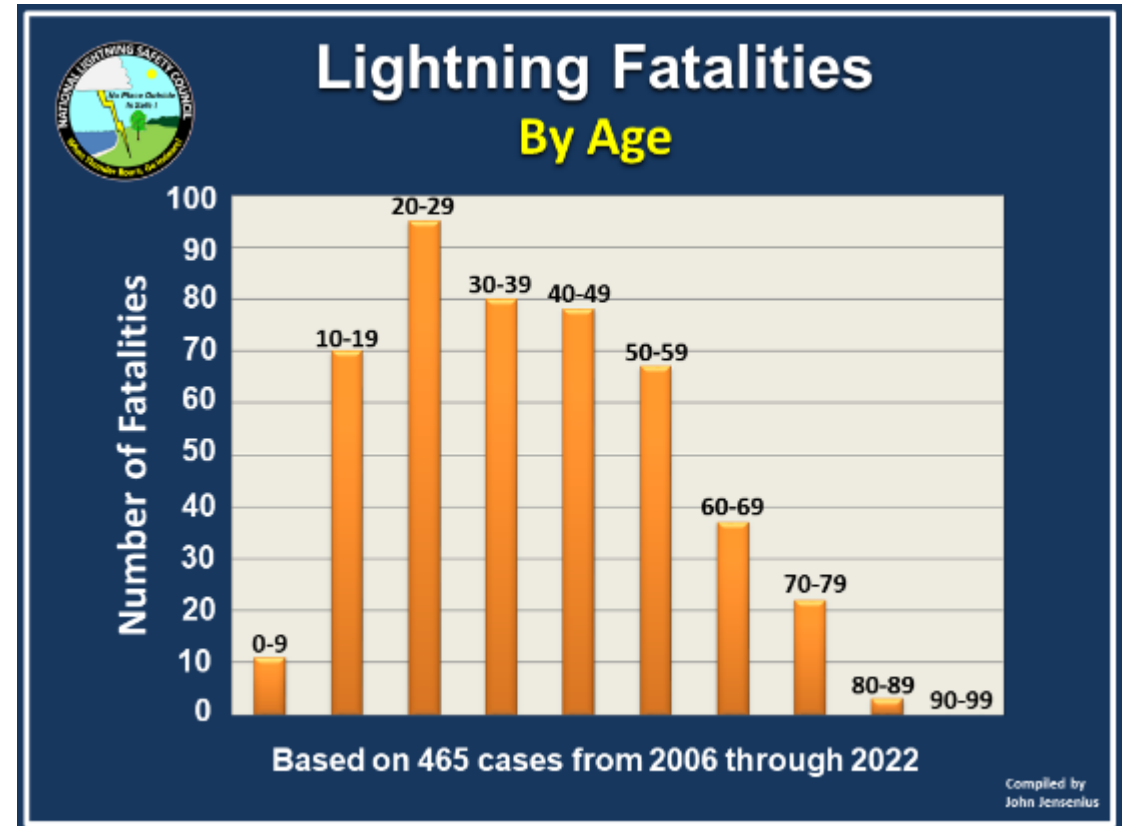
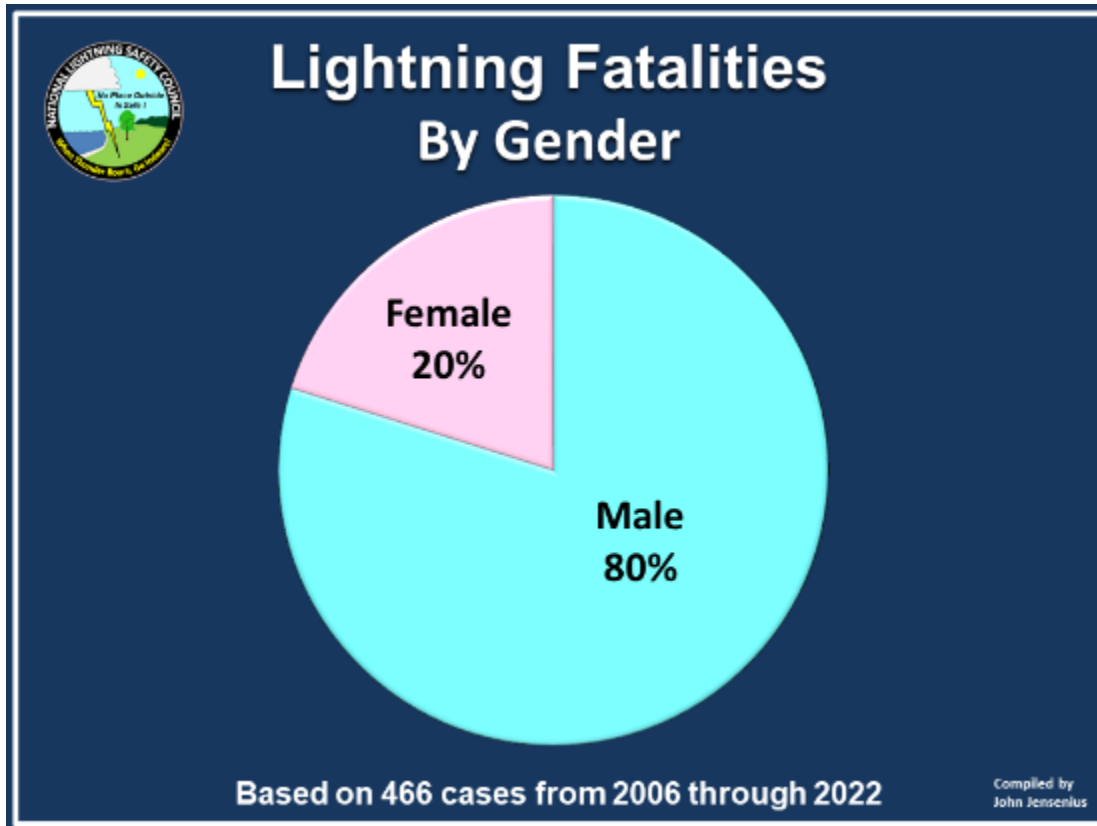
Not a factor in Severe Thunderstorm Warnings!

Every cloud-to-ground lightning strike is potentially fatal!



Casualties Relative to Time Of Peak Flash





Weather Hazards

Heat Safety – 2023 Temperatures



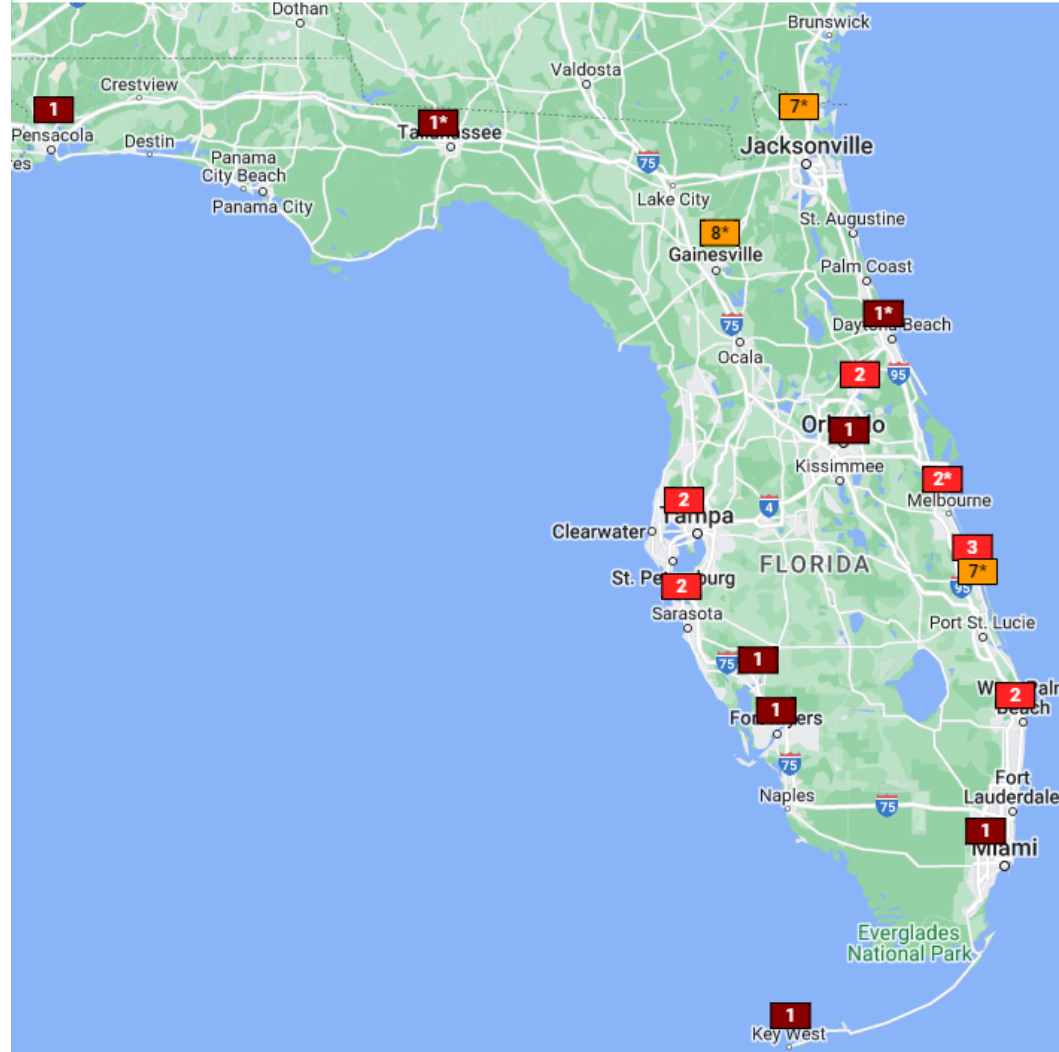
WEATHER FORECAST OFFICE

Melbourne Florida

Many Parts Of Florida
Currently Rank as Warmest
Year On Record
(as of Dec 12)

*Including:
Daytona Beach
Orlando
Miami
Tallahassee*

Observed Average Mean Temperature for Jan 1 2023 to
Dec 11 2023 (61 stations)



Legend Rank	
1	Highest
2	2nd-5th
3	6th-10th
4	10th-6th
5	5th-2nd
6	Lowest
7	* Indicates tied ranking

Learn more about how
Climate Perspectives works
[Click here](#)

For any problems,
comments or suggestions,
please [drop us a note](#)

Powered by
 ACIS
NOAA Regional Climate Centers



Weather Hazards

Heat Safety – It's Getting Hotter



WEATHER FORECAST OFFICE

Melbourne  Florida

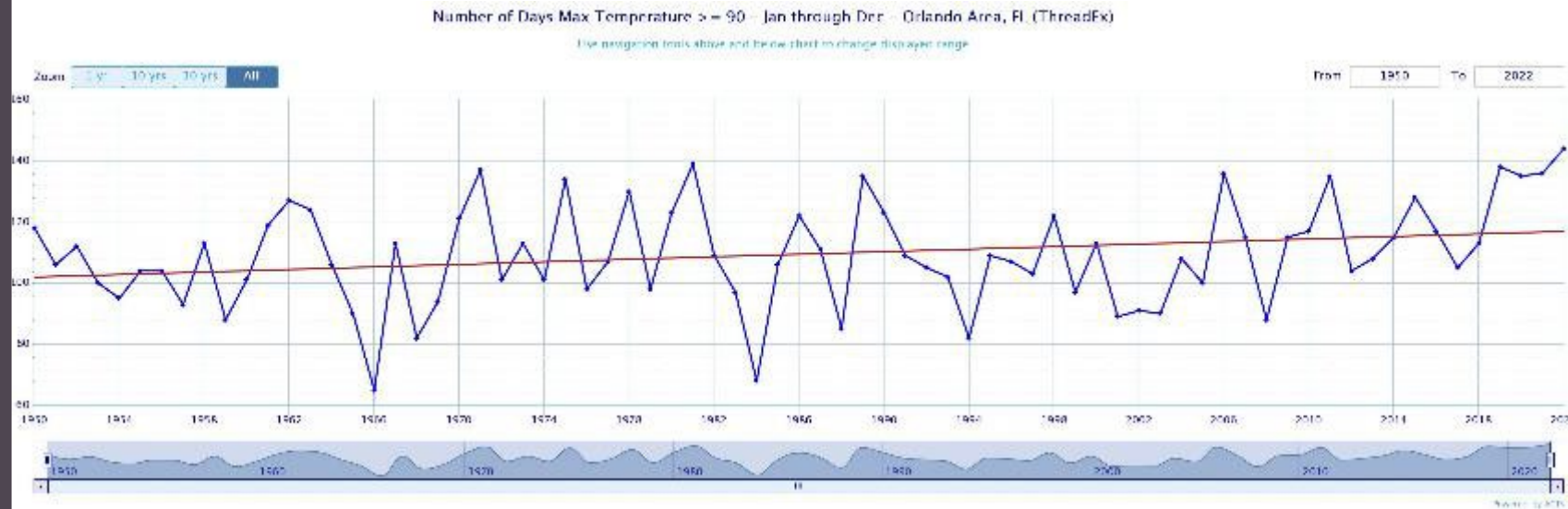
Annual Number Of 90° Days At Orlando

Least: 65 in 1966
Most: 144 in 2022

**Long Term Average/Trend:
MORE HEAT!**

1950-1980: 102 Days / Year

1993-2022: 112 Days / Year





The “Heat Index”

aka feels-like temperature
takes into account temp &
humidity

Heat Advisory

Heat Index of 108° to 112°

Excessive Heat Warning

Heat Index of 113°+

Heat Advisory

7/5 11AM - 7PM

Where

- **East Central Florida & Treasure Coast**
Includes: Greater Orlando, Daytona, Cocoa Beach, Port St Lucie

Forecast

- **High Temps:** 92° to 98°
- **Peak Heat Index:** 105° to 110°



Stay hydrated



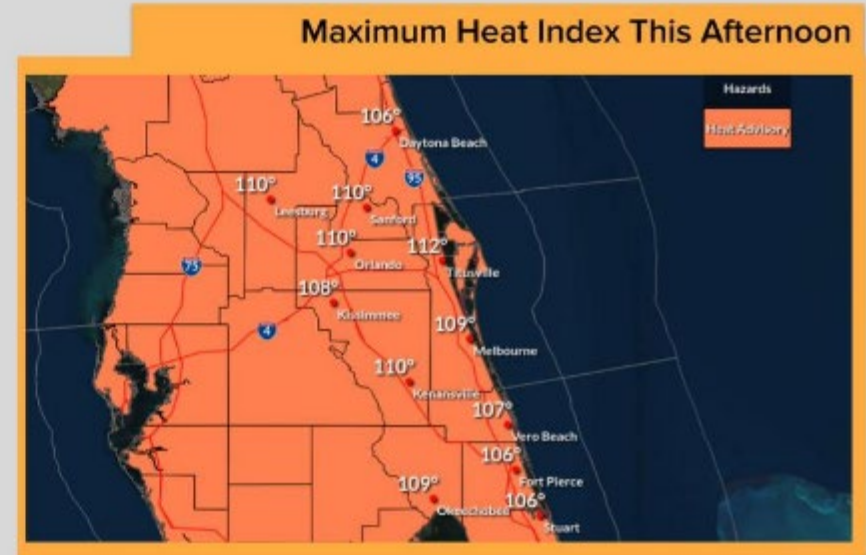
Limit strenuous time outdoors in the afternoon



If you have AC, use it. Fans may not be adequate



Wear light-weight, light-colored clothing

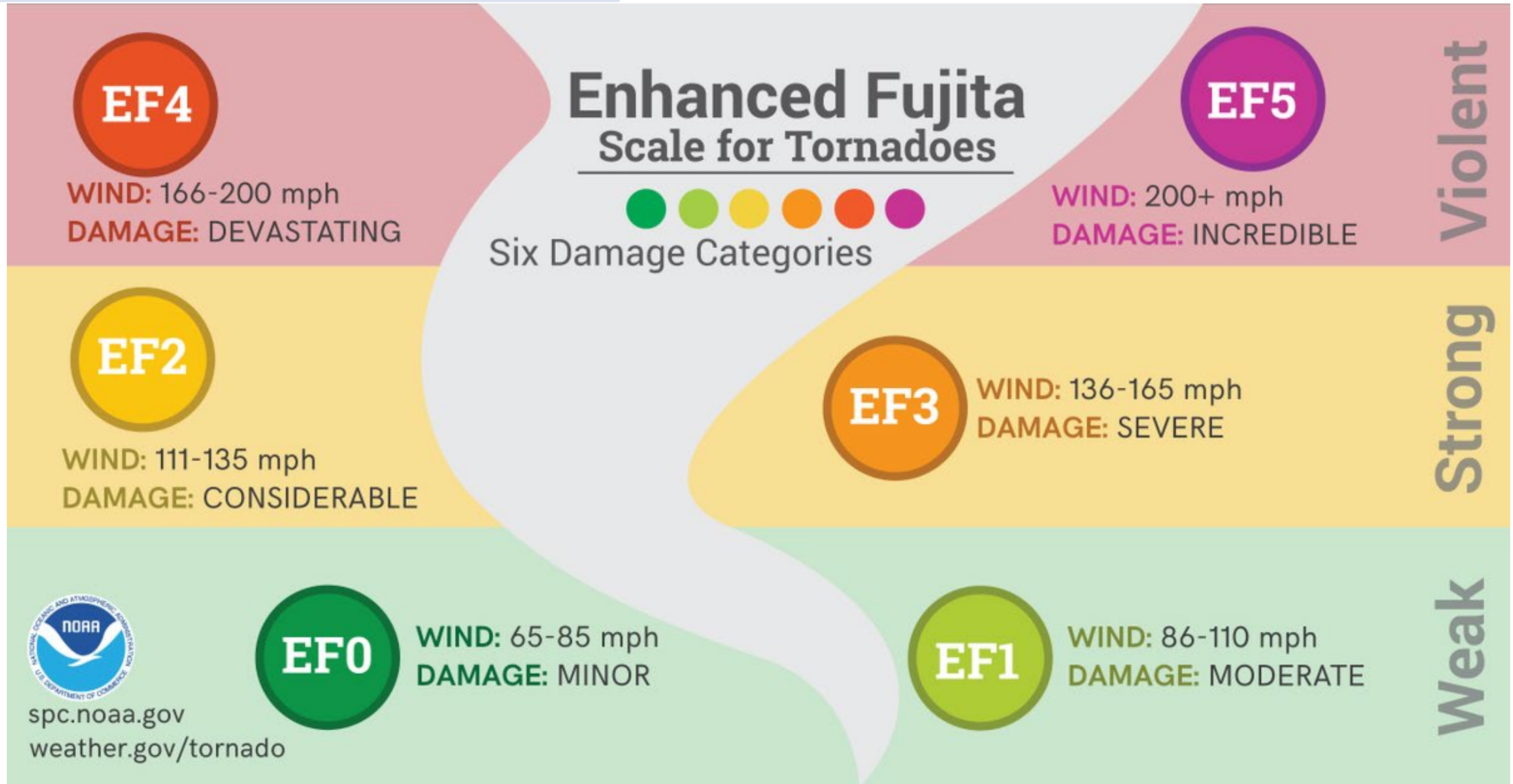


UV INDEX **12** Extreme Sunburn Risk





EF Scale



Weather Hazards



WEATHER FORECAST OFFICE

Melbourne Florida

Florida Tornado Statistics

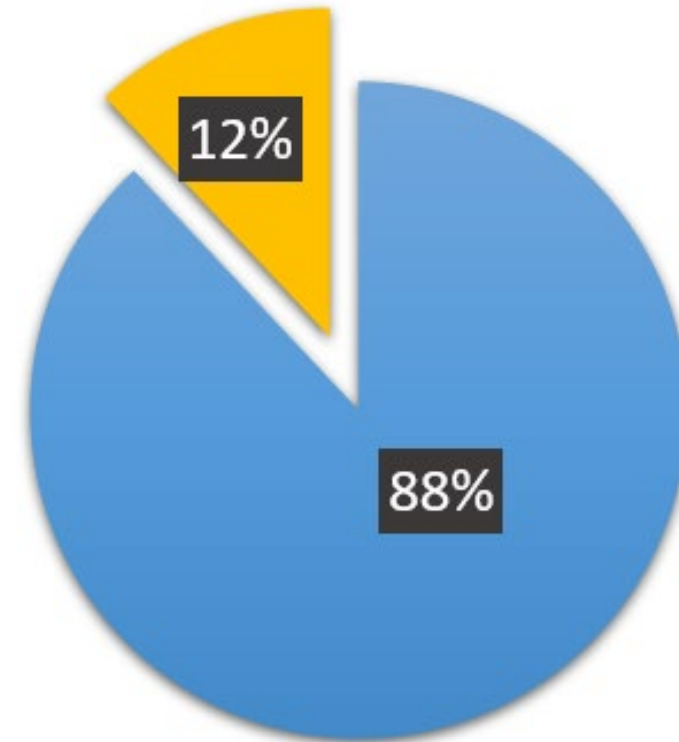


EF Rating	Wind Speeds
EF-0	65-85 mph
EF-1	86-110 mph
EF-2	111-135 mph
EF-3	136-165 mph
EF-4	166-200 mph
EF-5	> 200 mph

Tornado Intensity

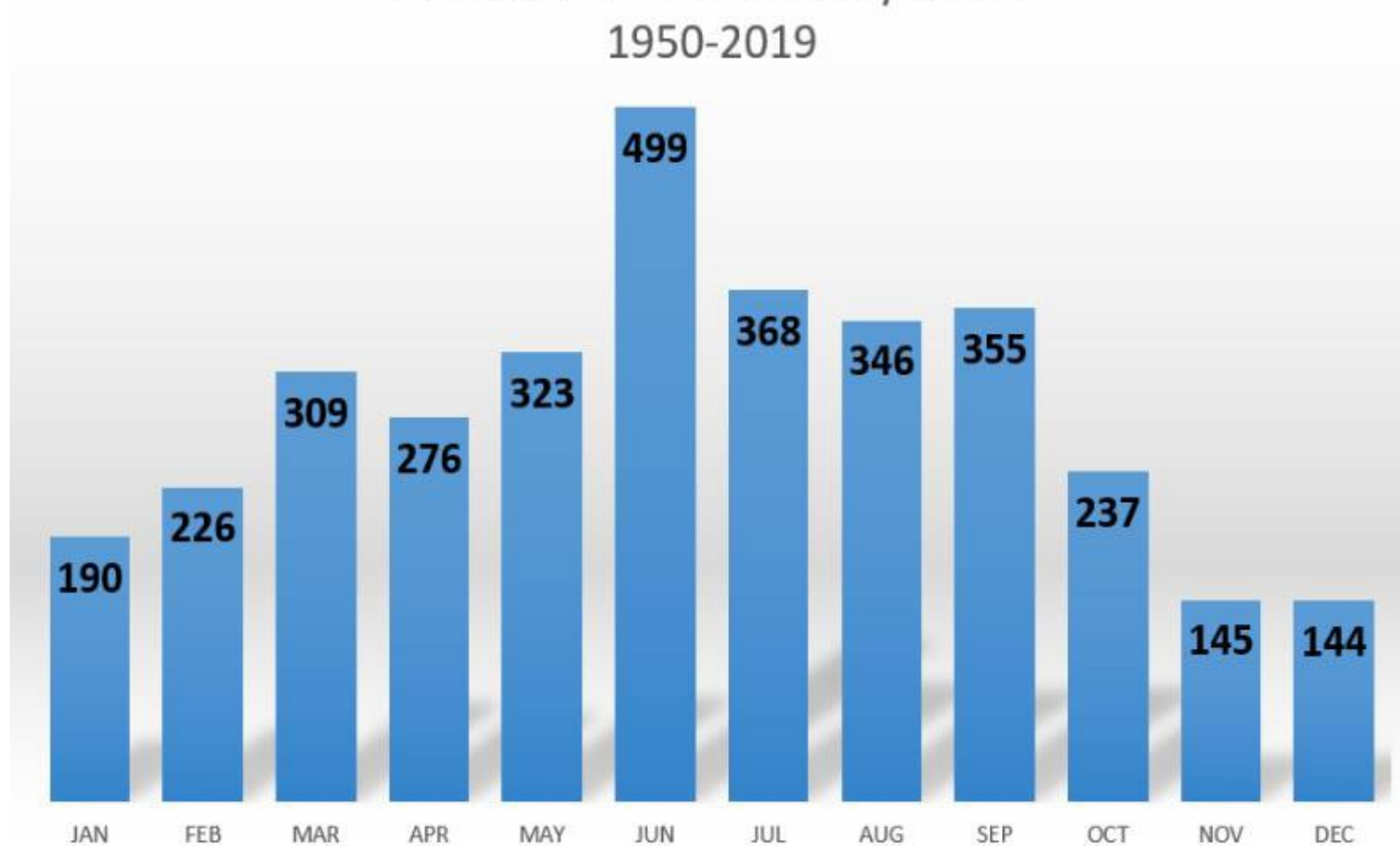
(1950 - 2019)

■ EF0-1 ■ EF2+



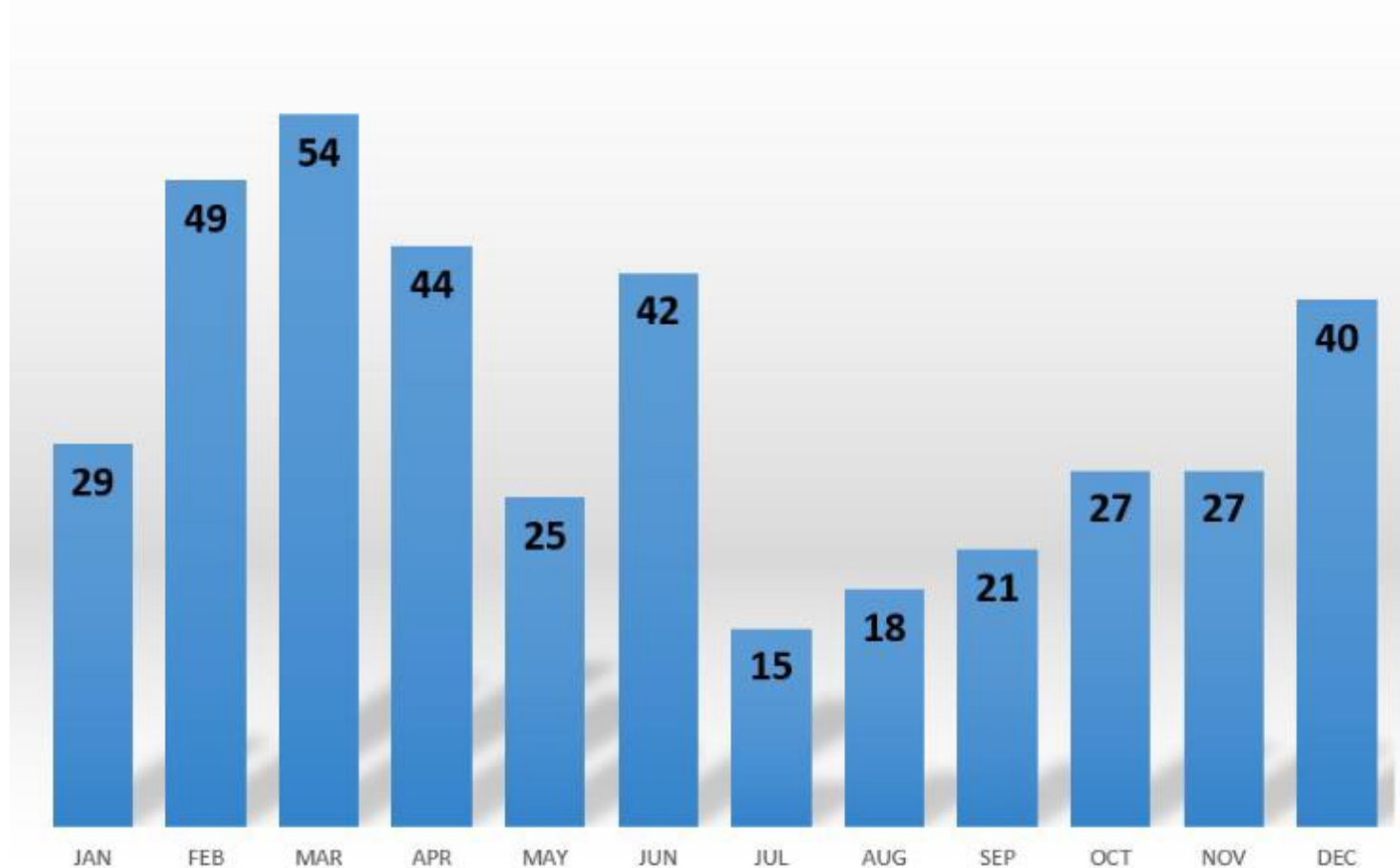


All Tornadoes in Florida by Month
1950-2019





Strong Tornadoes (EF2+) in Florida by Month
1950-2019



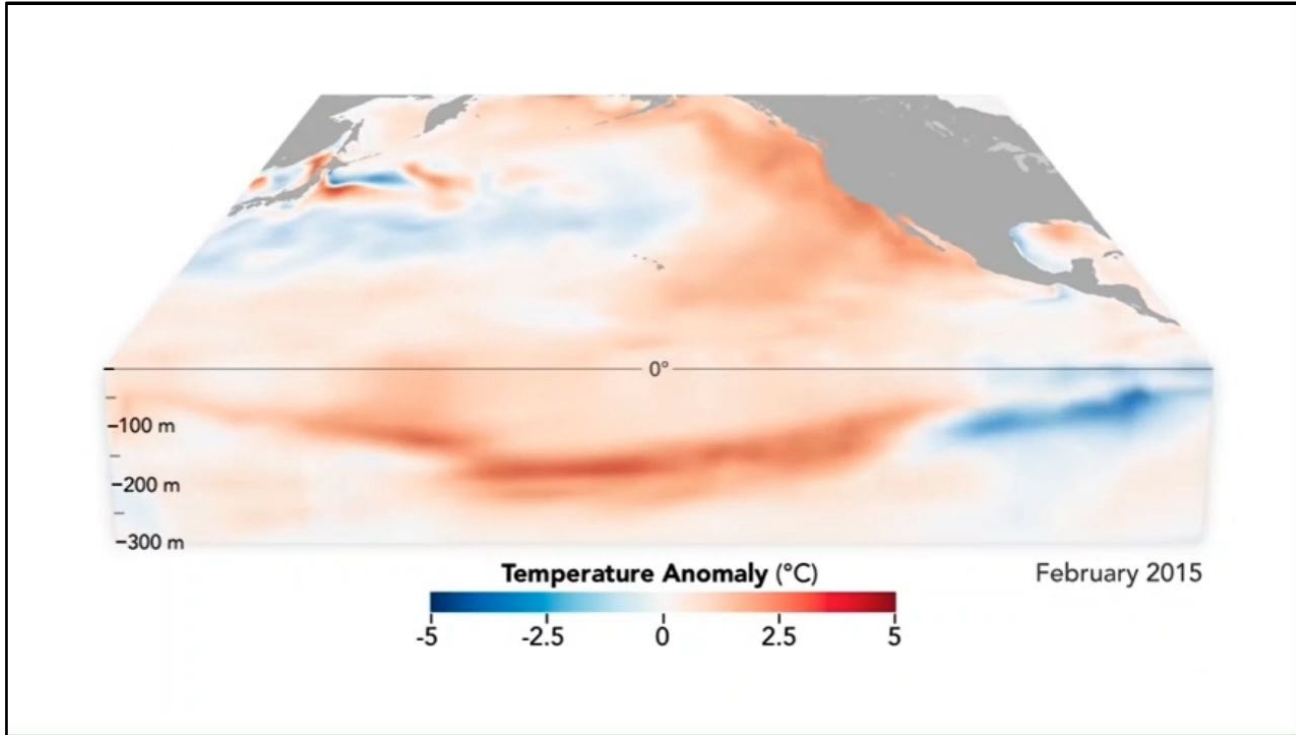
El Niño Southern Oscillation

Definition



WEATHER FORECAST OFFICE

Melbourne  Florida



- Irregular, naturally occurring **oceanic and atmospheric cycle** linked to periodic (every 2 – 7 years) of warming or cooling water temperatures across the equatorial Pacific
- Highly dependent on the coupling between the ocean and atmosphere over the tropical Pacific Ocean

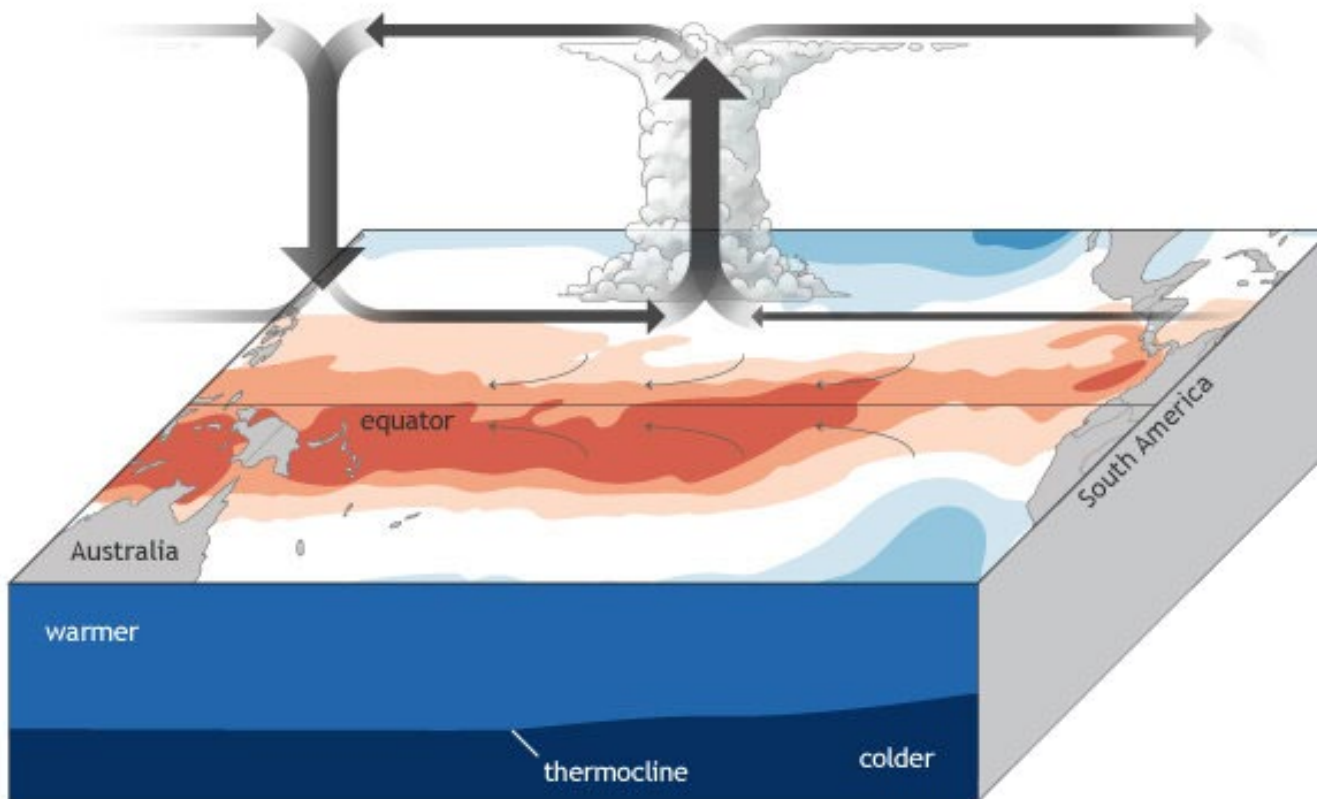
ENSO State

El Niño



WEATHER FORECAST OFFICE

Melbourne  Florida



NOAA Climate.gov

- If trade winds over the Pacific weaken, warmer waters begin to *slosh* east
- Deeper tropical convection will typically follow the warm water, resulting in the Walker Circulation becoming displaced toward the central Pacific
- Like La Niña, each El Niño episode has a unique footprint in the Pacific Ocean

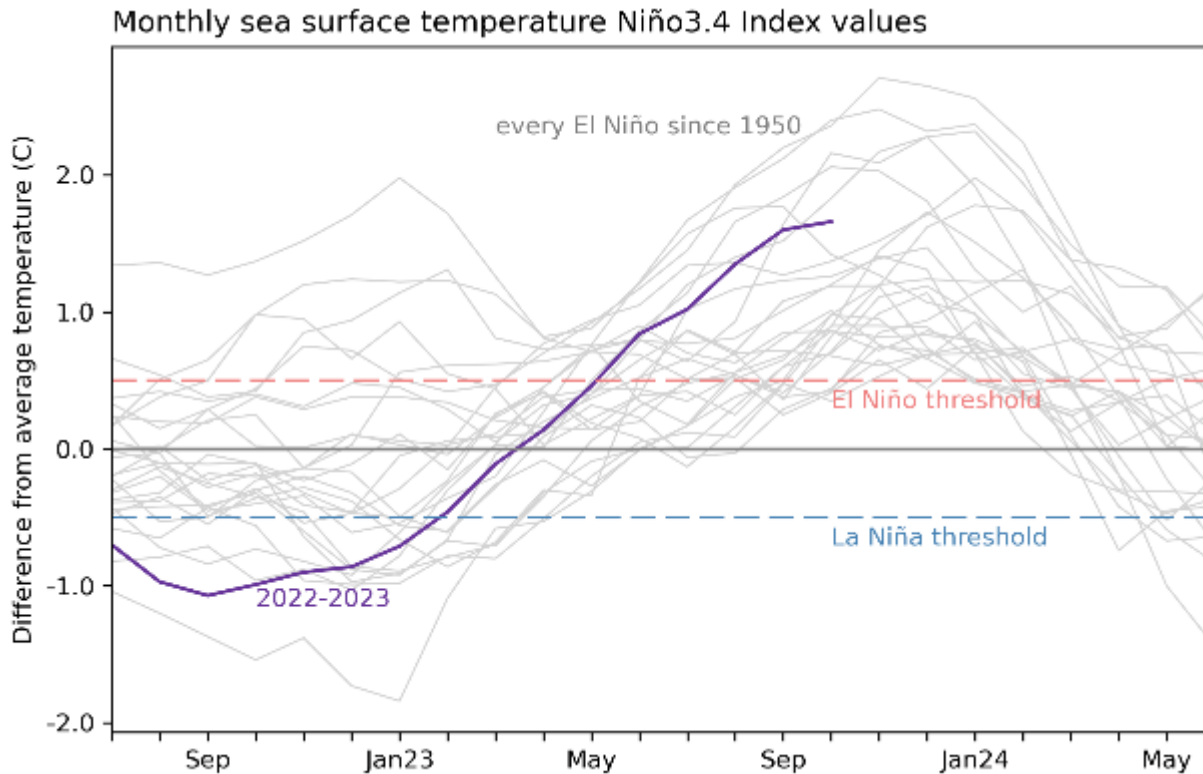
Atmospheric Response

El Niño Events



WEATHER FORECAST OFFICE

Melbourne  Florida



- While both El Niño and La Niña events tend to peak in the winter, their evolution and strength often varies
- Generally speaking: the stronger an ENSO event, the greater the atmospheric response



Past strong El-Niño events have been associated with:

- **Well above-normal seasonal storminess** between November and April (peaking February and March)
- An enhanced risk of severe weather, bringing **increased chances for strong-to-violent tornadoes**
- Much wetter than normal conditions with increased chances for **episodes of heavy rain and river flooding**



Local Impacts

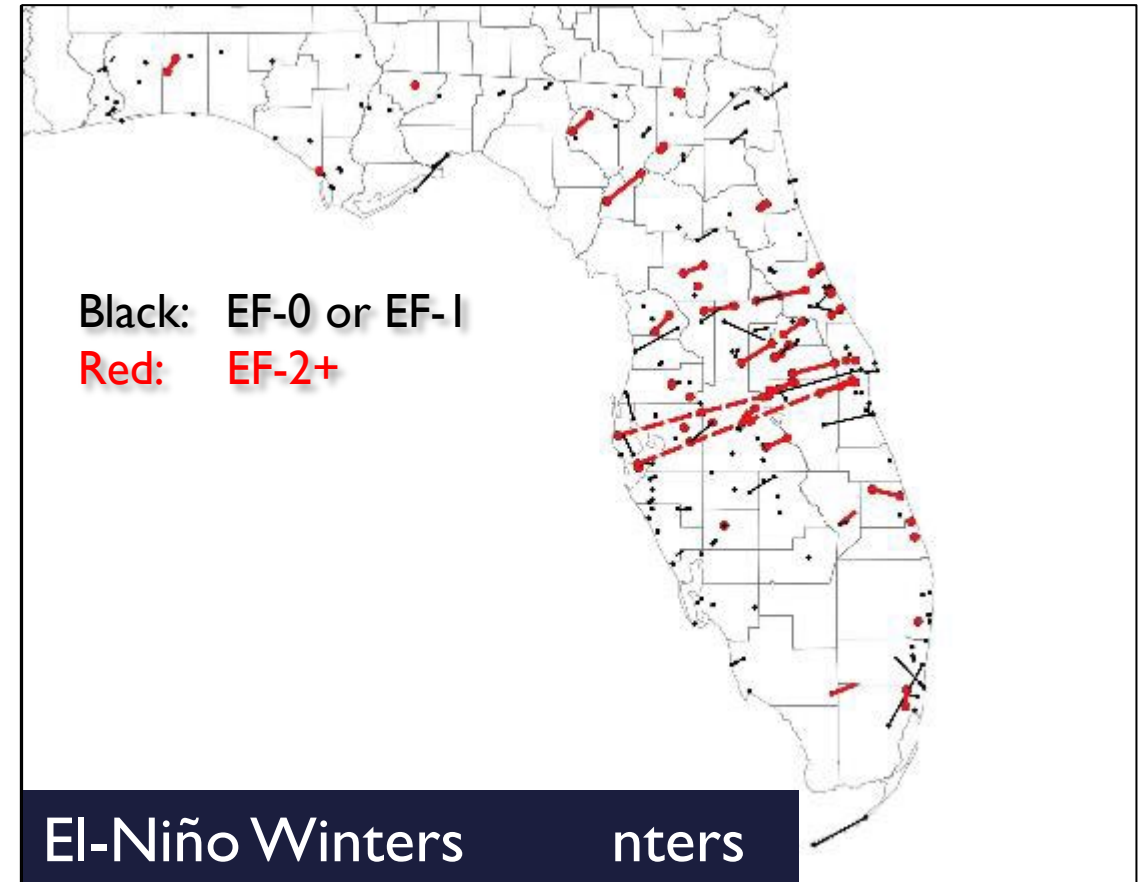
El Niño Events



WEATHER FORECAST OFFICE

Melbourne Florida

- During El-Niño winters, there are **more opportunities for instability, moisture, and wind shear to come together** to create a favorable environment for thunderstorms
- **Small-scale conditions must be favorable** for an outbreak of severe thunderstorms and tornadoes to occur



"El-Niño doesn't cause violent tornadoes in Florida – it sets the stage!"



Top 10 Tornado Events within the NWS Melbourne CWA

Rank	Date	County	Scale	Fatalities	Injuries
1	April 4, 1966	Osceola	F4	0	0
2	February 23, 1998	Osceola	F3	25	145
3	February 2, 2007	Lake	EF3	13	9
4	February 23, 1998	Seminole	F3	12	36
5	February 2, 2007	Lake	EF3	8	10
6	February 22, 1998	Orange	F3	3	70
7	September 18, 1954	St. Lucie	F3	2	2
8	February 23, 1998	Volusia	F3	1	0
9	February 2, 2007	Volusia	EF3	0	42
10	November 2, 1997	Volusia	F3	0	32

The February 1998 and 2007 significant tornadoes events compromise 7 of the Top 10 Tornadoes across East central Florida since 1950, ranked by strength (F/EF scale) and number of fatalities and injuries.

Tollefsen, M. A., 2021: [East Central Florida Severe Weather Climatology 1950-2020](#). 32pp.

East Central Florida Tornadoes



WEATHER FORECAST OFFICE

— Melbourne  Florida —

Florida Tornado Outbreaks

Osceola/Orange/Seminole
Feb 23, 1998
3 F3: 158-206 mph
42 Fatalities



Lake County
Feb 2, 2007
2 EF3: 155-165 mph
21 Fatalities

February 2007 Event

Damage vs. 1998 Outbreak

Feb 1998 - Ponderosa RV Park – Osceola County (F3)



WEATHER FORECAST OFFICE

— Melbourne  Florida —

Feb 2007 – Lake Mack – Volusia County (EF3)



Types of Warnings

Impact Based Tornado Warnings



WEATHER FORECAST OFFICE

Melbourne Florida

Base

719
 WFUS53 KDMX 122125
 TORDMX
 IAC017-023-122200-
 /O.NEW.KDMX.TO.W.0014.130612T2125Z-130612T2200Z/
 BULLETIN - EAS ACTIVATION REQUESTED
 TORNADO WARNING
 NATIONAL WEATHER SERVICE DES MOINES IA
 425 PM CDT WED JUN 12 2013
 THE NATIONAL WEATHER SERVICE IN DES MOINES HAS ISSUED
 * TORNADO WARNING FOR...
 SOUTHWESTERN BREMER COUNTY IN NORTHEAST IOWA...
 CENTRAL BUTLER COUNTY IN NORTH CENTRAL IOWA...
 * UNTIL 500 PM CDT
 * AT 422 PM CDT...A SEVERE THUNDERSTORM CAPABLE OF PRODUCING
 TORNADO WAS LOCATED NEAR ALLISON...AND MOVING EAST
 HAZARD...TORNADO AND QUARTER SIZE HAIL.
 SOURCE...RADAR INDICATED ROTATION.
 IMPACT...FLYING DEBRIS WILL BE DANGEROUS TO THOSE CAUGHT WITHOUT SHELTER. MOBILE HOMES WILL BE DAMAGED OR DESTROYED. DAMAGE TO ROOFS...WINDOWS AND VEHICLES WILL OCCUR. TREE DAMAGE IS LIKELY.
 * LOCATIONS IMPACTED INCLUDE...
 CLARKSVILLE...SHELL ROCK...WAVERLY AND PLAINFIELD.
 PRECAUTIONARY/PREPAREDNESS ACTIONS...
 TAKE COVER NOW. MOVE TO AN INTERIOR ROOM ON THE LOWEST FLOOR OF A STURDY BUILDING. AVOID WINDOWS. IF IN A MOBILE HOME...A VEHICLE OR OUTDOORS...MOVE TO THE CLOSEST SUBSTANTIAL SHELTER AND PROTECT YOURSELF FROM FLYING DEBRIS.
 &&
 LAT...LON 4284 9240 4264 9250 4265 9255 4275 9288
 4289 9282
 TIME...MOT...LOC 2125Z 280DEG 17KT 4279 9278
 TORNADO...RADAR INDICATED
 HAIL...1.00IN
 \$\$

Considerable

602
 WFUS53 KDLH 292357
 TORDLH
 MNC001-021-300030-
 /O.NEW.KDLH.TO.W.0011.130829T2357Z-130830T0030Z/
 BULLETIN - EAS ACTIVATION REQUESTED
 TORNADO WARNING
 NATIONAL WEATHER SERVICE DULUTH MN
 657 PM CDT THU AUG 29 2013
 THE NATIONAL WEATHER SERVICE IN DULUTH MN HAS ISSUED A
 HAZARD...DAMAGING TORNADO.
 SOURCE...EMERGENCY MANAGEMENT CONFIRMED TORNADO.
 IMPACT...YOU ARE IN A LIFE THREATENING SITUATION. FLYING DEBRIS MAY BE DEADLY TO THOSE CAUGHT WITHOUT SHELTER. MOBILE HOMES WILL BE DESTROYED. CONSIDERABLE DAMAGE TO HOMES...BUSINESSES AND VEHICLES IS LIKELY AND COMPLETE DESTRUCTION IS POSSIBLE.
 * THE TORNADO WILL BE NEAR...
 QUILBY AROUND 730 PM CDT.
 CHEROKEE AROUND 745 PM CDT.
 AURELIA AROUND 750 PM CDT.
 PRECAUTIONARY/PREPAREDNESS ACTIONS...
 HEAVY RAINFALL MAY HIDE THIS TORNADO. DO NOT WAIT TO SEE OR HEAR THE TORNADO. TAKE COVER NOW.
 &&
 LAT...LON 4259 9585 4291 9565 4291 9550 4283 9538
 4269 9539 4256 9569 4256 9577
 TIME...MOT...LOC 0023Z 225DEG 27KT 4260 9567
 TORNADO...OBSERVED
 TORNADO DAMAGE THREAT...CATASTROPHIC
 HAIL...1.50IN
 \$\$

Catastrophic

903
 WFUS53 KFSD 050022
 TORFSD
 IAC035-050100-
 /O.NEW.KFSD.TO.W.0020.131005T0022Z-131005T0100Z/
 BULLETIN - EAS ACTIVATION REQUESTED
 TORNADO WARNING
 NATIONAL WEATHER SERVICE SIOUX FALLS SD
 722 PM CDT FRI OCT 4 2013
 ...TORNADO EMERGENCY FOR WASHTA...
 THE NATIONAL WEATHER SERVICE IN SIOUX FALLS HAS ISSUED A
 * TORNADO WARNING FOR...
 CHEROKEE COUNTY IN NORTHWEST IOWA...
 * UNTIL 800 PM CDT
 * AT 720 PM CDT...A LARGE AND EXTREMELY DANGEROUS TORNADO WAS
 LOCATED NEAR WASHTA...AND MOVING NORTHEAST AT 30 MPH.
 THIS IS A TORNADO EMERGENCY FOR WASHTA. TAKE COVER NOW. THIS IS A PARTICULARLY DANGEROUS SITUATION.
 THIS IS A PARTICULARLY DANGEROUS SITUATION.
 HAZARD...DAMAGING TORNADO.
 SOURCE...EMERGENCY MANAGEMENT CONFIRMED TORNADO.
 IMPACT...YOU ARE IN A LIFE THREATENING SITUATION. FLYING DEBRIS MAY BE DEADLY TO THOSE CAUGHT WITHOUT SHELTER. MOBILE HOMES WILL BE DESTROYED. CONSIDERABLE DAMAGE TO HOMES...BUSINESSES AND VEHICLES IS LIKELY AND COMPLETE DESTRUCTION IS POSSIBLE.
 * THE TORNADO WILL BE NEAR...
 QUILBY AROUND 730 PM CDT.
 CHEROKEE AROUND 745 PM CDT.
 AURELIA AROUND 750 PM CDT.
 PRECAUTIONARY/PREPAREDNESS ACTIONS...
 HEAVY RAINFALL MAY HIDE THIS TORNADO. DO NOT WAIT TO SEE OR HEAR THE TORNADO. TAKE COVER NOW.
 &&
 LAT...LON 4259 9585 4291 9565 4291 9550 4283 9538
 4269 9539 4256 9569 4256 9577
 TIME...MOT...LOC 0023Z 225DEG 27KT 4260 9567
 TORNADO...OBSERVED
 TORNADO DAMAGE THREAT...CATASTROPHIC
 HAIL...1.50IN
 \$\$

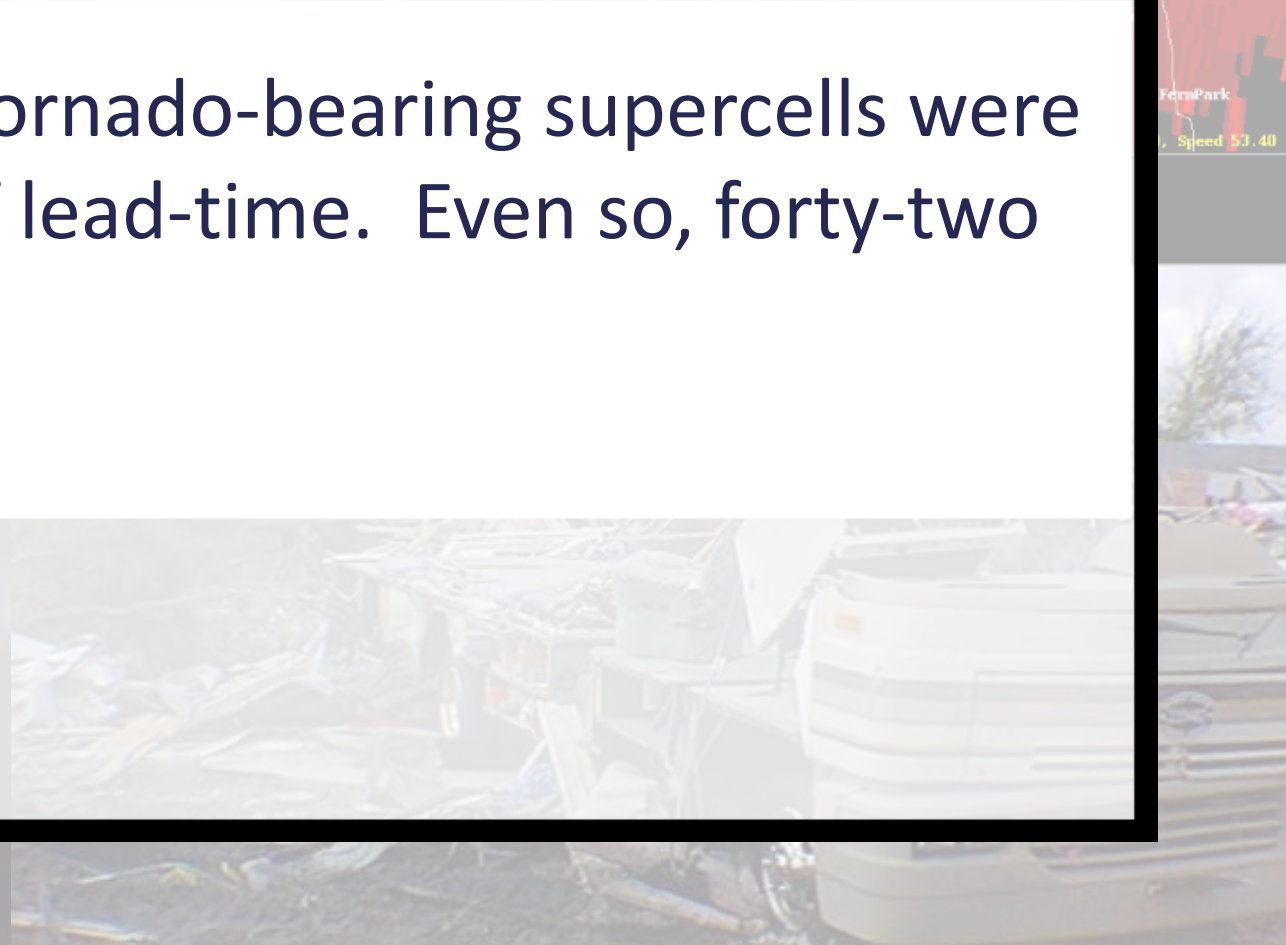
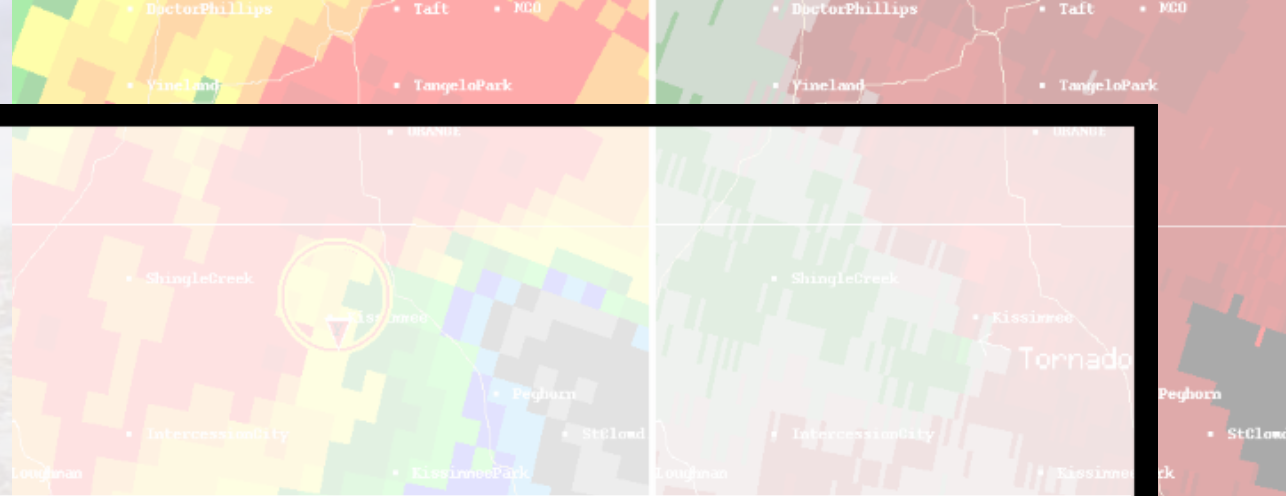
All Tornado Warnings activate the Wireless Emergency Alerts (WEA)

Consider:

On February 22-23, 1998, all tornado-bearing supercells were warned for, and with plenty of lead-time. Even so, forty-two people still lost their lives.

11:51:40PM

FEB 22 1998





Consider:

The same is true regarding the 2007 Groundhog's Day Tornadoes. And, yet, twenty-one people still died.

Consider:

- A need for improved science & technology ???
- A need for improved products & services ???
- A need for improved alerting & messaging ???

11:51:40PM

FEB 22 1998



START

<https://www.weather.gov>



END

<https://www.weather.gov/MLB>

Weather Resources

Threat Identification – HWO



WEATHER FORECAST OFFICE

Melbourne Florida

NATIONAL WEATHER SERVICE
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

HOME FORECAST PAST WEATHER SAFETY INFORMATION EDUCATION NEWS SEARCH ABOUT

Local threat by ZIP, ST, or ZIP code

News Headlines

- Student Volunteer Opportunity Now Available for the 2023-2024 Academic Year
- [Hazardous Weather Outlook](#)
- [Melbourne Weather Outlook](#)

Graphical Hazardous Weather Outlook for east-central Florida Melbourne, FL
Weather.gov • Melbourne, FL • Graphical Hazardous Weather Outlook for east-central Florida

Current Hazards Current Conditions Radar Forecasts Rivers and Lakes Climate and Past Weather Local Programs

Lightning Threat
 Valid Monday through Monday Night
 Issued Jul 17, 2023 8:48 AM EDT

Threat to Life and Property From Lightning

Extreme - There is a moderate or greater threat for excessive Cloud-to-Ground (CG) lightning and/or a high or greater threat for frequent CG lightning.

High - There is a low threat of excessive Cloud-to-Ground (CG) lightning and/or a moderate threat for frequent CG lightning and/or a high threat for occasional CG lightning.

Moderate - There is a very low threat of excessive Cloud-to-Ground (CG) lightning and/or a low threat for frequent CG lightning and/or a moderate threat for occasional CG lightning.

Low - There is a very low threat of frequent Cloud-to-Ground (CG) lightning and/or a low threat for occasional CG lightning. Remember, all CG lightning is potentially deadly.

Very Low - There is a very low threat of occasional Cloud-to-Ground lightning. Remember, all CG lightning is potentially deadly.

None - No discernible lightning threat.

Hover over or click on the small thumbnail images below to toggle the large image and corresponding threat levels. To get more specific information on each threat level please click on the threat levels image.

Tornado Severe Wind Severe Hail Lightning Flood Dense Fog/Smoke Excessive Heat Excessive Cold

High Wind Marine Thunderstorm Gust Marine Wind and Sea Rip Current Coastal Flood Waterspout Skywarn Activation Fire Weather

8:45 AM EDT Mon Jul 17 2023

THIS HAZARDOUS WEATHER OUTLOOK IS FOR EAST CENTRAL FLORIDA.
 DAY ONE...TODAY AND TONIGHT.

Tornado Threat
 Valid Monday through Monday Night
 Issued Jul 17, 2023 8:48 AM EDT

Threat to Life and Property From Tornadoes

Extreme - Tornado outbreak imminent, with several strong-to-violent tornadoes likely. Life-threatening situation, with major damage expected.

High - Tornado outbreak possible, with a few strong-to-violent tornadoes possible. Major damage possible.

Moderate - Several tornadoes likely, with a strong tornado possible. Areas of major damage possible.

Low - Several weak tornadoes possible. Minor to moderate damage possible, especially to mobile homes, pool screen enclosures and carports.

Very Low - One or two weak tornadoes possible. Minor to moderate damage possible, especially to mobile homes, pool screen enclosures and carports.

None - No discernible tornado threat.

Excessive Heat Threat
 Valid Monday through Monday Night
 Issued Jul 17, 2023 8:48 AM EDT

Threat to Life and Property From Excessive Heat

Extreme - Very dangerous heat index of 118 degrees or higher.

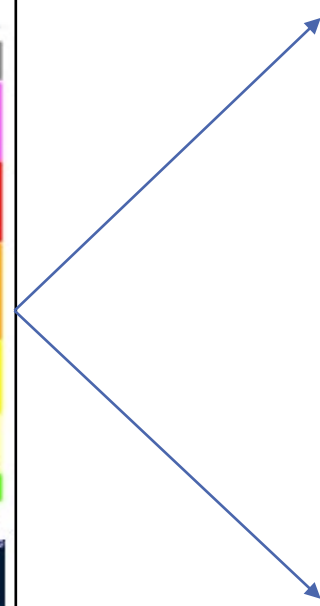
High - Dangerous heat index between 113 and 117 degrees.

Moderate - Heat index between 108 and 112 degrees.

Low - Heat index between 105 and 107 degrees.

Very Low - Heat index between 102 and 104 degrees from June to September; Heat index between 99 and 104 degrees from October to May.

None - Excessive heat not expected.



Weather Resources



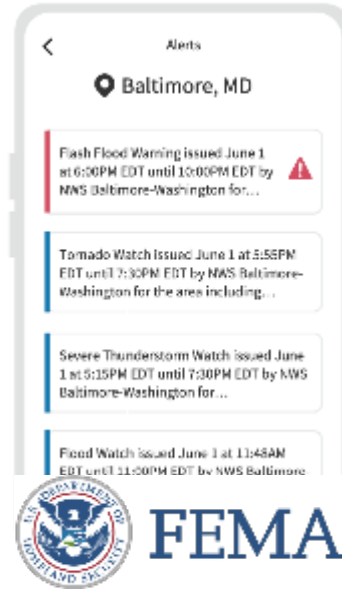
WEATHER FORECAST OFFICE

Melbourne Florida

Watch, Warning, Advisory Information



NOAA Weather Radio



FEMA Mobile App



Wireless Emergency Alerts (WEA)



TV & Radio

“Have Multiple Ways to Receive Weather Watches & Warnings”



EM Tools

Area Forecast Discussion (AFD)

Hazardous Weather Outlook (HWO)

Briefings

Area Forecast Discussion
National Weather Service Melbourne FL
253 PM EST Sat Jan 21 2017

...Threat for Severe Storms Sunday Afternoon into Sunday Night...
...Boating Conditions will Begin to Deteriorate Tonight and Become Very Hazardous Sunday Afternoon through Monday...

.DISCUSSION...
Rest of Today/Tonight...Increasing southerly flow out ahead of a developing area of low pressure near the Arklatex will continue to transport mild and slightly more moist air over the forecast area tonight. Meanwhile, an energetic mid/upper shortwave will push toward the Carolinas, taking most of its forcing along with it. Despite widespread showers and storms across the Panhandle and north Florida, forecast for our area will remain dry through much of the night. Higher moisture will begin to move in across northern sections from the Gulf late tonight. While deep convection (thunder) is not expected before sunrise, isolated showers may affect Lake and Volusia counties toward morning. Increasing winds above the surface will prohibit fog formation. Lows temps will moderate a few more degrees holding in the mid 60s.

Sunday...Focus will remain on the higher than usual threat of significant "dry-season" severe weather impacts to east central Florida. Amplification of a mid/level shortwave trough ejecting from the Rockies will induce an area of low pressure over north TX/OK tonight. This system will steadily intensify as it traverses the south during the day on Sunday. Confidence continues to increase that an organized and potentially powerful squall line will develop over the eastern Gulf of Mexico in the afternoon, moving rapidly east between 40 to 50 mph and impacting central Florida late Sunday afternoon and into the evening.

Given the fast forward motion of the squall line, strong winds between 40 and 50 mph will likely accompany the leading edge of the convection. "Bowing" segments embedded within the line will be capable of producing damaging wind gusts in excess of 60 mph. Isolated, brief tornadoes and hail up to 1" in diameter will also be possible. While we continue to focus on the afternoon and

.DAYS TWO THROUGH SEVEN...SUNDAY THROUGH FRIDAY.
CONDITIONS APPEAR FAVORABLE FOR A SQUALL LINE TO DEVELOP AHEAD OF A STRONG COLD FRONT ON SUNDAY MORNING EXTENDING FROM THE FLORIDA PANHANDLE SOUTHWEST INTO THE GULF OF MEXICO. VERY STRONG WIND FIELDS WILL COMBINE WITH INSTABILITY AND SHEAR TO PRODUCE A THREAT OF DAMAGING WINDS AND HAIL ASSOCIATED WITH THE SQUALL LINE AS IT CROSSES CENTRAL FLORIDA SUNDAY AFTERNOON AND SUNDAY NIGHT. ISOLATED TORNADOES WILL ALSO BE POSSIBLE PRIMARILY IN ANY STORMS THAT DEVELOP AHEAD OF THE SQUALL LINE. WIDESPREAD RAINFALL AMOUNTS AROUND ONE HALF INCH ARE EXPECTED WITH LOCALLY HIGHER AMOUNTS UP TO 2 INCHES POSSIBLE.

VERY HAZARDOUS BOATING CONDITIONS WILL DEVELOP SUNDAY AFTERNOON AND SUNDAY NIGHT AS STRONG SOUTHWEST WINDS INCREASE 20 TO 30 KNOTS WITH FREQUENT GUSTS TO GALE FORCE. STRONG WEST WINDS BEHIND THE FRONT MONDAY AND MONDAY NIGHT WILL KEEP BOATING CONDITIONS HAZARDOUS. SEAS WILL PEAK NEAR 10 FEET WELL OFFSHORE SUNDAY NIGHT THROUGH MONDAY NIGHT.

STAY TUNED TO LOCAL MEDIA OUTLETS AND NOAA WEATHER RADIO FOR FURTHER UPDATES ON THIS DEVELOPING WEATHER SITUATION. NOW WOULD BE A GOOD TIME TO CHECK THAT YOUR NOAA WEATHER RADIO IS IN GOOD WORKING ORDER.



Severe Weather Briefing for Sunday, January 22, 2017

Wednesday, January 18, 2017
11:00 AM EST

Will Ulrich
Warning Coordination Meteorologist
Weather Forecast Office - Melbourne, FL

weather.gov/mlb

Social Media Posts

Severe Storm Risk Tomorrow
Level 4 of 5: East Central Florida

Sunday Afternoon & Evening
Approx. 3PM - 9PM

All of East Central Florida

Potential Hazards:

- Gusty winds 50-70 MPH
• 45% chance for wind gusts 60+ MPH
- A few tornadoes, could be strong
- Large hail
- Locally heavy rain leading to flooding
- Deadly lightning

WEATHER FORECAST OFFICE
Melbourne Florida
Updated: October 8, 2023

National Weather Service

Outreach & Preparedness Programs



WEATHER FORECAST OFFICE

Melbourne Florida



Central Florida Extreme Weather

QUESTIONS?



Jessie Smith

Observation Program Leader & Meteorologist

National Weather Service – Melbourne, FL

jessica.r.smith@noaa.gov





Extreme Threat

Michelle Rud, RN, CEN, CHECII, Manager of Disaster Preparedness

HCA Florida Osceola & HCA Florida Poinciana Hospitals

April 20, 2023

Extreme Threat

CONFIDENTIAL – Contains proprietary information.
Not intended for external distribution.



Thursday, April 20

4:48

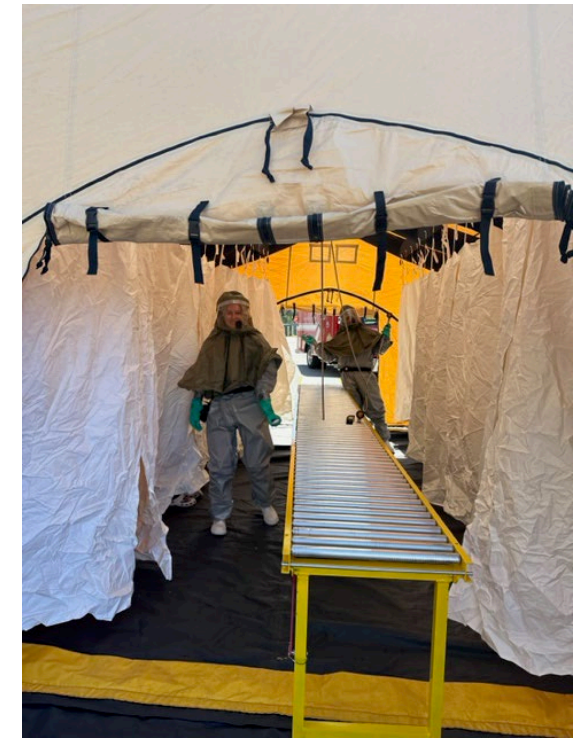
Notification Center



Emergency Alert

2m ago

TEST - This is a TEST of the
Emergency Alert System. No action
is required.

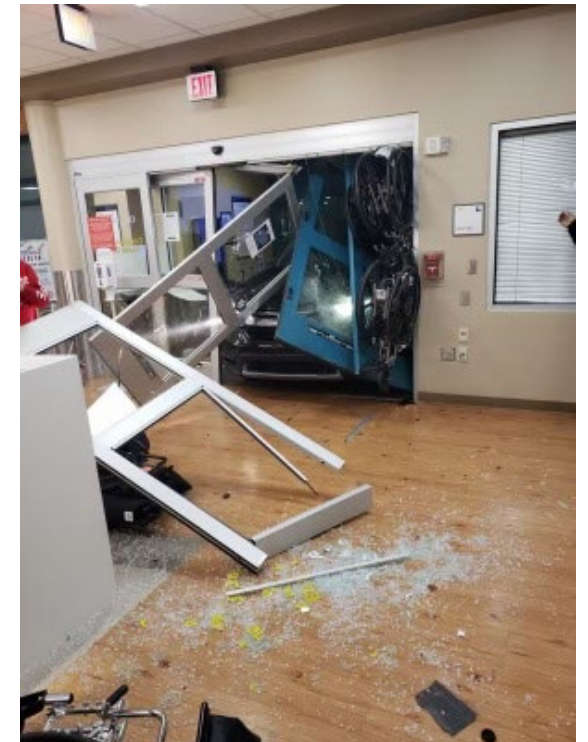
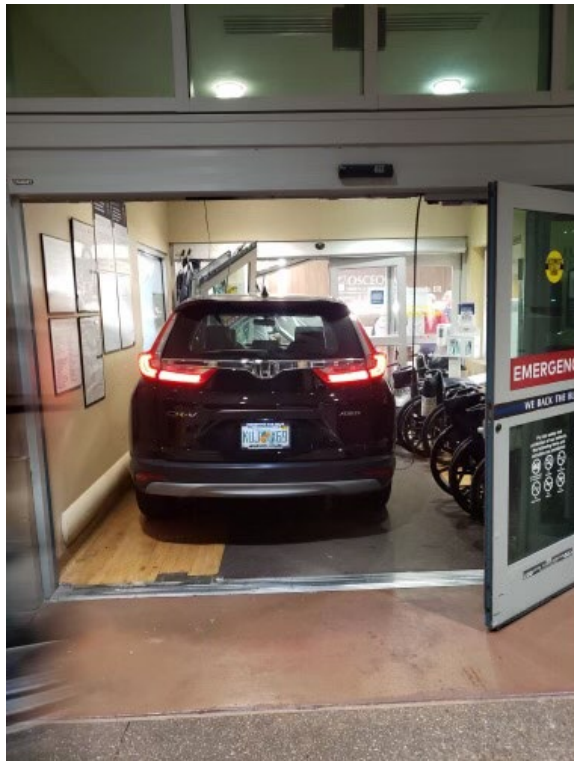




Thu, Apr 20 at 9:14 PM

You up?

Yeah. What's up



7 | Extreme Threat

CONFIDENTIAL – Contains proprietary information.
Not intended for external distribution.



WESH 2

car crashes into Osceola County hospital



Why did this happen?

- Non-life threatening complaint
- Discharge instructions
- Hanging out in the waiting room



Across the nation

2019: **131.3 million** people visited the Emergency Department

(Centers for Disease Control and Prevention, 2019)

Increase in violence, **25%** of Emergency Department Physicians say that they were assaulted multiple times a week

(American College of Emergency Physicians, 2022)

Only **2%** of physicians attacked, hospital employees intervened, ended up pressing charges

(Association of American Medical College, 2020)

85% of emergency physicians believe the rate of violence experienced in emergency departments has increased over the past five years, with **45%** indicating it has greatly increased

(American College of Emergency Physicians, 2022)

66% of emergency physicians report being assaulted in the past year, while more than **33%** of respondents say they have been assaulted more than once

(American College of Emergency Physicians, 2022)

33% of emergency physicians who were assaulted resulted in an injury, an increase of **6%** since 2018.

(HealthECareers, 2023)

What can you do?

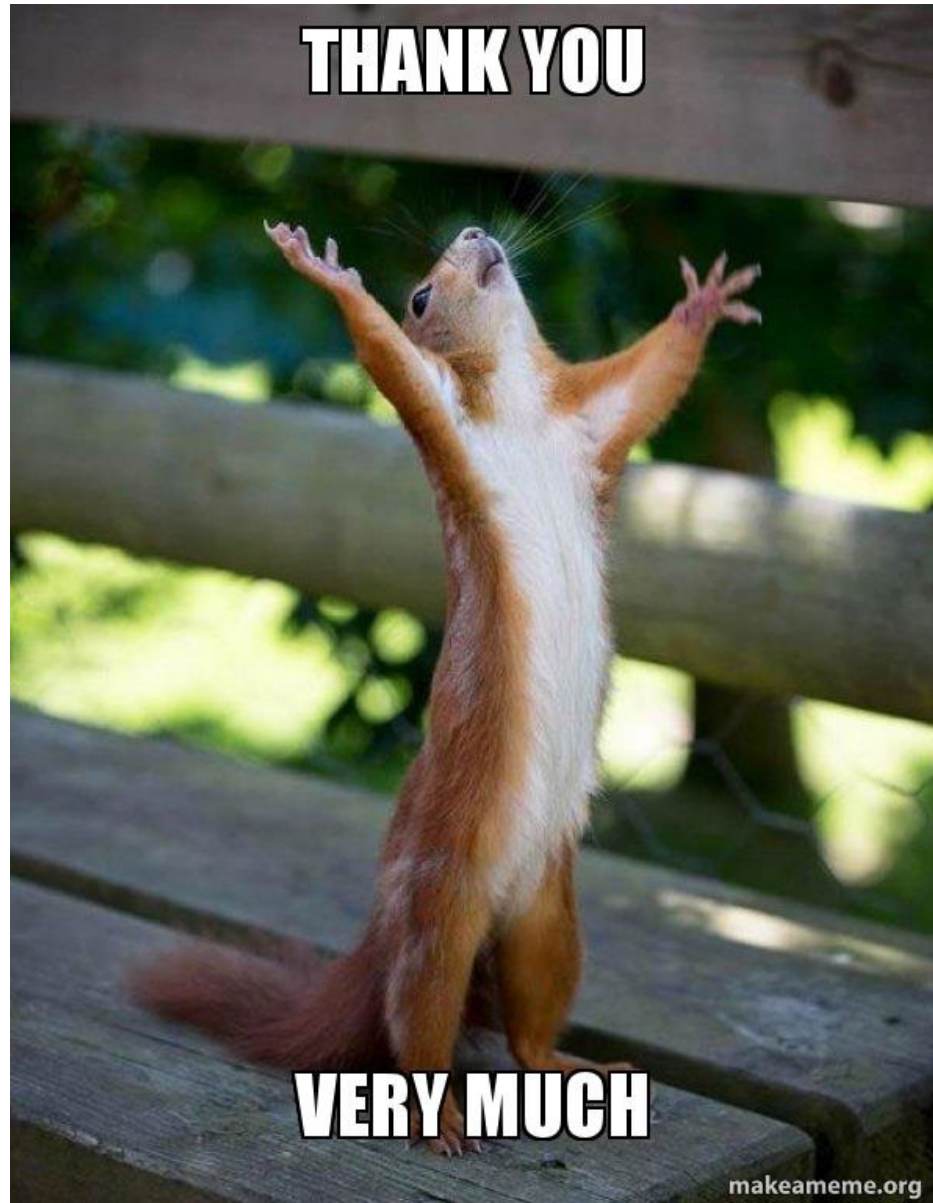
Be vigilant



What can you do?

Get Sleep, you never know
when your April 20th can
happen





References

- American College of Emergency Physicians. (2022). *Violence in the ER*. [Www.emergencyphysicians.org](https://www.emergencyphysicians.org/article/advocacy/er-violence-overview).
<https://www.emergencyphysicians.org/article/advocacy/er-violence-overview>
- American College of Emergency Physicians . (2022, August 1). *Poll: Emergency Physicians say Violence in the ED is on the Rise, Leads to Physician Burnout and Impacts Patient Care*. [Www.emergencyphysicians.org](https://www.emergencyphysicians.org/article/er101/poll-ed-violence-is-on-the-rise).
<https://www.emergencyphysicians.org/article/er101/poll-ed-violence-is-on-the-rise>
- Association of American Medical College. (2020, February 4). *Rising violence in the emergency department*. AAMCNEWS.
<https://www.aamc.org/news/rising-violence-emergency-department#:~:text=The%20reasons%20for%20rising%20violence>
- Boey, V. (2023, April 21). *Woman drives through doors of Emergency Room at Florida Osceola Hospital*. FOX 35 Orlando.
<https://www.fox35orlando.com/news/woman-drives-through-doors-of-emergency-room-at-florida-osceola-hospital>
- Centers for Disease Control and Prevention. (2019). *FastStats - Emergency Department Visits*. Centers for Disease Control and Prevention. <https://www.cdc.gov/nchs/fastats/emergency-department.htm>
- HealthECareers. (2023, March 29). *Why is Violence in Emergency Departments on the Rise?* [Healthcareers.com](https://www.healthcareers.com/career-resources/industry-news/why-is-violence-in-emergency-departments-on-the-rise).
<https://www.healthcareers.com/career-resources/industry-news/why-is-violence-in-emergency-departments-on-the-rise>
- Hogan, A. T., Brandon. (2023, April 21). *Woman removed from Florida hospital drives into ER, police say*. WKMG.
<https://www.clickorlando.com/news/local/2023/04/21/car-crashes-into-emergency-department-at-osceola-hospital/>
- Hope, A. (2023, April 21). *Driver arrested after car crashes into Osceola County hospital*. WESH.
<https://www.wesh.com/article/osceola-hospital-car-crash/43662877>

12/12/23 CFDMC Annual Conference – Extreme Violence Events – Eric Alberts

Orlando has been identified as having one of the highest crime rates in the United States. Below are some local news headlines from this calendar year:

- 'Real Tragic:' 15-year-old boy killed in shooting ID'd by Orlando Police
 - 17-year-old arrested in deadly shooting of women in Orlando's Curry Ford neighborhood
 - Orlando leaders discuss new federal office aimed at reducing gun violence
 - 4 arrested after 15-year-old boy found dead in Polk County driveway
 - 5th suspect wanted in drive-by shooting that killed 6-year-old girl, man, Orlando Police say
 - Law enforcement presence beefed up in downtown Orlando after 2 officers shot
 - Daytona Beach police makes arrest in string of shootings, finds many are connected
 - 'Take back our streets:' Orange-Osceola state attorney's office holds gun violence prevention summit
 - Man flown to hospital after fight at Lake County home ends in shooting, deputies say
 - 'We are heartbroken, we are angry:' vigils held for three people killed in Pine Hills shootings
 - One of the victims in this shooting was a Channel 13 journalist
 - 'The gun was still hot:' Orange County leaders re-form safety task force after deadly shootings
 - 3 dead, 2 injured in shootings
 - Watch: Daytona Beach police negotiate with women, accused of killing terminally ill husband in hospital
 - Orlando Police Chief addresses reducing violent crimes in city
 - Central Florida leaders gather Monday in Orlando to denounce gun violence
 - Domestic violence suspect sparks standoff at Orlando apartments, deputies say
 - Orlando leaders vote Monday on approving \$1.5 million to address community gun violence
 - Orlando leaders move forward with plans to improve safety downtown
- Similar across the region

Nationally -

There have been more mass shootings than days in 2023, data base shows 627 mass shootings as of 12/4/2023. Incident in which 4 or more victims shot or killed. Deadliest was in Lewiston Maine with 18 dead and 13 injured.

Hospitals –

The escalation of violence in our community and facilities has caused hospitals to re-think their safety and security measures.

- Hospital lock downs due to GSWs
- Damage to Emergency Department doors
- Security measures: metal detectors, extra security measures (Halifax Health)
- Workplace violence committees at each hospital
- Exercise scenarios either centered on or including workplace violence



THE HIDDEN POWER OF CHANGE

By: Dwight Bain, Leadership Coach
and Nationally Certified Counselor



Major change is almost impossible to manage alone, that's why leaders turn to others for insight and guidance during times of massive change. They know that taking the right action quickly can prevent a stressful situation from getting worse and in fact may surprise them by turning into unexpected success. I've had the chance to come alongside thousands of leaders over the last twenty-five years to coach them through major life transitions in their personal and professional life and have learned something new about change every day. While every difficult situation was complex in different ways, I discovered some common elements of a remarkable, although often, hidden source of energy that only became available during times of massive change. When used, this secret power gave these leaders the ability to achieve results instead of experiencing regrets while facing unbelievable levels of stress and pressure. My greatest joy was to coach them from pressure and problems to move forward with boldness by facing the changes necessary to gain personal strength and confidence.



Every change brings a chance to self improve and develop in countless ways, that's why I'm sharing these insights with you now. I want you to benefit from the hidden power of change in your life every single day. As you read these insights, think about your own situation and the changes you are facing right now, as well as the changes you need to make over the next few months in order to achieve greater success. Plan on using a highlighter to underline or circle the insights that reveal a part of you that is sick of feeling stuck in the same old pattern and is ready for a new perspective on change. Then take those highlighted concepts and begin to reshape them into actionable steps that you can use for guidance and motivation in your own journey of harnessing the hidden power of change.



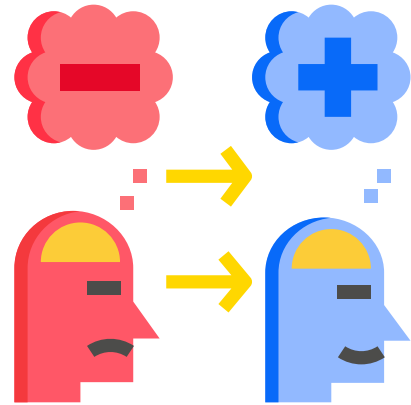
- Everyone is moving forward but not everyone is on the same track. That's why some people always look busy but never seem to accomplish much.
- Every little change makes big change possible. That's why you have to do little things differently every day to see big things change over time.
- Change is common. Taking positive action about it is rare.
- Since change is the most common factor in life why do so many people fear it? They realize that they can't completely control it, so they completely give up. When you learn to manage change instead of avoiding it, you regain control of yourself and then have the power to change the situation.



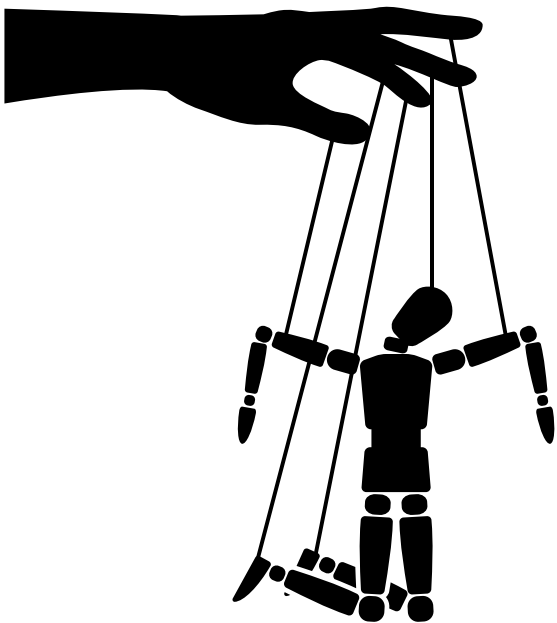
"Change is the most common element in life, just like the atom, which is the most common element in the universe. It's everywhere and in everything but only a few studied it to understand how to harness the power of splitting an atom to develop massive amounts of energy- the energy of the universe itself! This common element had within it the power to develop – or – destroy the world. It's the same for you and me, since the way that we deal with change will make our world a better place or lead to destroying it."

- Mr. Goodwrench is right-you gotta pay. Paying now is difficult, waiting to pay later is usually disastrous because the price is always much greater. Paying now is the only way to successfully manage change.

- Change creates energy. It can either “psych you up” with heightened motivation to take action, or “psych you out” with fear and anxiety. Leaders maximize this hidden power of change to gain strength in difficult times.



- Comfort doesn't bring change, comfort brings complacency. Only two things bring about radical and dynamic change- crisis and choice. One requires courage to boldly face issues and the other requires confidence to take bold action.



- When a leader awakens to see how fast change actually moves, they gain the ability to zoom past others like they were asleep. At first this is exciting and fun to have the ability to move so fast; then it becomes increasingly frustrating. Because the goal of a leader is to use the power of change to wake others up instead of just selfishly using that power to manipulate others.

- Crisis reveals who you are- what you do about the crisis reveals who you will be.



- Systems are the key to success or failure in life; change the system- and you change your life.
- Big change creates a chance to build big confidence from taking bold action; instead of just building more complacency by choosing avoidance.
- Change is the only method you can use to cash a reality check.
- People who master change will always be in demand as leaders, because as they grow stronger, people around them who haven't changed will need their guidance more than ever. This gap between the 'have's' and the 'have not's' will grow dramatically in the future.
- Understanding change is the key to building a good life- mastering change is the key to building a great legacy.
- How well you respond to change is the best indicator of how successfully you will live.
- If everything is changing, then you have a tremendous advantage if you are changing with it, since the gap between the changers and non-changers is growing every minute.
- Since everything is changing faster than ever, how come everyone isn't changing faster than ever to keep up?



- Excuses are ways to avoid taking responsibility-which leads to criticism of others; reasons are ways to accept responsibility and lead to changing yourself instead of trying to change others.



- Change forces you to make quick choices; so figure out now what you believe is right in order to make the right choice when it happens. You can't wait on this, so do it now.
- Fast and furious, slow and steady or ignorance and bliss are all ways to manage change. Since the way you manage change is the way you manage your life, if you want to figure out how successful someone will be in the future, just watch how they deal with change today.
- We build our future one day at a time by how wisely we manage the change happening around us today.

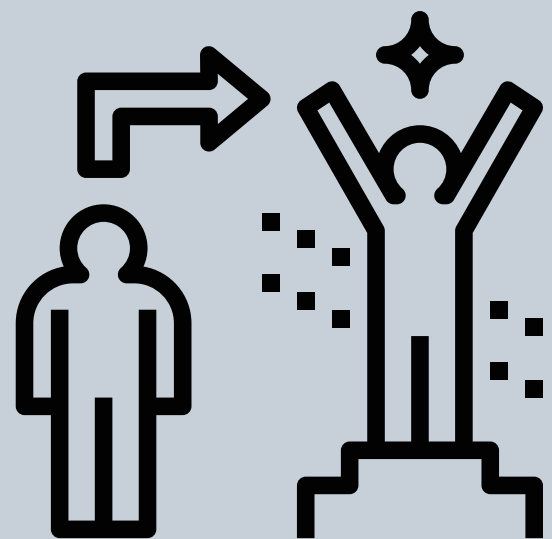
- Fame doesn't equal fortune, which is why so many celebrities end up broke. They banked their futures on the myth that popularity brings profits instead of reinventing themselves through the process of continual self-improvement and change.
- Some people would rather keep the people in their life under control by never risking a change, than to push forward and hear those same people boldly cheer for them as they take the risk to move forward toward achieving a positive difference.
- You control change by the way you control your choices. You have the power to break the patterns that have held you back, and that power is wrapped up in one word, "choice."



- Everything in life is changing quickly so everyone in life has to be changing fast to keep up, or risk being run over and left behind. Few will change fast, and those few will be the leaders.



- Change can lead to a crisis, which is stressful; or to a choice, which is also stressful; and staying the same creates the highest levels of stress! When you risk taking control of the changes around you, stress goes down as your strength and confidence goes up. Good trade.
- The size of the change shows the size of the problem that you have to deal with, and the size of the team needed to manage it. Big change can't be mastered by one person; and was never designed to be handled alone. That's why you have to ask for help when things are changing rapidly instead of slipping into silence.
- Most people run from change; leaders run toward it. They know that the courage required to run toward change is the down payment for the success they will experience on the other side of it..



- Move from frustration to fulfillment by changing your mindset about making the right choice in a difficult situation.
- Life is about change and change is stressful, as you press through the stress you will become strong.
- Every change involves a risk and the greater the change, the greater the risk. But great rewards require bold action, so take the risk to change and you will be boldly rewarded.

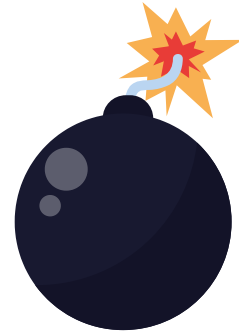


- The difference between a challenge or crisis is based on your perspective of the problem, the resources available to you and most importantly how well you respond to change.
- Making a positive change in your life today is going to be painful, but the long term payoff is powerful.



- Avoiding change doesn't make it go away, it makes it grow bigger and you still have to deal with it, so tackle it now, while it's small enough to manage.
- Change often forces you to face the things that you probably needed to face anyway.
- Change is hard, but not changing is always harder.
- Change will test you. How you react to the change determines if you pass to go to the next level of growth, which will require more change!
- If you face change you have a chance of making a difference. If you don't face it you never will and will likely let life pass you by.
- Every change involves a choice-face it and grow-or avoid it and get stuck. This is your chance to choke up or buck up!
- Be direct with change and you will take charge of your life.
- You can't control change, but you can control your reaction to it.

- An unexpected change feels like an explosion inside-it's stressful, scary and stretches you in ways you didn't anticipate. The end result of this process is strength as you stick with it.



- Surrender is the key to solve the anxiety of change, so learn to flow with change instead of fleeing from it or trying to fight it. Change your mindset about this process and you will just about eliminate worry and anxiety from your life. Since you cannot grow without changing- learn to master the change process early in life in order to achieve early success.



- The old saying "only the strong survive" is true- and real strength comes from facing the crisis instead of figuring out who to blame.

- Change reveals your weak spots that needed attention anyway; you just weren't aware of it. This is the greatest secret of change- pressure points the way to personal growth.
- If you face change you have a chance of making a difference. If you don't face it you never will and will likely let life pass you by.



- The process of life is changing incredibly fast, and that's stressful, but if you press through the stress, you will always gain strength and success.

- Leaders who say, “let’s wait and see” are really saying, “I’m too weak to express my opinion,” since “wait and see” usually means “wait and sink.”
- Every change involves a choice-face it and grow-or avoid it and get stuck. This is your chance to choke up or buck up!
- Life is changing at lightening speed. Change with it at lightening speed and you will find amazing success; wait for it and you’ll be left in the dust of those who took a chance and moved to a new level of success.
- Change is hard, but not changing is always harder.





Dwight Bain, LMHC, NCC

Dwight Bain helps people rewrite their story through strategic change as a counselor and coach. He is a trusted media source quoted by the New York Times, Washington Post, Investor's Business Daily, and has been quoted in over 20 books. Dwight is a lifelong resident of Orlando where he lives with his wife Sheila and an assortment of pets. Married 35 years, they always have suitcases packed for their next adventure together.

During times of high pressure, it is essential to automatically build mental wellness. There are common emotions and behaviors associated with stress that cause burnout. The same is true for wellness, there are emotions and behaviors that can identify how well a person is functioning. Use these categories to open conversations with others during stressful times.

How Mentally Well are you Functioning?

Select which words best describes your level of functioning today

- **Thriving (functioning at 100% maximum capacity)**
- **Meaningful / Flourishing / Fulfilled / Purposeful / Energetic**
- Strong / Empowered / Driven / Focused / Clarity
- Contented / Peaceful / Calm / Patient / Joyful
- Growing / Developing / Learning / Resilient
- Self-Aware / Insightful / Kind / Empathetic
- Comfortable / Stable / Accepting / Relaxed / Happy
- Disciplined / Motivated / Self-Controlled / Responsible
- Distracted / Struggling with Work-Life Balance
- **Stressed / Worried / Nervous / Pressured / Languishing**
- Moody / Irritated / Easily Annoyed / Frustrated / Angry
- Critical / Complaining / Blaming / Acting Irresponsible
- Weak / Exhausted / Depleted / Overwhelmed / Empty
- Anxious / Confused / Panicked / Fearful / Burning Out
- Attacking / Condemning / Infuriated / Blaming / Hostile
- Depressed / Wounded / Shattered / Despairing
- Self-Destructive Habits (*smoking, drinking, food, spending*)
- Addictions (*gambling, pornography, drugs, alcohol*)
- Illness / Somatic Illness / Despondent / Hopeless / Helpless
- Break with Reality / Delusions / Hallucinations / Rage
- **Self-Harm / Suicidal / Homicidal / Dangerous / High Risk**
- **Dying / Fading / Drowning (functioning at 0% capacity)**

“Mental health in the workplace is not a nice-to-have, it’s a must-have.” - US Surgeon General

Skills that reduce stress and increase resilient capacity after crisis.

“People are at their best – physically harder, mentally tougher, and spiritually sounder – after experiencing the same discomforts our early ancestors were exposed to every day. Scientists are finding that certain discomforts protect us from physical problems like obesity heart disease, changers, diabetes, depression and anxiety and even more fundamental issues like feeling a lack of meaning and purpose.” -Michael Easter, in “The Comfort Crisis”

Physical:

- Sleep, (7-9 hours)
- Sleep rituals- Same time to wake up and go to bed, avoid screens before bedtime
- Predictable daily schedule to manage time and not feel rushed
- Healthy Nutrition using meal prepping for portion control smart eating
- Intermittent Fasting or a Daniel Fast
- Hydration throughout day (*CDC recommends half your body weight in ounces daily for brain/body health*)
- Nutritional supplements or HBOT recommended by medical professionals
- Low impact exercise like Walking, Biking, Swimming, Yoga, Pilates or Stretching
- High impact exercise like Weight Lifting, Indoor Climbing, Cross-fit or Spin
- Deep breathing (**4x4**) to calm brain from ‘fight/flight’ reaction
- Experiment with aromatherapy or sound machines for relaxation
- Schedule time in a sauna, steam room, ice bath or soak tub to reduce pressure
- Relaxation routines- including scheduling a massage or taking an energizing nap
- Regular physical checkups, including bloodwork
- Medication, (*as prescribed by your physician*)

“When you give your body the best possible fuel, you have more energy, you’re stronger, you think more quickly.” – Michelle Obama

Mental and Emotional:

- Encouragement building exercises, especially photos of positive memories
- Laughter/Fun/Playtime with children, pets, friends, and family.
- Face and voice emotions like anger, anxiety, sadness, or apathy directly
- Journal out negative emotions to remove **FOG** (*Fear/Obligation/Regret*)
- Let go of painful memories and regret to leave the past behind
- Say **“NO”** to bad habits or time distractions that shred the benefits of calm and silence
- Talk through issues to get through issues, (difficult topics require high trust with someone)
- Reduce or remove negative news or rumors about the world that add pressure
- Identify and process hurtful emotions with a journal, or with a trusted friend
- Write letters to vent out disappointment, (*and then tear them up, never post!*)

“Write down 5 things you are grateful for every day. Focusing on gratitude helps calm the deep limbic or emotional areas of the brain and enhances the judgment centers.” - Daniel Amen, MD

Social and Relational:

- Face relationships openly by voicing your needs to others
- Learn the love language of those close to you and let them know yours
- Directly confront issues, especially in your closest relationships
- Connect with friends/family in new activities **without screens** being in the way
- Share your burdens with others or manage them in a journal
- Join a support group with people facing similar issues
- Utilize counseling supports, mental health Apps or EAP if you have access.
- Join a hobby group which involve healthy connections
- Set firm boundaries to prevent unhealthy demands from others
- Get involved with a cause you believe in – like animal rescue
- Seek and share comforting touch through hugs from pets and safe people

“Tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wilderness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life.” ~ John Muir, 1901

Behavioral:

- Daily planning time that fits your personality and energy level
- Utilize organizational planners for efficiency
- Unplug from technology by cancelling accounts or prolonged media fast
- Short term goals to boost confidence
- Daily hobbies for enjoyment- like gardening or listening to or dancing to fun music
- Reframe your thoughts for good by eliminating negative news or gossip
- Create daily activities for purposeful relaxation without the use of a screen
- Count your blessings instead of counting problems as daily practice
- Create a bucket list of lifetime goals and develop a plan to experience them
- Reading for relaxation or personal development
- “Pay it forward”* to do good for others with **ARK** (*Acts of Random Kindness*)
- Learn something new every day to boost brain health
- Take on a new challenge- like growing vegetables or learning to play an instrument
- Leave work stress at work and avoid working on screens during family time
- Take training courses to gain new knowledge and skills, like speaking Spanish
- Move and create motion every day, (*note the root word of emotion is motion!*)

“Exercise is the fountain of youth; it’s critical to keeping your brain vibrant and young. If you want to attack Alzheimer’s disease, depression, obesity, and aging all at once, move every day. Exercise directly fights depression, anxiety, heart disease, diabetes, and cancer.” -Daniel Amen, MD, The Brain Warriors Way Podcast

Spiritual:

- Meditate
- Read inspirational books and share what you have learned.
- Make prayer a regular part of your daily routine.
- Memorize scriptures that inspire and renew your mind.
- Listen to inspirational music.
- Follow the Golden Rule of doing unto others as you would have them do to you.
- Forgive those who have wronged you and forgive yourself.
- Attend spiritual classes to deepen your faith.
- Attend worship services with like-minded Believers.
- Remember, *“Things come to pass – not stay.”*
- Re-create spiritual peace in quiet places to refresh your soul.
- Build spiritual strength through meaningful experiences.
- Attend prayer vigils to experience greater community connection.
- Observe a day of quietness and rest.
- Volunteer to **serve others** and give back to the community.
- Get in touch with nature, especially in the sunshine.
- Find meaning in purposeful activities that add value to help others
- Visit a bike trail, park, lake, beach, or mountain trail to reflect on creation.
- Begin a Gratitude Journal to record the blessings you have experienced.

“Practiced regularly (twice a day), relaxation or meditation prevents angry arousal.” — Martin E. Seligman, PhD

These wellness coping skills are listed for educational purposes only and not intended as medical or clinical advice. Only a health care professional can make, diagnosis or recommend a clinical treatment plan.

M.D.A Response To Terror Attacks & Multi Casualties Incidents "The Israeli Experience"

GUY CASPI - EMT-P, M.E.M
MCI Chief Instructor
Director of HAZ-MAT Exercises and Operational Training, Department Operations Division
MAGEN DAVID ADOM IN ISRAEL
guyc@mda.org.il

Some Facts about Israel

- Established - 1948 (population 806,000)
- Area- 7,750 sq. mi.
- Population 1/23 - 9,656,000
(73.9% Jews, 21.1% Muslims, 21.1% Christians 1.5% Druze, 2.5% other)
- Urbanization 92.4%
- 26 General Hospitals:
 - Governmental
 - HF's
 - Other public
- 7 Level I Trauma Centers

©MDA ISRAEL guyc@mda.org.il

Main Players Emergency Response

©MDA ISRAEL guyc@mda.org.il

What We Do ...

The Israeli National E.M.S System.. and more

4
©MDA ISRAEL急救@mda.org.il


M.D.A In Numbers (2022)


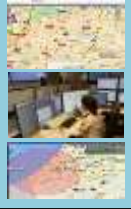


5
©MDA ISRAEL急救@mda.org.il

Chain Of Survival

©MDA ISRAEL急救@mda.org.il

C & C System Overview



Multi-Channel Information Influx	Automatic Resource Detection, Assignment and Dispatching	Multidisciplinary Decision Support System	Supervision, Support
			

©MDA/SRAIL, mada@mda.org.il

Emergency Preparedness



“It wasn't raining when Noah built the ark”
Howard Ruif



MDA Main tasks in Emergency events



 <p>Triage, Treatment And Evacuation Of Casualties</p>	 <p>Primary Distribution & Regulation Of Casualty</p>	 <p>Medical Command</p>
 <p>Secondary Casualties Relocation</p>	 <p>National Blood Reservoir</p>	 <p>Casualties Situation Report</p>

**Preparedness For
Emergency Scenarios**

EMERGENCY RESPONSE
מגמת אגודת רפואת המשטרה
תלמידי תואר ראשון
תלמידי תואר שני

- Integrated Doctrine
- Guidelines, SOP, Protocols
- Emergency Agencies Coordination
- Supervision & Monitoring

www.meds.org
EMERGENCY CARE UNIT

**Personal Protection
Equipment**

EMERGENCY RESPONSE
מגמת אגודת רפואת המשטרה
תלמידי תואר ראשון
תלמידי תואר שני

- Personal Protection Equipment
- Designated Gear, C & C Accessories
- Antidotes
O.P., Opioids, Cyanides

EMERGENCY CARE UNIT

Training and Education


EMERGENCY RESPONSE
מגמת אגודת רפואת המשטרה
תלמידי תואר ראשון
תלמידי תואר שני

- Combined Training Programs, Drills And Exercises
- Basic Training,
- Continues Education Programs

www.meds.org
EMERGENCY CARE UNIT

12

Training For M.C.I's & Terror Attacks



- Frontal lessons
- Practical practice
- Case Studies (incidents recordings/ video)
- Tabletop Exercise
- Video simulation
- Simulator
- Drills And Exercises

©MDA ISRAEL pmc@mda.org.il

The Threats



Terror

©MDA ISRAEL pmc@mda.org.il

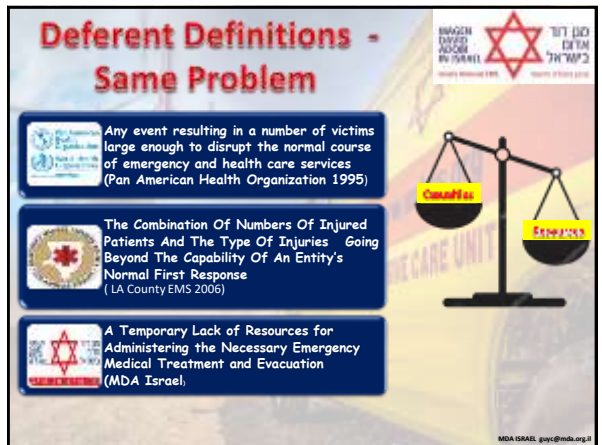
Explosion Scene



©MDA ISRAEL pmc@mda.org.il







Considerations ,Challenges & Difficulties

MANAGEMENT

SAFETY

URGENT HELP

Medical Ethics

Resources

Demands

"Scoop & Run"

"Stay & Play"

©MDA ISRAEL急救@mda.org.il

Regional Dispatch Center Activities:

- Gathering Information
- Do we Have a Situation ?
- Checklist Activation (SOP)
- Response
- Hospital Representative Activation
- Incident Situation
- Regulation & Dissemination Of Casualties
- Response To Routine Calls
- Secondary Casualties Relocation

©MDA ISRAEL急救@mda.org.il

Crews En Route

Staff Briefing

Personal Protection Equipment

Organizing M.C.I Equipment

©MDA ISRAEL急救@mda.org.il

First ambulance on scene

Scene evaluation - Safety, Situation

First report from the scene (sit-rep)

- What ?
- Where ?
- How many ?
- Routes of arrival
- Establish & Declaration of the incident medical Commander

Principle Of Command & Control

- Scene Evaluation
- Primary Report To Dispatch Center
- Incident Commander Declaration
- Joining Of Emergency Agencies Commanders On Scene
- Division Of Scene Into Sectors
- Team Activation To The Sectors

M.D.A Chain Of Command In M.C.I

The E.M.T on first M.D.A ambulance on scene

- Must take command

Paramedic On First A.L.S Unit

- Can decide to take command

Managerial staff

- Must take command

"Commander 10"

Crews Activity In The Sectors

- Locating The Casualties
- Removing Casualties From Danger Zone
- Triage & Life Saving Procedures
- Marking
- Report To Incident Commander



Triage

Daily Emergencies • Do the best for each individual.

M.C.I Settings • Do the greatest good for the greatest number.



The Israeli Approach

Primary Triage Hostile Environment
A B C Triage

IMMEDIATE

Hemorrhage Control
Check Airway
Check Berating

Mark

Move on to next patient

Primary Triage Disaster or collapsed Building
START Triage



Casualties Tagging

☆ Medical Documentation

☆ Triage For Treatment & Evacuation

©MDA ISRAEL急救@mda.org.il

Primary Round

- Each Medical Provider In His Sector
- Identify The Urgent Casualties
- Primary Assessment & Triage
- Life Saving procedures
 - Hemorrhage Control
 - Basic Airway Management
- Marking


©MDA ISRAEL急救@mda.org.il

Evacuation

- Continued Medical Care En Route
- Casualties Reassessment
- Destinations Determined By Regional Dispatch Center
- Casualties Distribution And Dissemination
- MDA Hospital Representatives

©MDA ISRAEL急救@mda.org.il


**Casualties Collection Point/
Staging Site /AMP
Advance Medical Post**



- Optimal utilization of resources
- Prolong Resources accumulation (personnel, ambulances)
- Unsafe scene
- Prolong incidents

Urban Vs. Rural


Secondary Round



- Prioritization Of The Urgent Casualties
- Secondary Assessment
- Completion of medical treatment(ABC)
- Casualties Body Temperature
- Medical Documentation (if not delaying evacuation)

©MDA ISRAEL急救@mda.org.il

Principle Of Command & Control



- Updating Dispatch Center
- Responding Agencies Coordination
- Definition Of Arrival & Evacuation Routes
- Evacuation Of Casualties
A. S. A. P.
- Staging & Treatment Site On Scene ???

©MDA ISRAEL急救@mda.org.il

After The Blast

- No Casualties On Scene?
- Deceased On Scene
- Back To Full Operational Ability
- Debriefing

©MDA ISRAEL info@mda.org.il

Debriefing

- ☆ Primary Data Collection
- ☆ Operational Debriefing
 - ❑ Debriefing Tool
 - ❑ No Finger Pointing >> procedures/SOP's **not** people
 - What we have done right? How?
 - What we have done wrong? Why?
 - What we have done right but can do Better ? And How ?
- ☆ Medical Debriefing
- ☆ Stress Debriefing

©MDA ISRAEL info@mda.org.il

מה למדנו??

(What Have We Learned ??)

©MDA ISRAEL info@mda.org.il

Take Home Message No 1

EGO EATS BRAINS

John Sinclair

EMDA ISRAEL
מגן דאָוִד אֲדוּמָה בְּיִשְׂרָאֵל
מרכז מדיקלי מודרני

Take Home Messages - Preparedness

- Doctrines, Operating concept, S.O.P
- Basic Training, Continues Education Programs, Combined Training Programs
- Drill - Drill - Drill

EMDA ISRAEL
מגן דאָוִד אֲדוּמָה בְּיִשְׂרָאֵל
מרכז מדיקלי מודרני

Take Home Messages- Dispatch

- M.C.I Checklist
- Who Make The Decision ?
- Technology , Communication
- Routine Calls

EMDA ISRAEL
מגן דאָוִד אֲדוּמָה בְּיִשְׂרָאֵל
מרכז מדיקלי מודרני

Take Home Messages - En Routh

Crew Briefing

M.C.I. Equipment

Personal Protection Gear

© MDA ISRAEL急救@mda.org.il

Take Home Messages - Incident Command

"Better **one bad** general than **two good** ones"

Commanders Identification

Chain Of command

Business Cred : NOT AT THE SCENE.....

Who Save Lives ? The "Market Force"

© MDA ISRAEL急救@mda.org.il

Take Home Messages - Scene Command & control

Managing Within The Chaos !

Should We Wait For The Bomb Squad ?

Reinforcement /Contingency Planes

Can We Get To The Scene **And Out**

© MDA ISRAEL急救@mda.org.il

Take Home Messages - Medical Care

Those Who Need Immediate Life Saving Procedures And **The Rest**

- Hemorrhage Kills
- Level Of Medical Escort , Equipment
- Patient in transport >> MCI Ended
- Evacuation Destinations By Dispatch center

©MDA ISRAEL pmc@mda.org.il

The slide features a Star of David logo in the top right corner with the text 'מגן דאָוִד אֶרֶץ יִשְׂרָאֵל' and 'מִדְּבַר מְבַרְכֵי עַמּוּת'.

Take Home Messages hospital Collaboration

- Combined Drills
- Hospitals Coordination & Notification
MDA APP, MDA Liaison Officer
- Self Evacuation
- Don't Bring The M.C.I to the hospital....
- Secondary Casualties Relocation

©MDA ISRAEL pmc@mda.org.il

The slide features a Star of David logo in the top right corner with the text 'מגן דאָוִד אֶרֶץ יִשְׂרָאֵל' and 'מִדְּבַר מְבַרְכֵי עַמּוּת'.

Take Home Messages - Debriefing

- Short Time After the Incident
- Primary Data Collection
- Operational / Medical, Written and Shared
- Stress Debriefing....

©MDA ISRAEL pmc@mda.org.il




The slide features a Star of David logo in the top right corner with the text 'מגן דאָוִד אֶרֶץ יִשְׂרָאֵל' and 'מִדְּבַר מְבַרְכֵי עַמּוּת'.







The Terrain



Magen David Adom **MDA** **Israel's National EMS**
Israel is under attack

Saturday, 10/7/23
'Simchat Torah'



Between 06:29 To 10:30 over 3,000 rocket, missile & mortars were fired toward Israel



Magen David Adom **MDA** **Israel's National EMS**
Israel is under attack

Saturday, 10/7/23
'Simchat Torah'



Black Sabbath - Hamas attacks
kibbutzim, villages and cities
IDF bases and outposts
Parties



Magen David Adom **MDA** **Israel's National EMS**
Israel is under attack



Some Figures of Oct. 7th


- ✧ **1,250~ murdered** (IDF spokesman, final number to be determined – identification, kidnapped 1,
- ✧ **1,112 Injured, 200 ~ in Critical condition** (Ministry of health 10/07 23:35),
- ✧ **10,763 Injured** (Ministry of health 12/12 0700)
- ✧ **242 ~ Kidnapped** (confirmed) - **138 Today** (12/13/23)
- ✧ **3 MDA members killed** , 2 seriously injured, 2 with minor injuries
- ✧ **9 Ambulances damaged**



Operational Thoughts.....

- ✧ **Preparedness**
- ✧ **The Reference Scenario Vs. reality**
- ✧ **The challenge of creating a common operational picture and the magnitude of the incident (how many casualties ? where are they ? what's next?)**
- ✧ **0 to 100 capacity & Operational flexibility**





Operational Thoughts.....(2)

- ✧ **Safety and Security of personnel – MDA teams treat casualties under fire**
- ✧ **Armored ambulances**
- ✧ **Dispatchers in the 'Front Line' – new situation : hide in place, can't sent response....**
- ✧ **Real-time coordination**



Medical Thoughts.....

- ✧ Injuries types – GSW & penetrating wounds, blast ,burns & smoke inhalation
- ✧ Prolong time between injury to care – no access to casualties...
- ✧ Massive evacuation by bystanders /security forces - no triage or medical care...



Medical Thoughts.....

- ✧ Besieged communities - ad hock casualties collection points
- ✧ "Stop The Bleed" – training and CAT saved lives
- ✧ Tranexamic Acid and FDP key elements in care Low Titer Whole Blood in air med units
- ✧ Evacuation destinations - primary distribution of casualties ??
- ✧ Psychosocial support for teams



The abducted

WE WON'T STOP UNTIL THEY'RE ALL BACK

#BringThemHomeNow



9-21-23 CFDMC Member Meeting

Attendees: See list below

Welcome and Housekeeping: Reginald Kornegay welcomed everyone and noted that the meeting is being recorded, reminded members to not place phones on hold, to use CHAT for questions, asked that those participating via webinar to put their name and organization into 'Chat' or if participating by phone, send an email to info.centralfladisaster.org with their name and organization. Reggie said Clint Mecham, Volusia County Emergency Manager, has been appointed to the Board, replacing Jim Judge who is retiring. Clint introduced himself and gave his background. Reggie also welcomed Dr. Mullen to the Board, representing Pharmacy. Shannon Ball gave a safety briefing.

Workplace Violence/Active Shooter Training: Deputy Akhil Patel and Sgt. Adam Huffman provided a briefing on active killers (see attached presentation). They encouraged all organizations to develop and practice a lockdown plan. Lynne reminded members that the annual active shooter drill was held on September 20th. A question was raised if it is best to play dead, and Deputy Patel responded that shooters sometimes shoot again to ensure death. He stated that it is best to band together and swarm the shooter if necessary. A question was raised about statistics on the mental health status of shooters. He advised that CDC is conducting this research and encouraged all to pay attention red flags and trust your instincts. Reggie thanked Deputy Patel and Sgt. Huffman for their presentation.

Self-Care Bingo: Lynda W.G. Mason led a Bingo game based on self-care activities. The winners will be provided with a gift card. Lynda encouraged all to use these self-care activities on a regular basis.

Hazards & Vulnerability Assessment: Eric Alberts facilitated a survey to seek member input on hazards, capability gaps and training needs. The survey will be sent out to all members on Friday but those who participated during the meeting should not complete it again. The data will be used to update the region's HVA.

Coalition Wrap-up:

- Other Announcements: Eric Alberts announced that Orlando Health has opened the first orthopedic hospital in Florida. It is located at their downtown campus and has 75 licensed beds. Michelle Rud announced that HCA Florida Osceola is opening a free standing emergency department at the Orlando Airport on October 2. HCA is also opening a free standing emergency department in Eustis.
- Next Meeting: Reggie reminded members that the annual conference will be held on December 12 & 13. The agenda and registration will be sent out by the end of September.
- Meeting Evaluation: Reggie reminded attendees to provide feedback on the e-survey that will be sent out later today.
- Reggie thanked Volusia Emergency Management for allowing us to use their facility and thanked all presenters. He thanked members for their participation.
- The meeting was adjourned at 11:42 a.m.

Attendees:

Jamal	Afrifa	Orange County Fire Rescue
Eric	Alberts	Orlando Health
Shannon	Ball	Volusia Emergency Management
Tawana	Bell	Brooks Rehab
Stacy	Brock	DOH-Indian River
Avi	Bryan	City of Altamonte Springs
Ashley	Bueche	Halifax Health
Hilliarie	Burgess	Hotzone
Joey	Burgess	Hotzone

Nathan	Carpenter	Brooks Rehab
Marcie	Carter	Aza Health
Georgianne	Cherry	DOH-Volusia
Chris	Colby	(Unknown)
Deborah	Collinge	DOH-Orange
Robert	Contreras	Health First
Beverly	Cook	CFDMC
John	Corfield	Orlando Health
Brody	Courtepatte	Grainger Healthcare
David	Crowe	DOH RERA
Ann	Culley	NHC Home Care - Merritt Island
Chris	Dorans	DOH-Volusia
Jemima	Douge	Poison Control
Lynne	Drawdy	CFDMC
Karen	Duncan	SMA Healthcare
Melissa	Ell	HCA Lake Monroe
Molly	Ferguson	Community Health Centers Orange County Office of EMS
Amanda	Freeman	Medical Director
Kristen	Garguilo	HCA
Erin	Gay	Surgery Center-Orlando
Rebecca	Hale	Halifax Health
Erin	Hicks	USF MPH Alumni
Matt	Huberty	Unknown
Adam	Huffman	Volusia Sheriff
Kelley	Jenkins	HCA FL Lawnwood
Amy	Johnson	AdventHealth New Smyrna Beach
Colin	Jones	SMA Healthcare
Eli	Jordan	DOH-St. Lucie
Chris	Kammel	Martin Fire/Rescue
Samantha	King	DOH-Seminole
Georganna	Kirk	Florida CHC
Aaron	Kissler	DOH-Lake
Reginald	Kornegay	VA
Mark	Krupa	Orlando Health Air Care Hospice of Okeechobee/Chapters
Kathleen	Leake	Health Hospice (St. Lucie/Martin)
Kathleen	Lyons	DOH-Brevard Volusia County Emergency
Clint	Mecham	Manager
Matt	Meyers	CFDMC
Jennifer	Mills	DOH-Lake
Valarie	Moore	DOH-Osceola
Sasha	Nelson	DOH HAI Prevention Program

Ana	Nieves	DOH-Brevard
Ihab	Osman	DOH-Orange
Akhil	Patel	Volusia Sheriff
Darian	Pearson	Brooks Rehab
Michelle	Rud	HCA FL Osceola & Poinciana
Kristen	Shinner	HCA FL Lake Monroe Trauma Dept.
Wayne	Smith	Davita
Breanne	Southwood	Haven Home Health
Clint	Sperber	DOH-St. Lucie
Karen	Street	DOH-Brevard
Wayne	Struble	Health First
Jordan	Subrya	Cleveland Clinic
Stephanie	Turner	Community Health Centers
Dylan	Van Rij W.G.	Select Medical
Lynda	Mason	Northland Church
Phil	Weiss	DOH-Martin
Lydia	Williams	DOH-St. Lucie
Makenzie	Williams	Vitas Healthcare



Member Meeting Agenda

Thursday, September 21, 2023 - 9 am to Noon
 Volusia County Emergency Management OPS Room
 3825 Tiger Bay Rd., Daytona Beach, FL 32124

or via webinar at

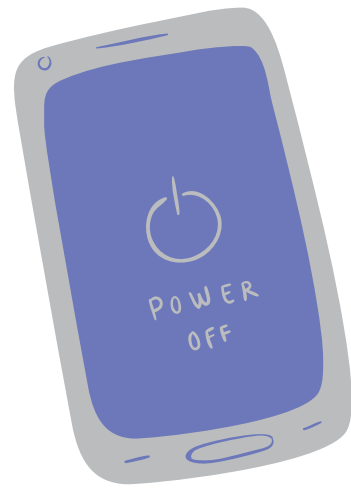
<https://us06web.zoom.us/j/83921489250?pwd=N0Z6SVdGVWFnQTZPQ3MwSkhTR25CUT09>

Meeting ID: 839 2148 9250

Passcode: 644155

Time	Topic
9:00 – 9:10 am	<p>Welcome & Housekeeping Reginald Kornegay, CFDMC Chair</p> <p>If virtual, please confirm your attendance by putting your name and organization name in the chat function, or by emailing your name and organization to info@centralfladisaster.org</p>
9:10 – 10:40 am	<p>Workplace Violence / Active Shooter Training Sergeant Adam Huffman, Volusia County Sheriff's Office</p>
10:40 – 10:55 am	<p>Self-Care Bingo Lynda W.G. Mason, CFDMC Executive Committee</p>
10:55 – 11:55 am	<p>2024 Hazard Vulnerability Assessment/Risk Analysis/Gap Analysis Eric Alberts, CFDMC Executive Committee</p>
11:55 - Noon	<p>Coalition Wrap-up: Reginald Kornegay</p> <ul style="list-style-type: none"> • Other Announcements • December Conference • Meeting Evaluation (e-survey following meeting)

SELF CARE BINGO



DRINK WATER	SPEND TIME WITH A PET	WRITE IN A JOURNAL	PRACTICE MINDFUL BREATHING	TAKE A WALK
TRY SOMETHING NEW	DO YOGA OR STRETCH	MEDITATE	SPEND TIME WITH A FRIEND	SLEEP IN ON THE WEEKEND
GET CREATIVE	SPEND TIME ALONE	FREE SPACE	GIVE YOURSELF A COMPLIMENT	MOVE YOUR BODY
EAT A HEALTHY SNACK	GO OUTSIDE	SMILE	TREAT YOURSELF	PRACTICE GRATITUDE
COMPLIMENT SOMEONE ELSE	STOP WORRYING	CREATE A BUCKET LIST	TAKE TIME TO RELAX	CHANGE YOUR SHEETS

9-21-23 HVA Instructions

Log-on: You can log-on to a computer, tablet or cell phone in one of two ways: **NOTE: This survey will only be open during the 9/21/23 Coalition meeting.**



Scan QR Code:

Or go to www.menti.com and enter this code: 3122 5634

Once you have logged onto the HVA, click on the Thumbs Up button to let us know you are on! If you cannot take the survey today, no worries! We will send the survey out to all members following today's meeting.

Throughout, once you have selected your response, click on Submit. To catch up to the next slide, click on Go To Slide.

Risk Assessment: For each hazard below, you will be asked two questions.

How likely is this hazard to occur in our region? Answer options: Not Likely to Occur, Possibility to Occur, Likely to Occur

Impact if the hazard does occur. Answer options: Low Impact, Moderate Impact, High Impact

Other risks: You will be given an opportunity to identify any other risks that were not included.

Agriculture (Exotic Pests and Disease)

Civil Disorder

Critical Infrastructure Disruption (Communications, Power, Utilities)

Cyber Attack

Disease / Pandemic Outbreak

Drought / Water Shortage

Earthquakes

Extreme Heat

Financial Collapse

Fires/ Wildfires

Flooding

Hazardous Materials (Fixed Site and Transportation)

Mass Gatherings/ Planned Events

Mass Migration/ Repatriation

Radiological / Nuclear

Severe Weather (Hail, Lightning,

Micro-bursts, Thunderstorms)

Sinkholes/Land Subsidence

Staffing Shortages

Supply Chain Shortages

Terrorism

Tornadoes

Transportation Accident (Aircraft, Rail)

Tropical Cyclones (Hurricanes,

Tropical Storms)

Violent Acts (Non-Terrorism)

Questions: We will ask you what you feel is the highest risk? The second highest risk? The third highest risk?

Gap Analysis: Healthcare coalitions are required to build and sustain the capabilities below. For each of these, please select one of the following options: No gap, a small gap, a medium gap, a large gap

Identify Risks and Needs

Train/Prepare the Healthcare Workforce

Ensure Preparedness is Sustainable

Develop & Coordinate Healthcare Response Plans

Develop & Coordinate Coalition Response Plan

Utilize Information Sharing Platforms/Procedures

Coordinate Response Strategy, Resources &

Communications

Identify Essential Functions for Healthcare Delivery

Plan for Continuity of Operations

Maintain Access to Non-Personnel Resources During Emergencies

Develop Strategies to Protect Healthcare Information Systems

Protect Responders Safety & Health

Plan for/Coordinate Healthcare Evacuation/Relocation

Coordinate Healthcare Delivery System Recovery

Plan for Medical Surge

Respond to Events Requiring Medical Surge

We will ask what you feel are the most important things the Coalition can do to address any gaps you identified?

We will ask what preparedness/response training needs your organization has?



Central Florida Disaster Medical Coalition (CFDMC) Member Meeting

September 21, 2023– 9 am to 12:00 pm

Note: Meeting will be recorded



- ▶ Please place your phone on mute when not speaking
- ▶ Don't place your phone on hold
- ▶ Use either computer audio and mic, or phone, not both – this can cause feedback noise
- ▶ Use the chat feature to raise issues or ask questions
- ▶ We may need to mute all lines. You can unmute yourself by clicking the microphone icon



Reginald Kornegay, 2023 CFDMC Chair

- ▶ Welcome & Announcements
- ▶ In person, please sign in
- ▶ For those on webinar, please submit your name and organization in chat.
- ▶ For those on the phone, please email your name and organization to info@centralfladisaster.org

Workplace Violence/Active Shooter

Sergeant Adam Huffman
Volusia County Sheriff's Office



Self-Care Bingo



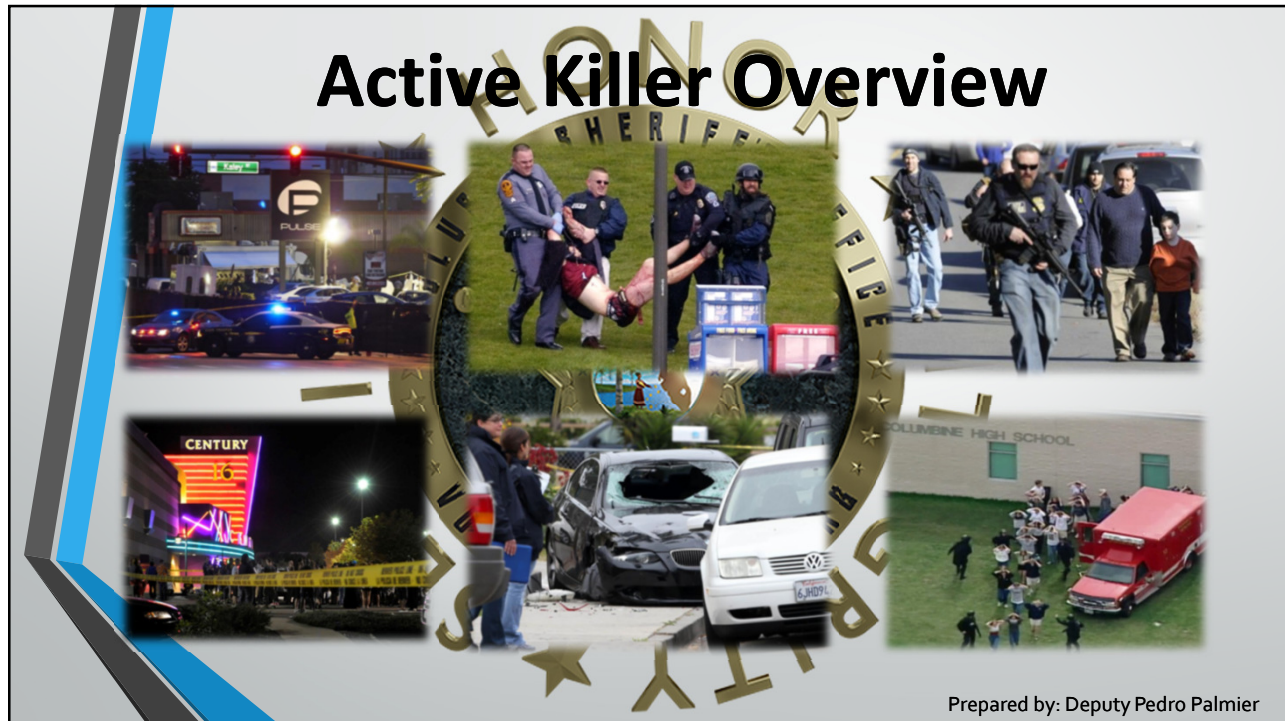
2024 Hazard Vulnerability Assessment

Eric Alberts, RDSTF5 Health & Medical Co-Chair
CFDMC Vice Chair



THE WRAP UP

- ▶ Questions?
- ▶ Other Announcements?
- ▶ Next Meeting: Annual Conference
December 12 & 13
- ▶ Don't forget your feedback!



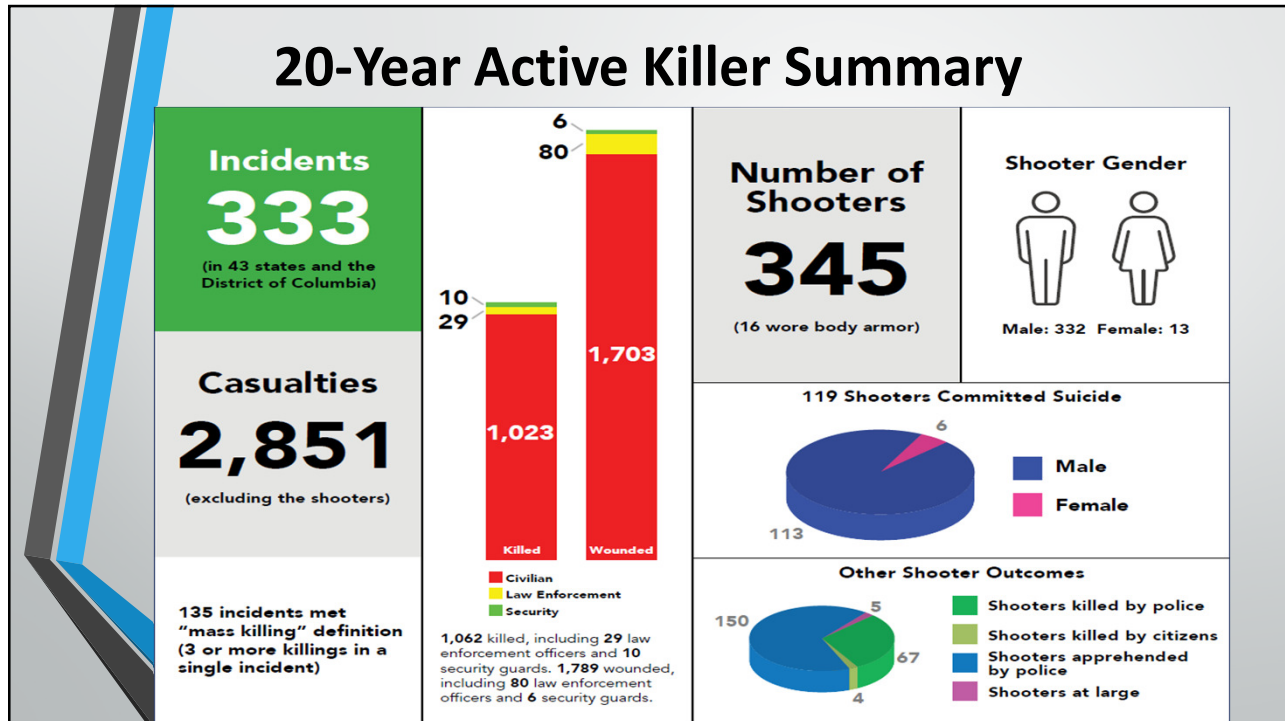
1

Active Killer Defined

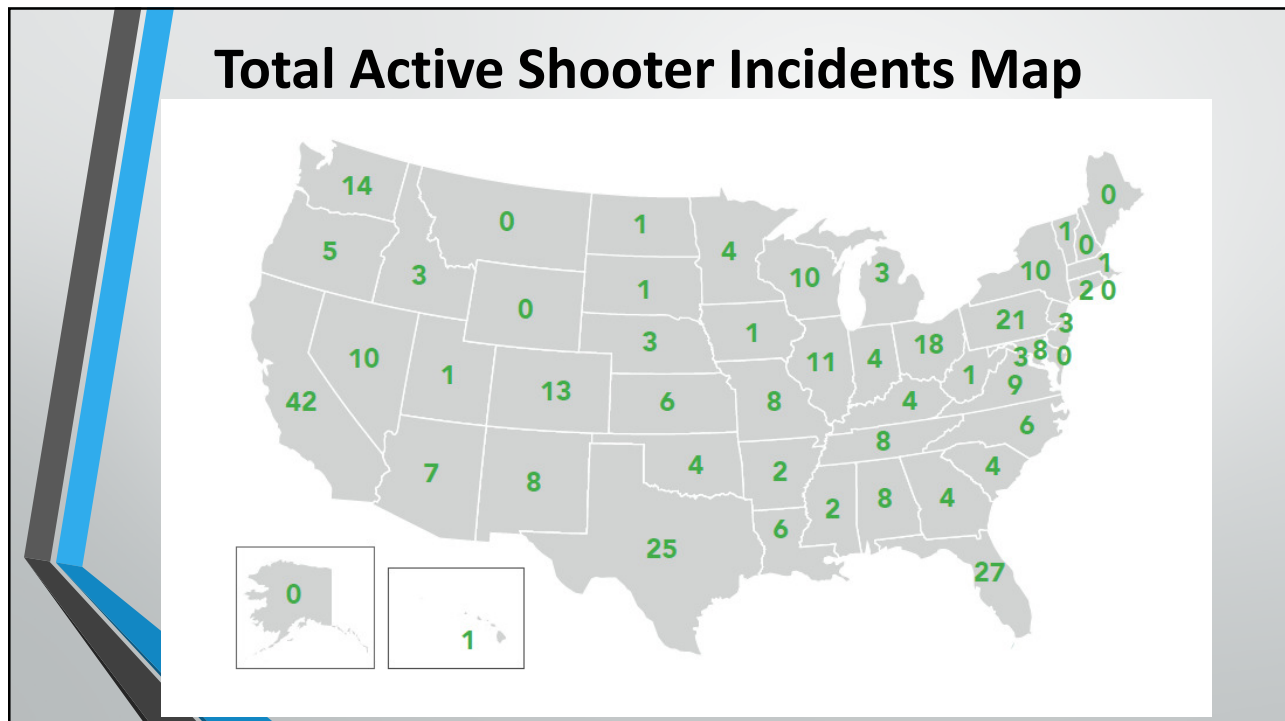
An active killer is an individual actively engaged in killing or attempting to kill people in a populated area.

This term was coined as a result of numerous incidents involving a subject or subjects with one common goal, the senseless act of killing innocent people at random.

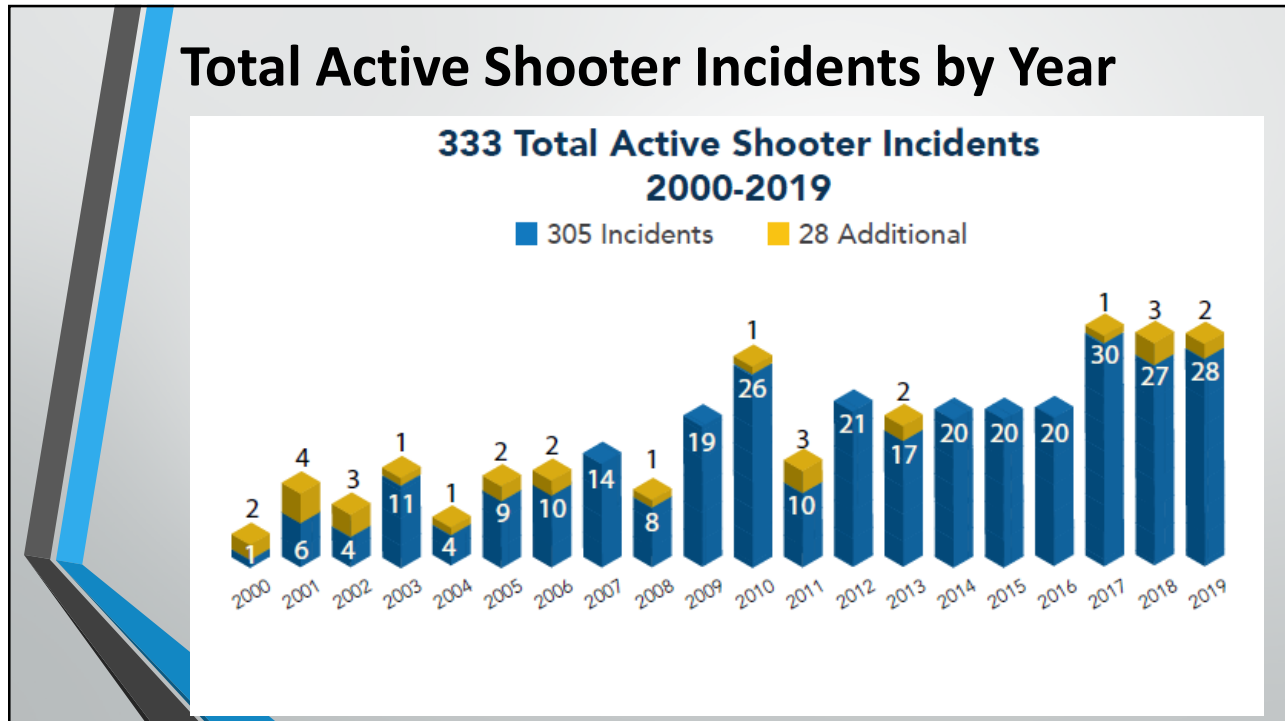
2



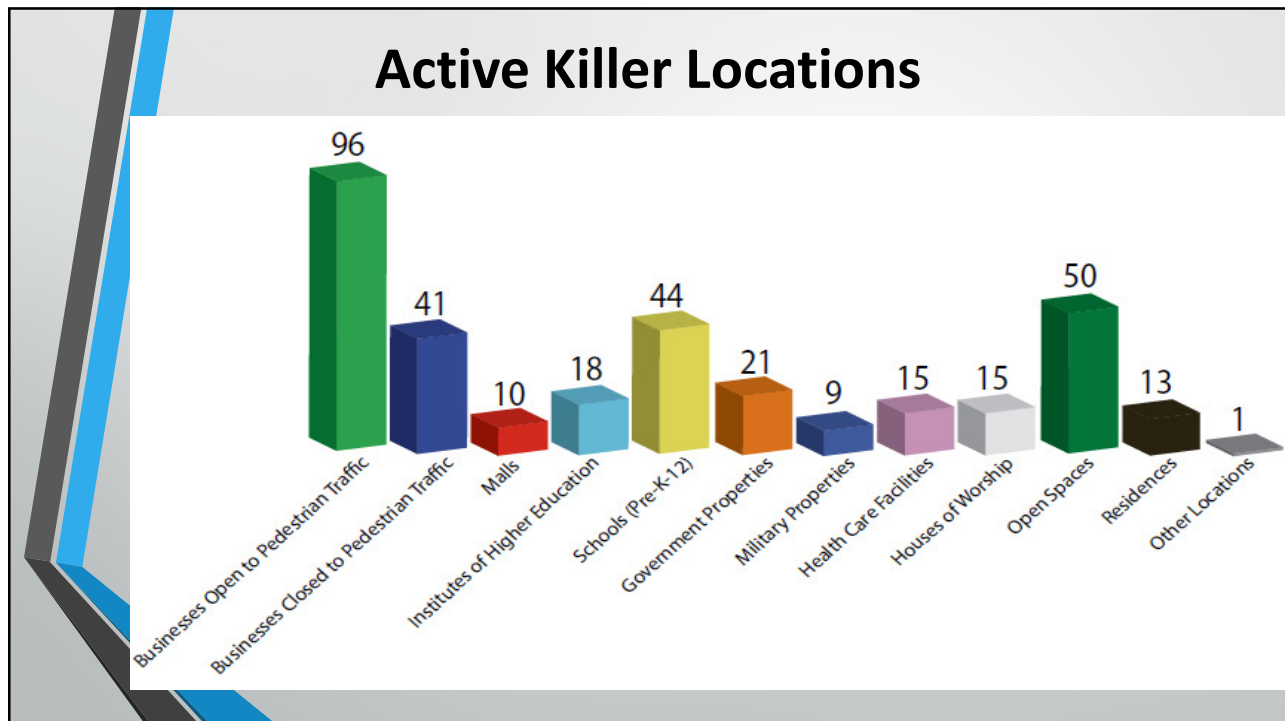
3



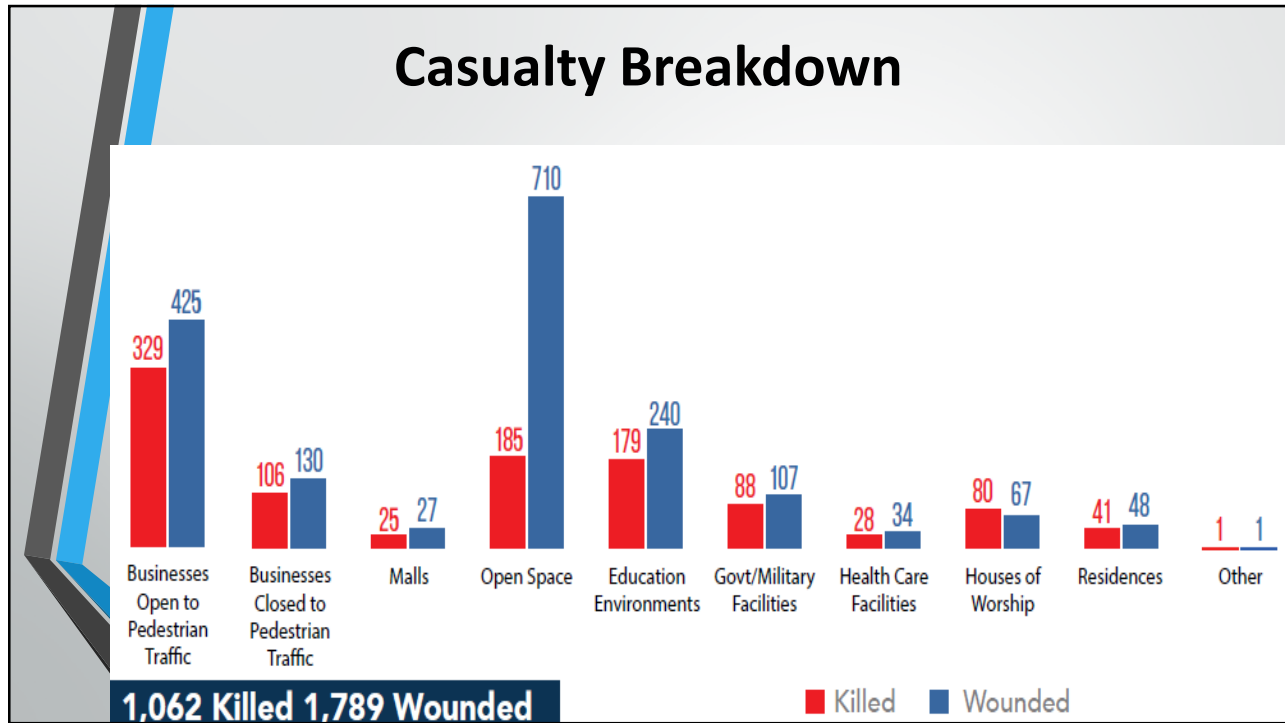
4



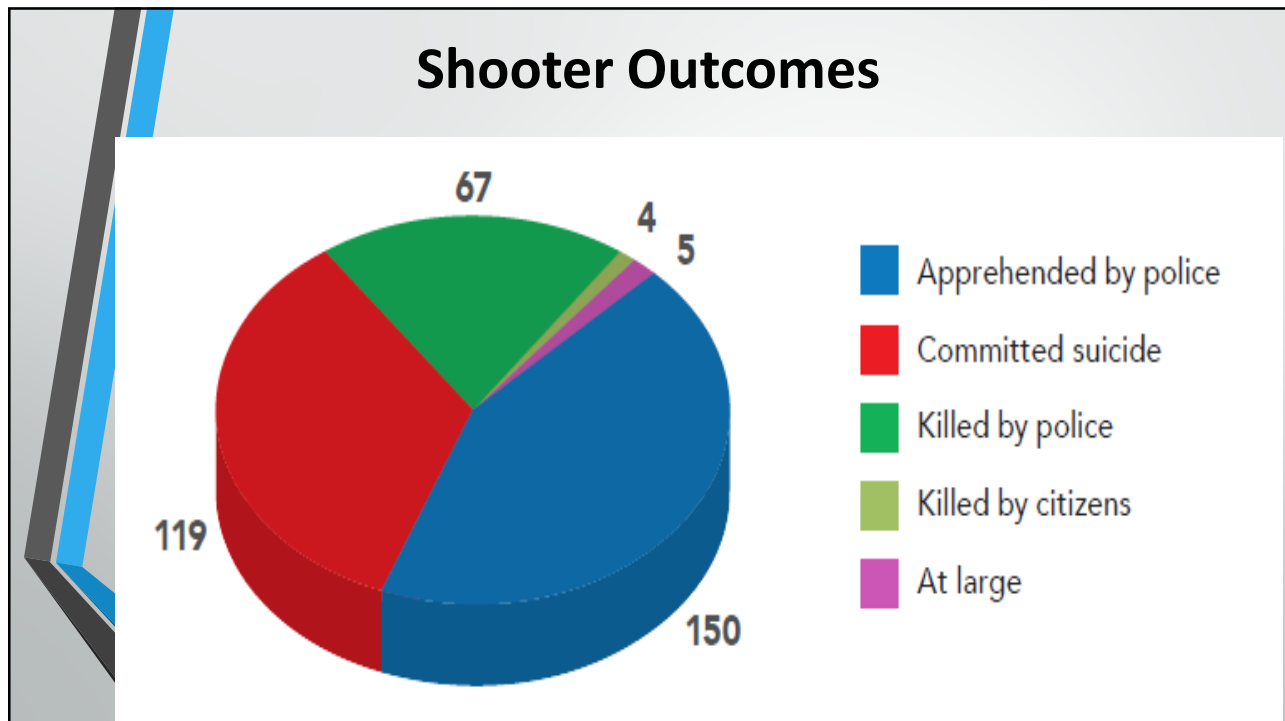
5



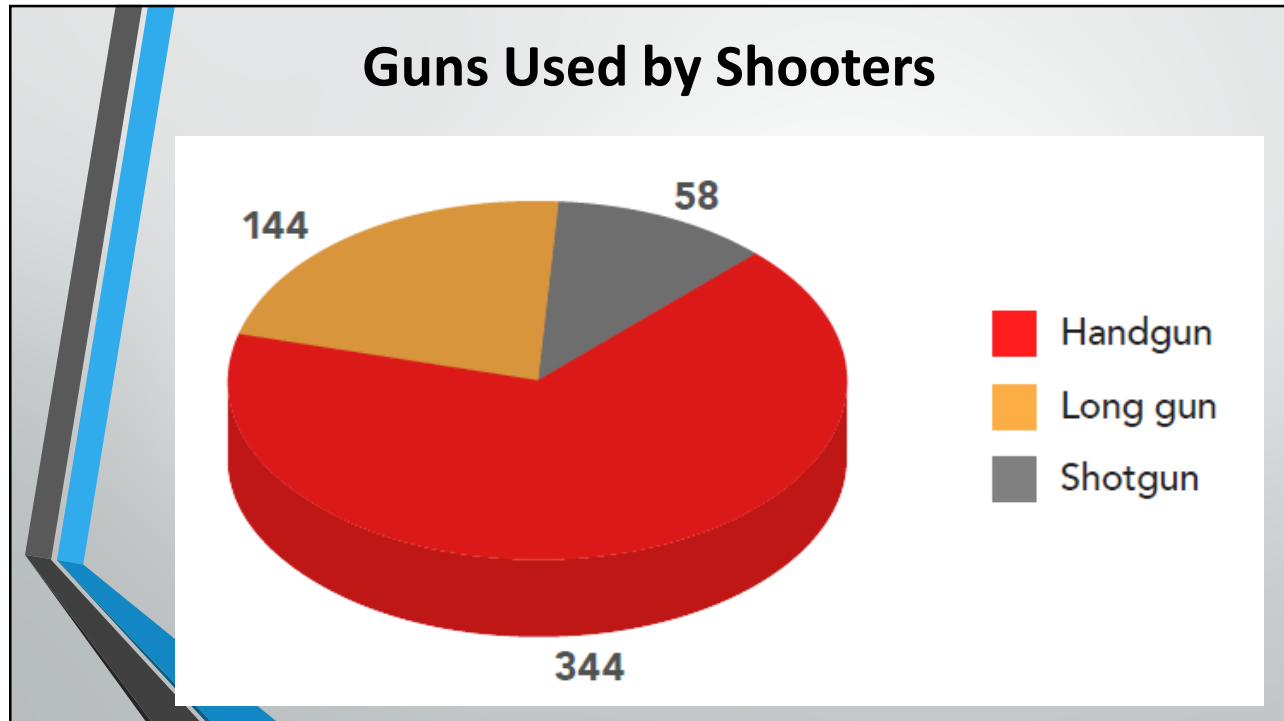
6



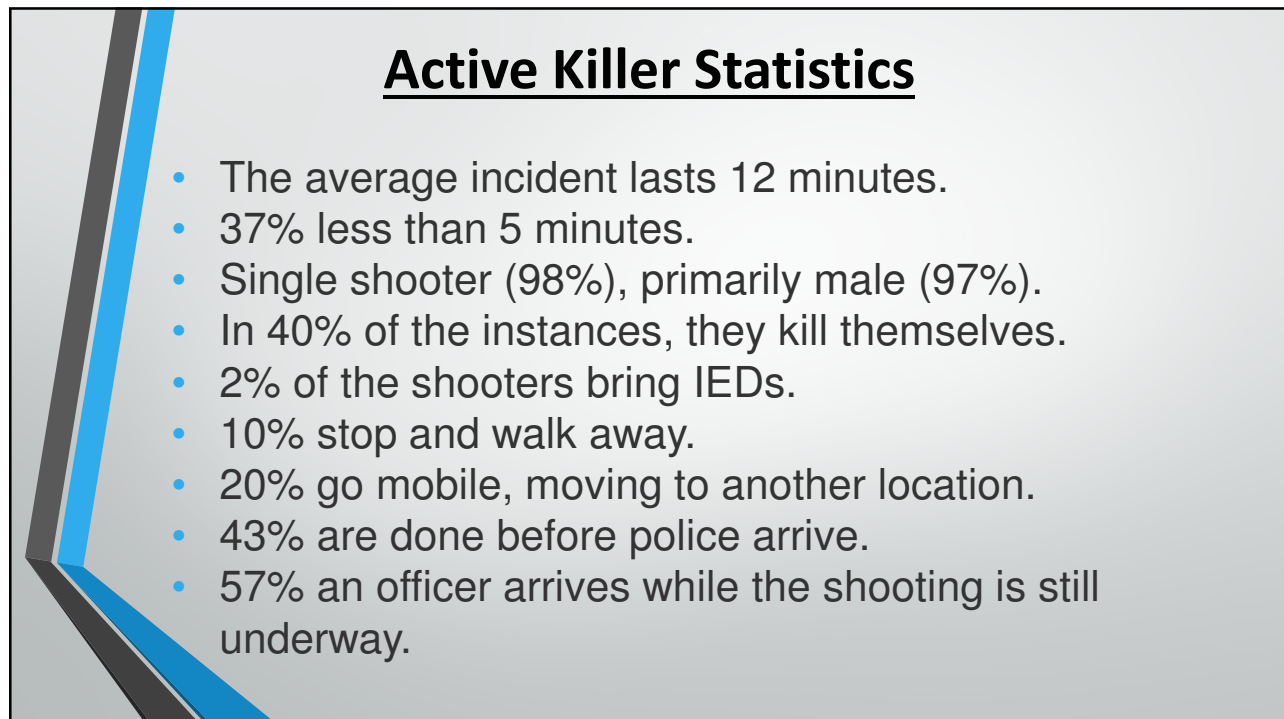
7



8



9



10

Active Killer Statistics

- The shooter often stops as soon as he hears or sees law enforcement.
- Patrol officers are most likely responding alone or with a partner.
- When responding alone, 75% had to take action.
- A third of those officers who enter the incident alone are shot by the intruder.

11

Key Considerations

- There is no one demographic profile.
- Many display observable preattack behaviors.
- Real or perceived grievance and violent resolution that moves from thought to research, planning, and preparation.
- Human bystanders generally represent the greatest opportunity for the detection and recognition of an active shooter prior to his or her attack.

12

Key Considerations

- Concerning active shooters, a person who makes a threat is rarely the same as the person who poses a threat.
- Successful threat management involves long-term caretaking and coordination between law enforcement, mental health care, and social services.
- Exclusionary interventions do not necessarily represent the end of threat-management efforts.
- Many potential active shooters who appear to be on a trajectory toward violence can be stopped.
- FBI's Behavioral Analysis Unit.

13

The 5 Phases of the Active Killer

- Phase One: Fantasy Stage
- Phase Two: Planning Stage
- Phase Three: Preparation Stage
- Phase Four: Approach Stage
- Phase Five: Implementation Stage



14

Phase One – Fantasy Stage

- The shooter pictures him/herself doing the shooting.
- Fantasize about the headlines they will receive and about the news coverage.
- Might draw pictures of the event and make social media postings.
- Often discuss their desires with friends and foes alike.

15

Phase One – Fantasy Stage

- If information about these fantasies is passed on to law enforcement, police intervention can take place prior to the suspect acting on them.

16

Phase Two – Planning Stage

- Decides the “who, what, when, where, and how” of his day of infamy.
- Will often put his plans down in writing.
- Will plan the time and location, or in some cases to target specific victims.
- Determine the weapons they will need and where they will get them.
- Decide how to travel to the target area and how to dress to conceal their weapons without arousing suspicion.

17

Phase Three – Preparation Stage

- Suspect may be obtaining gun powder for improvised explosive devices.
- May commit burglaries to obtain weapons and ammunition.
- May pre-position weapons and explosives.
- Active killers have been known to call friends and tell them not to go to school to keep them out of danger.

18

Phase Four – Approach Stage

- The approach stage is a very dangerous stage because the suspect has made his plan and decided to act.
- The closer to an event, the more dangerous it will be for anyone taking action.
- Contact with the Active Killer could come in the form of a citizen call or an investigative stop.
- A thorough investigation can still lead to the arrest of a suspect prior to the event taking place.

19

Phase Five – Implementation Stage

- Once the shooter opens fire, immediate action needs to be taken.
- Civilians need to follow the Run/Hide/Fight protocol.
- Law Enforcement needs to rapidly find the suspect and stop the threat.
- The suspect will continue to kill until he runs out of ammunition or victims.
- This suspect is fully dedicated to going for the “top score”, which is measured in number of kills. The more, the better.

20



21

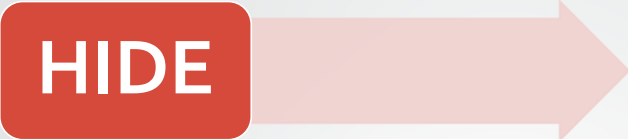
RUN →

If there is an accessible escape path, evacuate the premises.

1. Create (and keep) distance between you and the shooter.
2. Leave your belongings behind.
3. Help others escape, if possible.
4. Prevent individuals from entering an area where the active shooter may be.
5. Keep your hands visible.
6. Follow the instructions of any police officers.
7. Do not attempt to move wounded people.
8. Call 911 when you are safe.

22

22

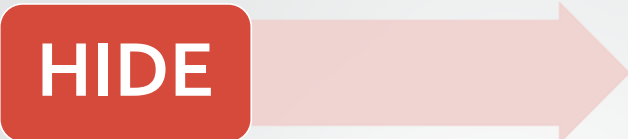


HIDE

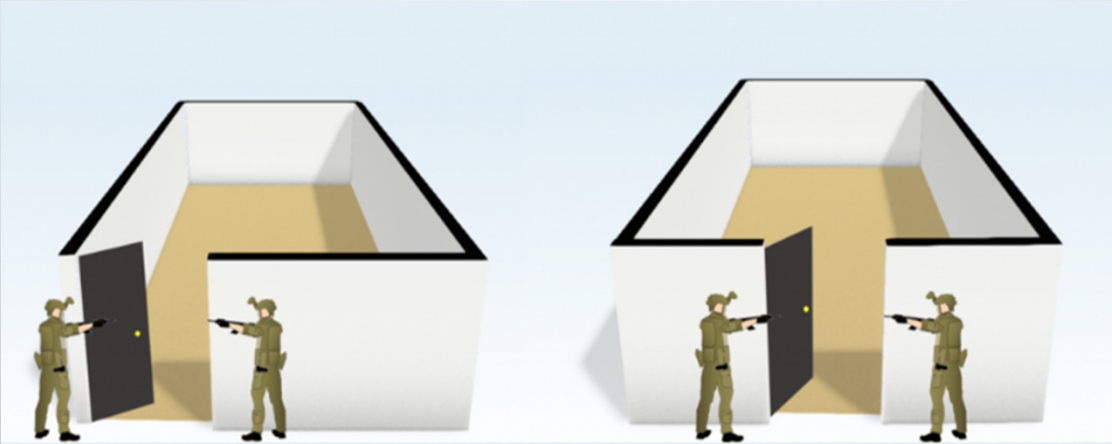
If evacuation is not possible, find a place to hide.

- Lock doors, if possible.
- Block doors/passageways with whatever you can find.
- Have a plan for escape.
- Silence your cell phone.
- Turn off any source of noise (i.e., radios, televisions).
- Hide behind large items (i.e., cabinets, desks).
- Remain quiet and try to remain calm.
- Dial 911, if possible, to alert police to the active shooter's location.
- If you cannot speak, leave the line open and allow the dispatcher to listen.

23




HIDE



CORNER FED ROOM

CENTER FED ROOM

24




FIGHT

As a last resort, and only when your life is in imminent danger, fight.

- Speed, surprise, violence of action.
- Use improvised weapons (staplers, forks, anything that will hurt).
- Be aggressive and commit to your actions.

25

25



DO YOU HAVE

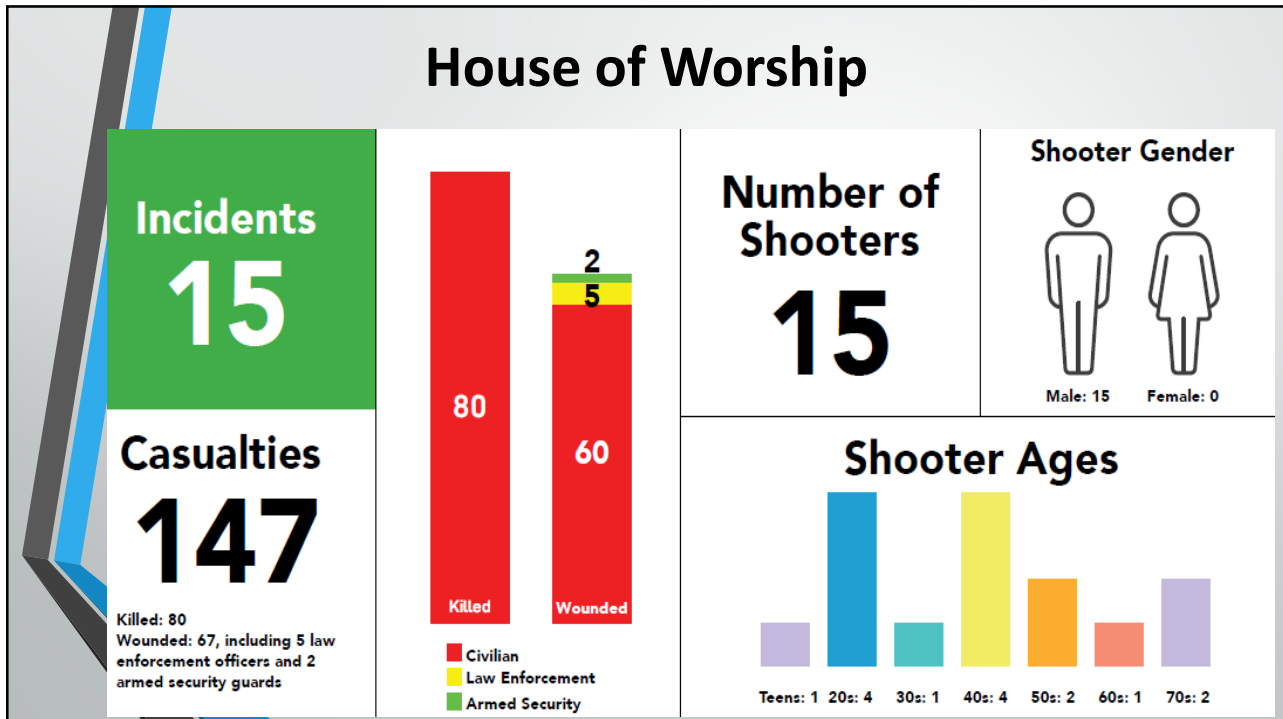
A PLAN IN PLACE?

26

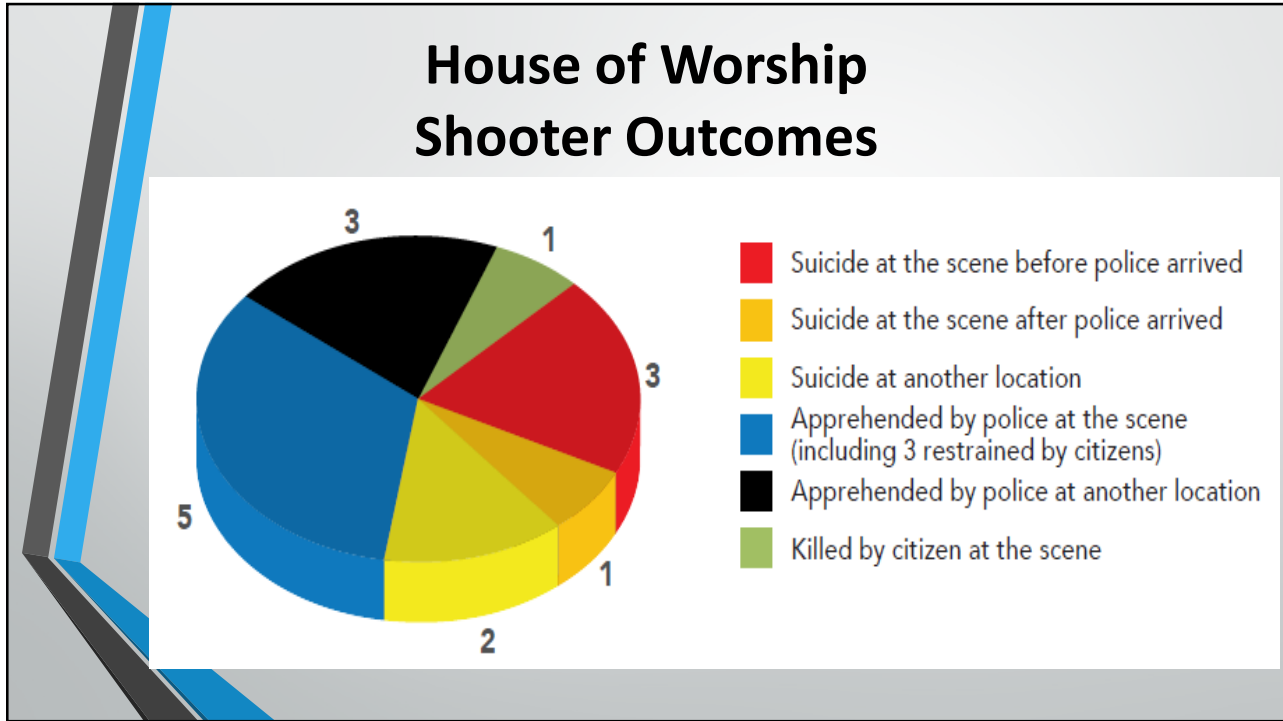
26



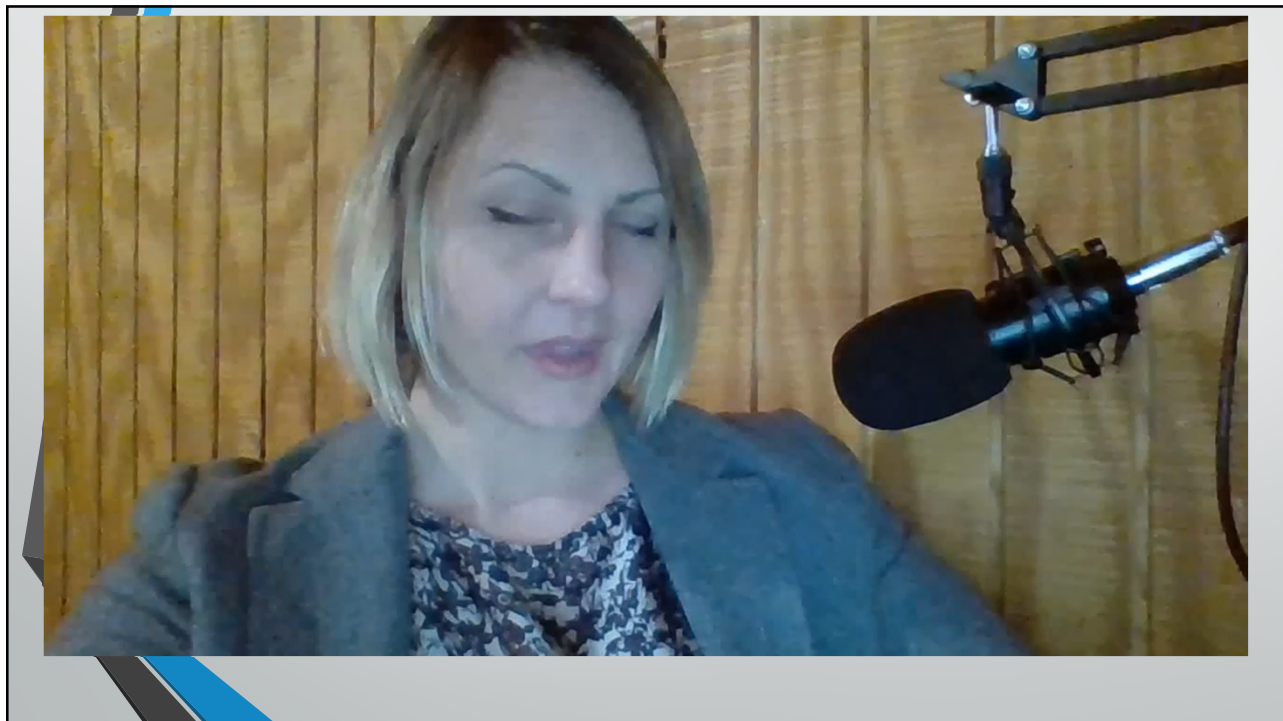
27



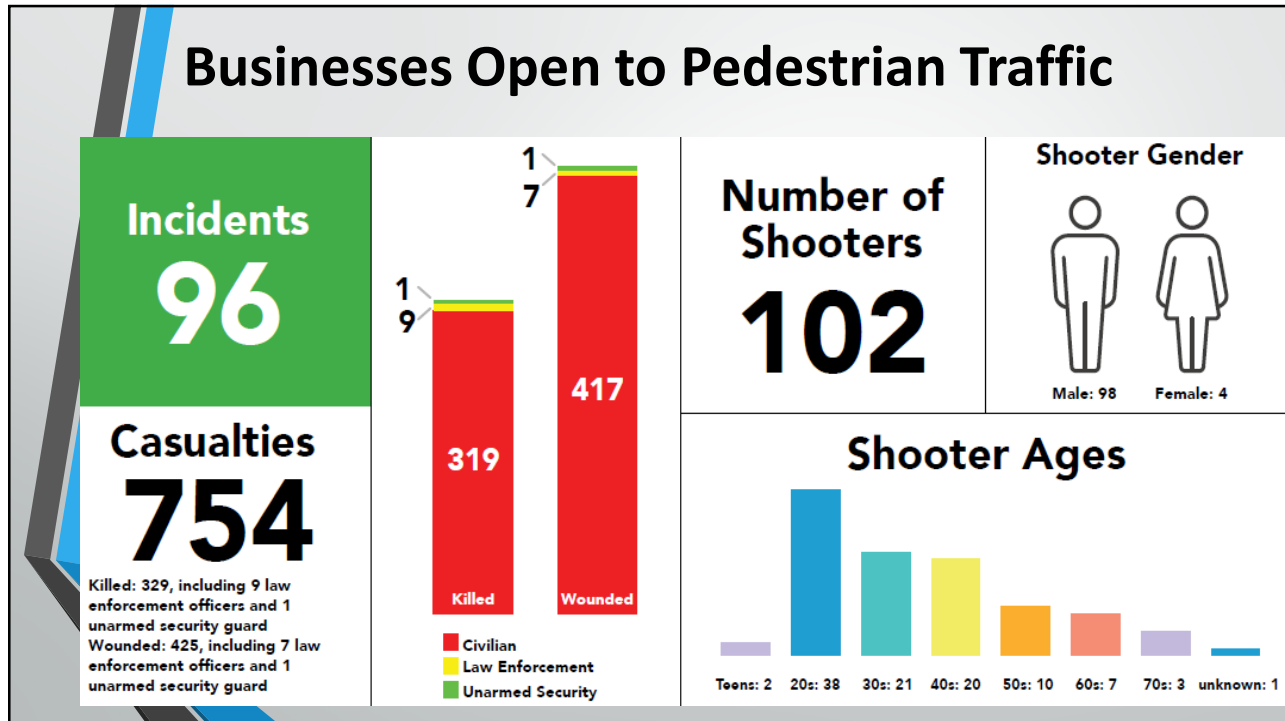
28



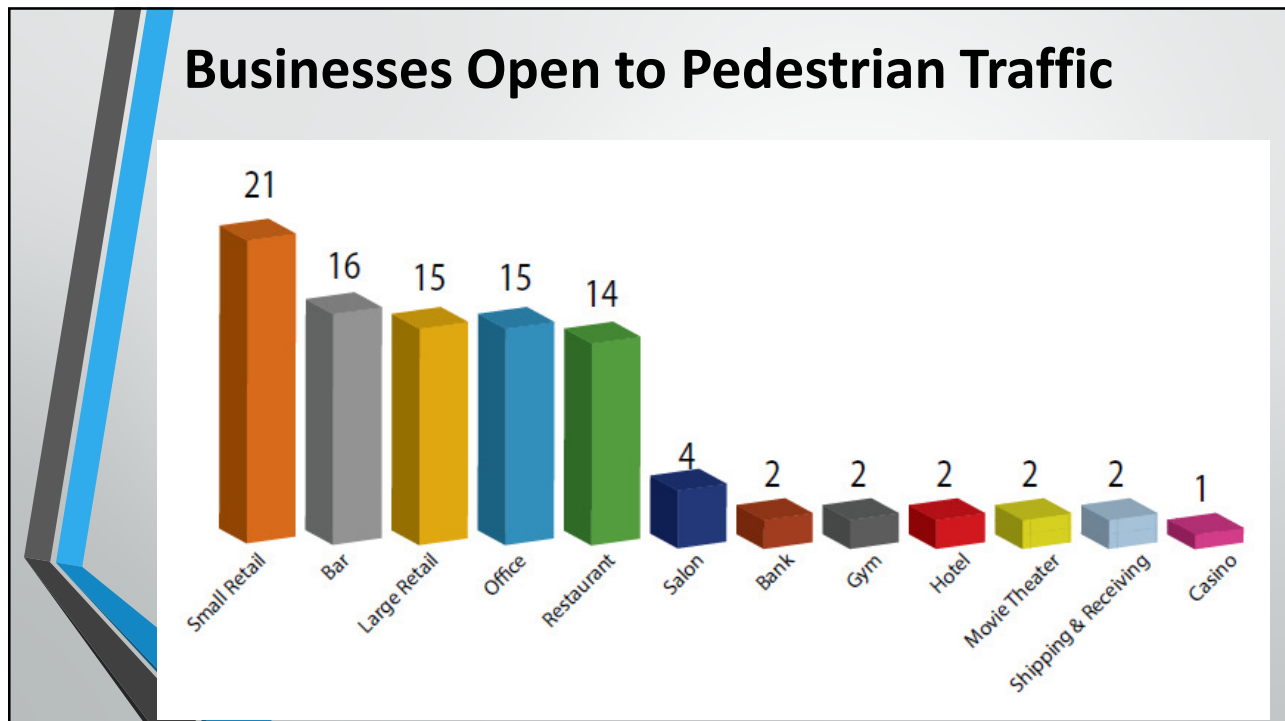
29



30

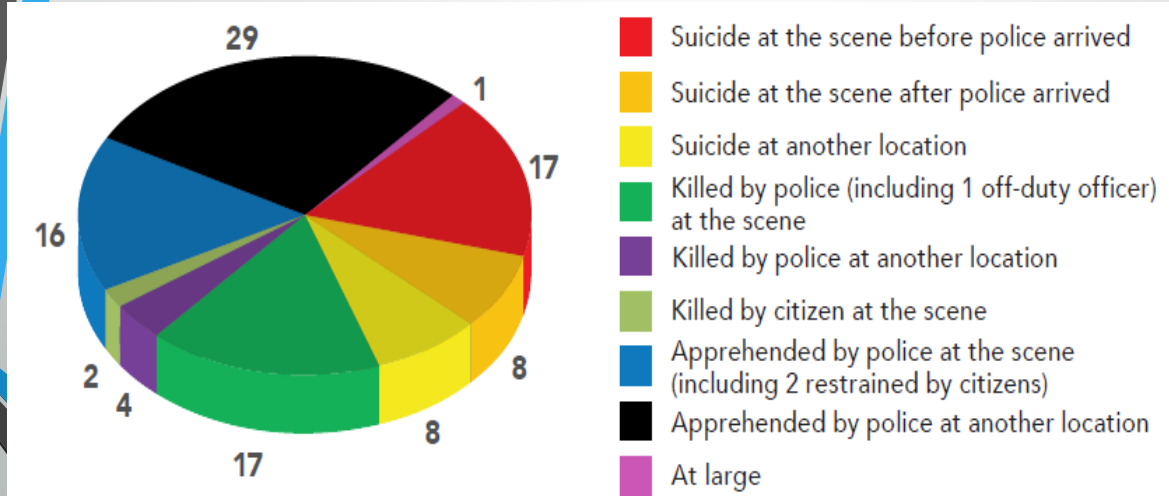


31



32

Businesses Open to Pedestrian Traffic Shooter Outcomes



33

Aurora, CO Century 16 Movie Theater July 20th, 2012


- Killer used tear gas and opened fire during a screening of *The Dark Knight Rises*.
- 12 people killed.
- 58 others injured.



34

Pulse Nightclub, Orlando June 12th, 2016

- 49 people killed.
- 53 wounded.



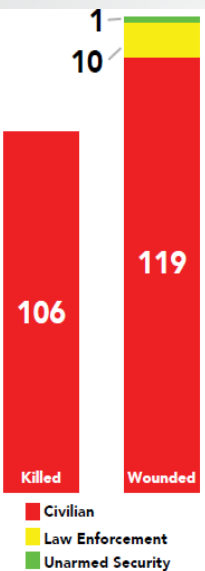
35

Businesses Closed to Pedestrian Traffic

Incidents
41

Casualties
236



Killed: 106
Wounded: 130, including 10 law enforcement officers and 1 unarmed security guard



Category	Count
Killed	106
Wounded	119
Law Enforcement (Wounded)	10
Unarmed Security (Wounded)	1

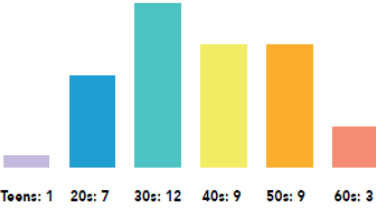
Number of Shooters
41

Shooter Gender

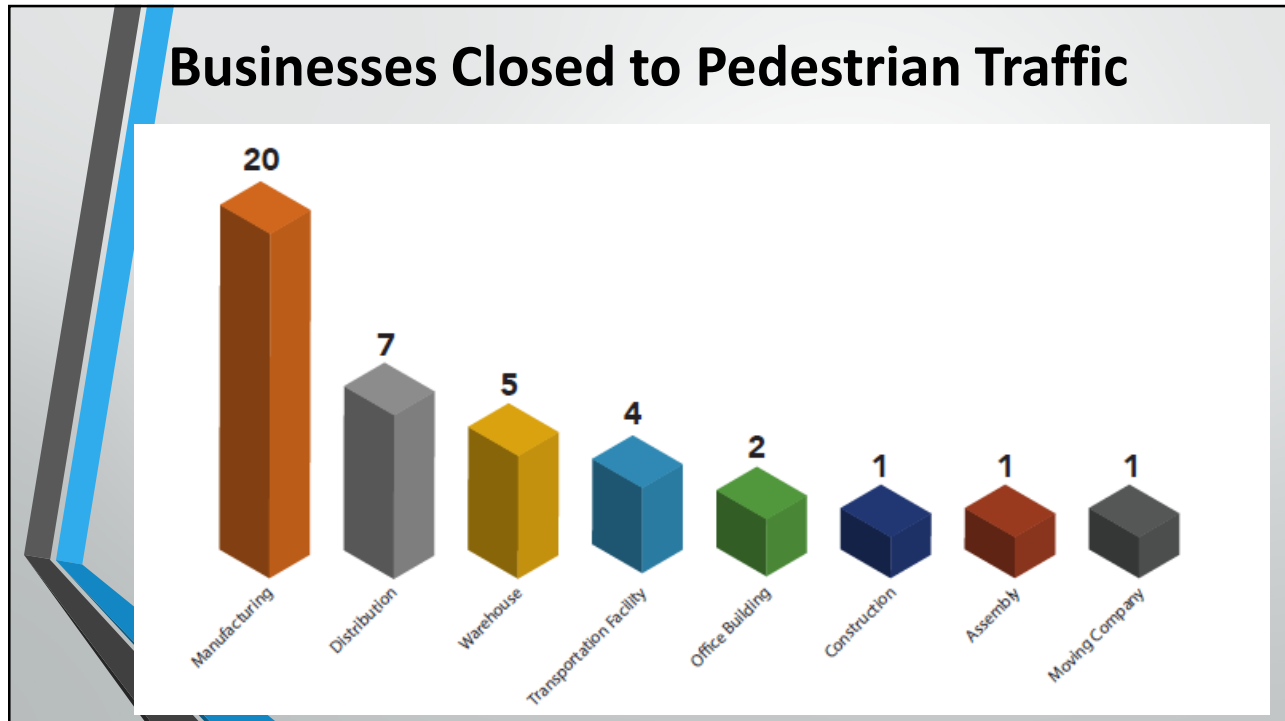
Male: 36 Female: 5

Shooter Ages

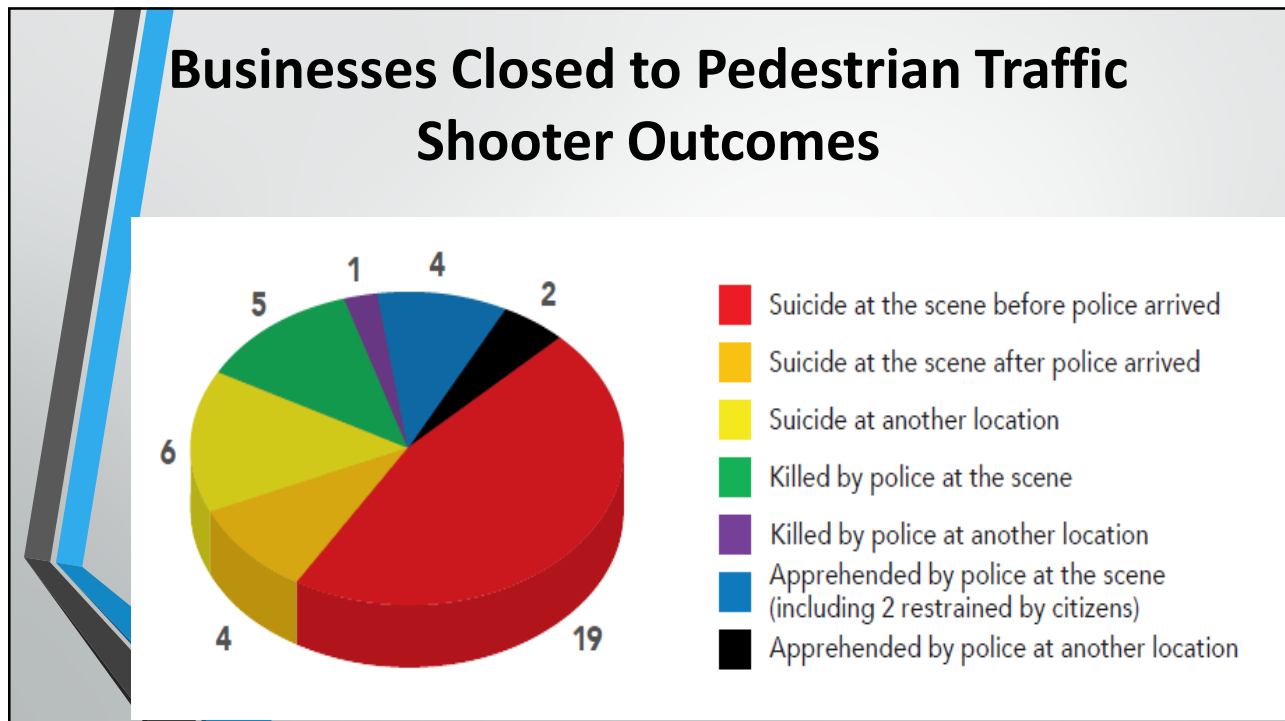


Age Group	Count
Teens	1
20s	7
30s	12
40s	9
50s	9
60s	3

36




37



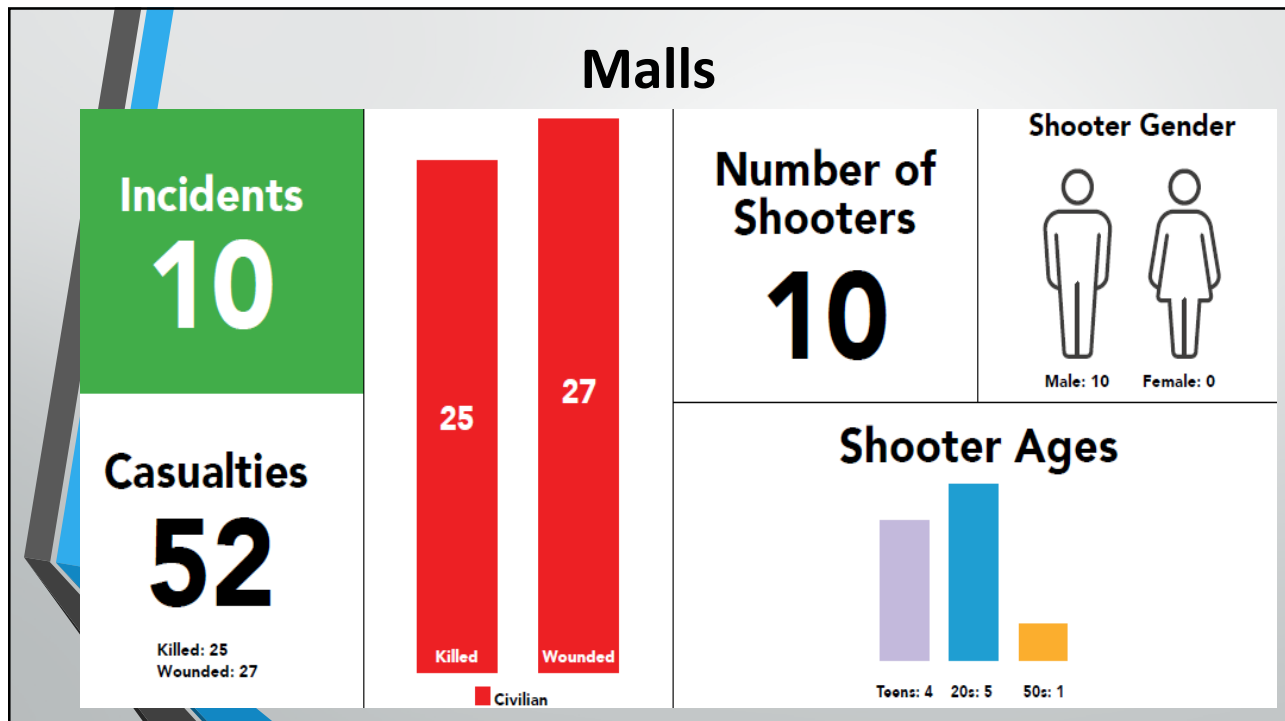
38

Goleta Postal Facility, Goleta, CA January 30th, 2006

- 7 people killed.
- Female shooter then committed suicide.

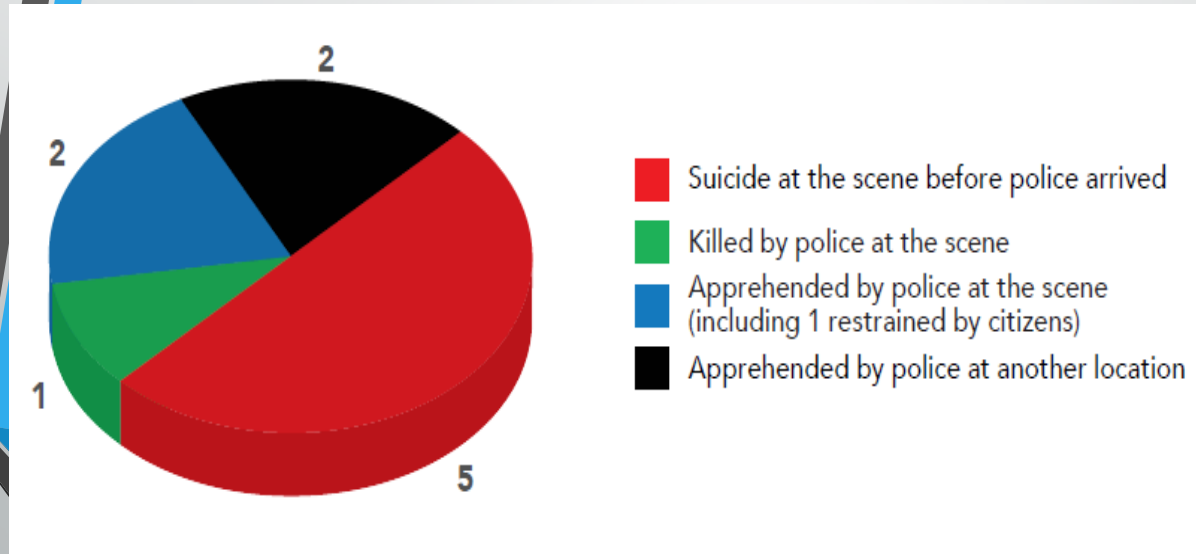


39



40

Malls – Shooter Outcomes



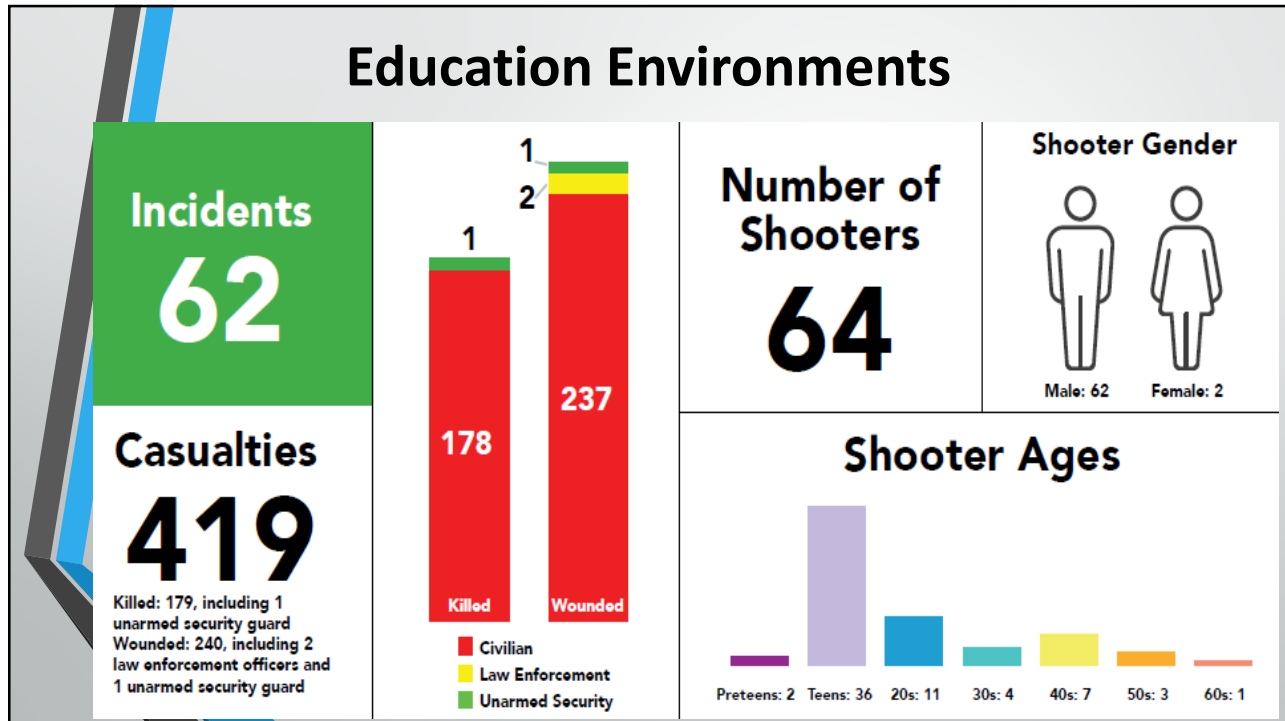
41

Greenwood Park Mall, Greenwood, IN July 17th, 2022

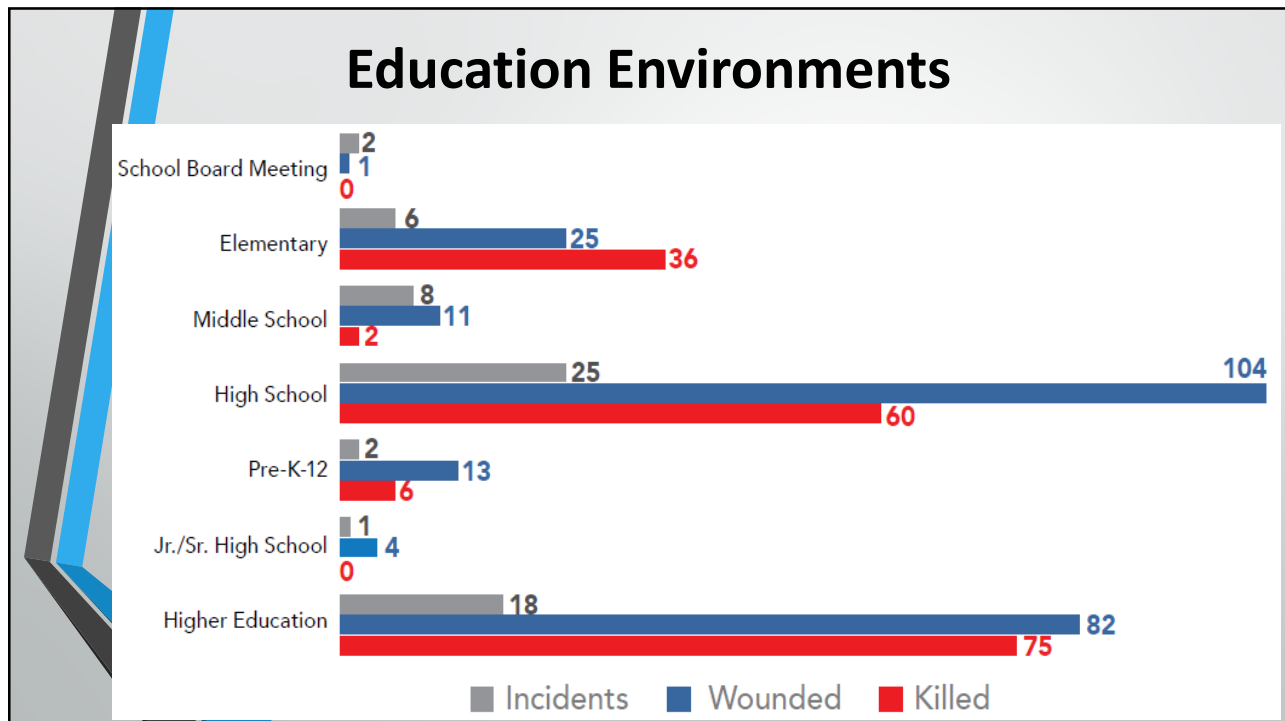
- 3 people killed, 2 injured.
- Shooter killed by armed civilian.



42

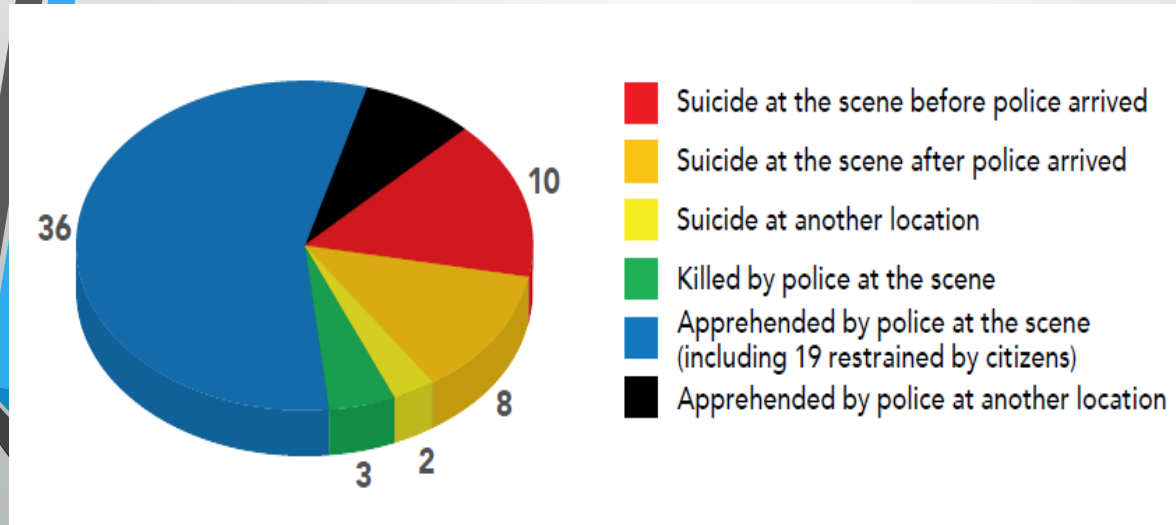


43



44

Education Environments Shooter Outcomes



45

Columbine High School April 20th, 1999

- 16 minutes
- 13 people killed
- 21 wounded



46

Sandy Hook Elementary, Newtown, CT December 16th, 2012

- 20 children and 6 adults killed.
- 10 minutes.



47

Virginia Tech April 16th, 2007

- 32 people killed
- 25 wounded
- Two separate attacks approximately two hours apart.



48

Marjorie Stoneman Douglas H.S., Parkland February 14th, 2018

- 17 people killed.
- 17 wounded.
- Didn't shoot anyone he didn't see.

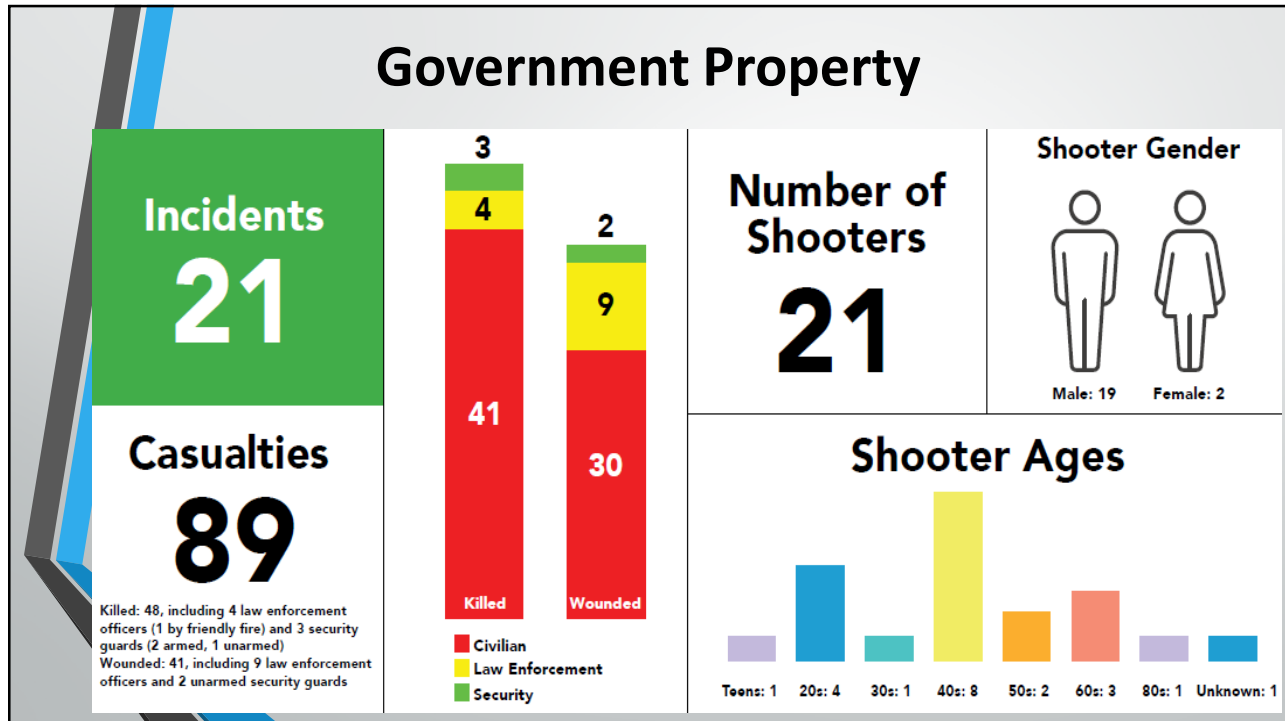


49

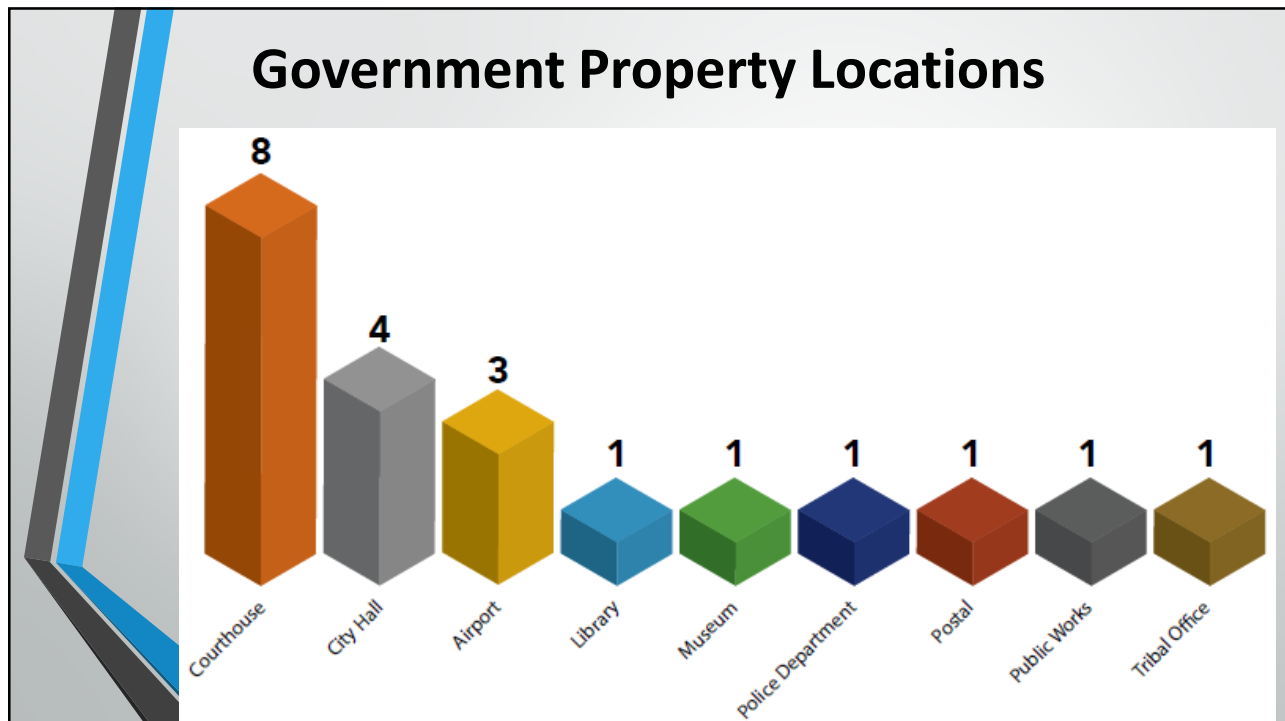
**DURING A MARJORY STONEMAN
DOUGLAS HIGH SCHOOL PUBLIC
SAFETY COMMISSION MEETING,
THE BROWARD SHERIFF'S OFFICE
PRESENTED THIS CHILLING
ANIMATION.**



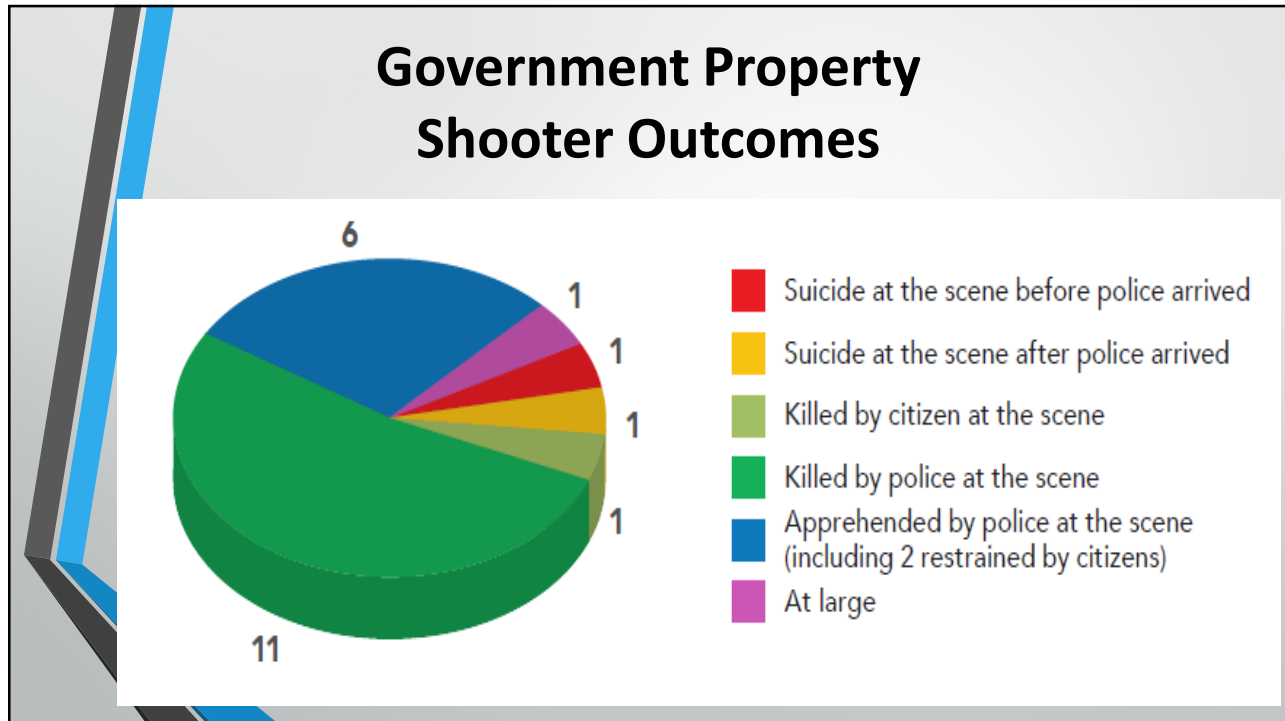
50



51



52

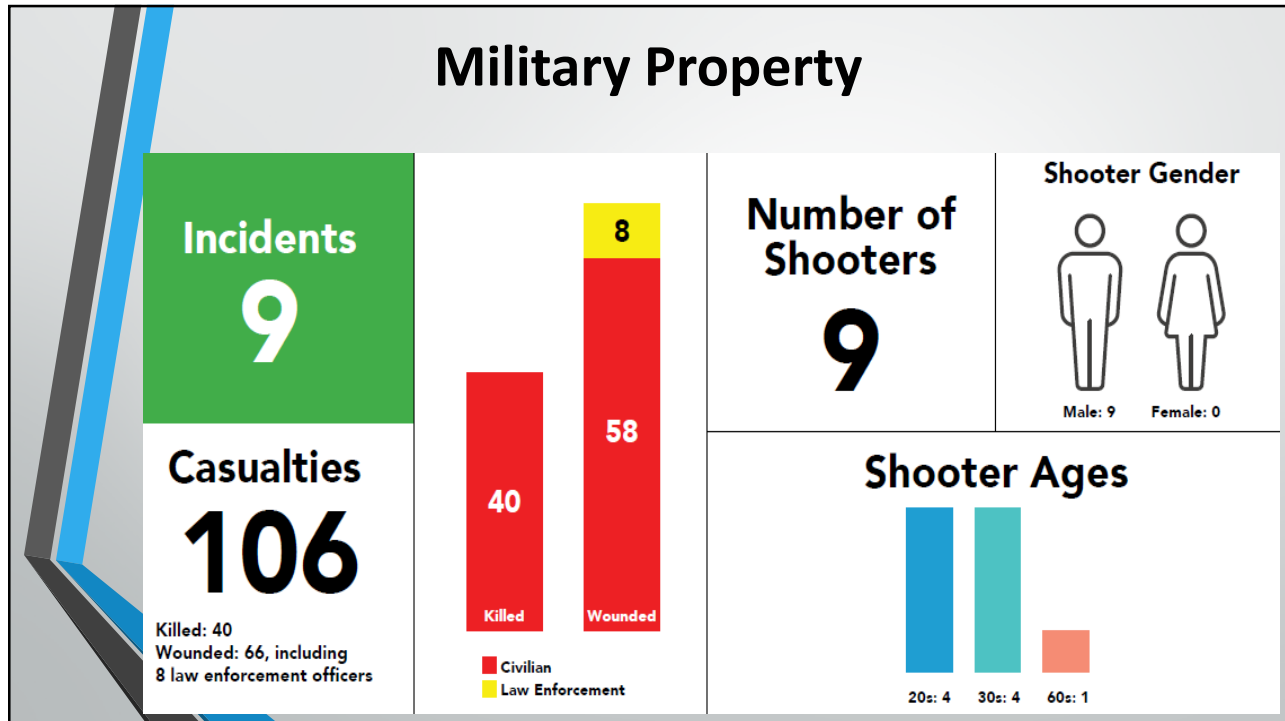


53

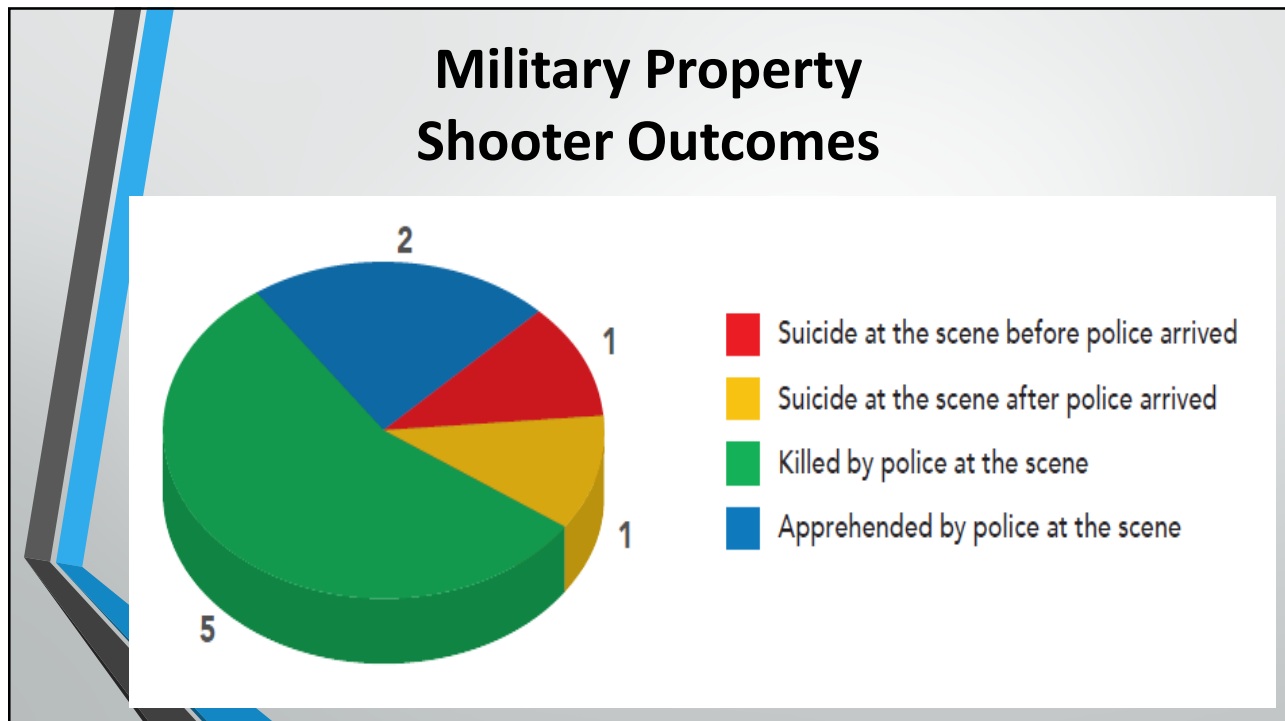
Virginia Beach Municipal Building, VA May 31st, 2019

- 12 people killed.
- 5 wounded, including a police officer.
- Killed by LEO.

54




55



56

Fort Hood, TX November 5th, 2009

- 13 people killed, over 30 wounded.
- Shooter possibly linked to Yemen terrorist organization.



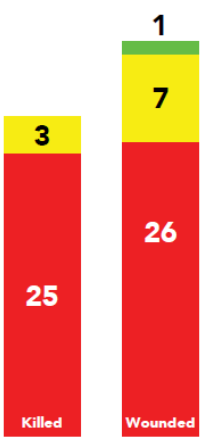
57

Health Care Facilities

Incidents
15

Casualties
62



Killed: 28, including 3 law enforcement officers
Wounded: 34, including 7 law enforcement officers and 1 unarmed security guard



Category	Killed	Wounded
Civilian	25	26
Law Enforcement	3	7
Unarmed Security	0	1

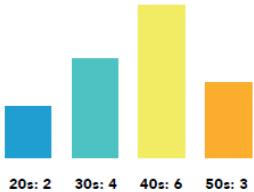
Number of Shooters
15

Shooter Gender

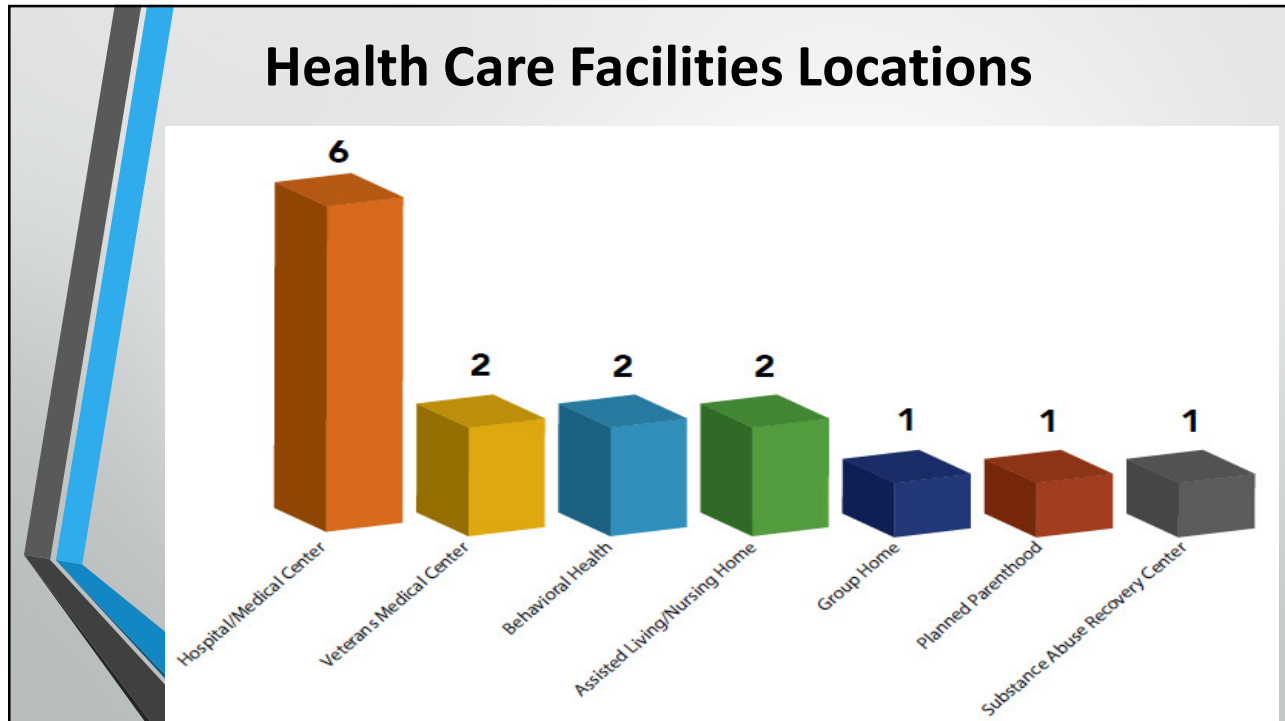
Male: 15 Female: 0

Shooter Ages

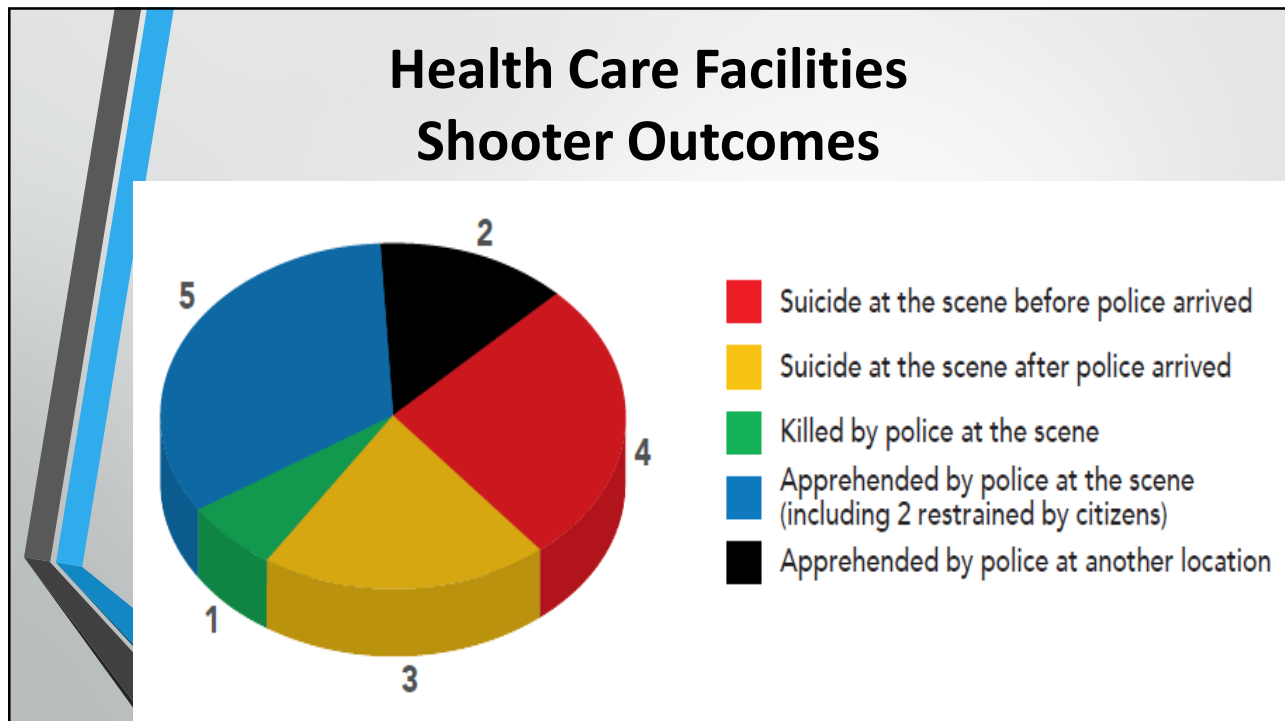


Age Group	Number of Shooters
20s	2
30s	4
40s	6
50s	3

58



59



60

Natalie Medical Building, Tulsa, OK June 2nd, 2022

- 4 people killed.
- Shooter committed suicide.



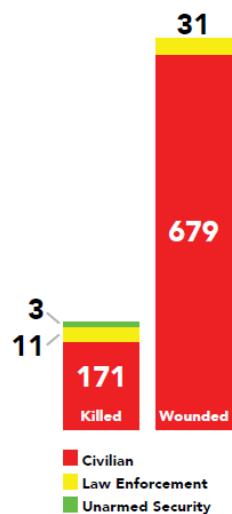
61

Open Spaces

Incidents
50

Casualties
895

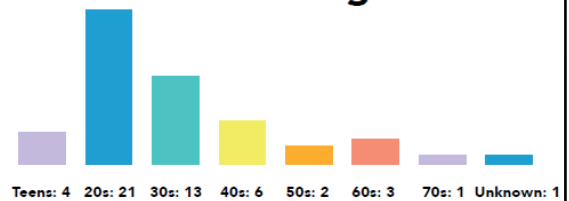
Killed: 185, including 11 law enforcement officers and 3 unarmed security guards
Wounded: 710, including 31 law enforcement officers



Number of Shooters
51

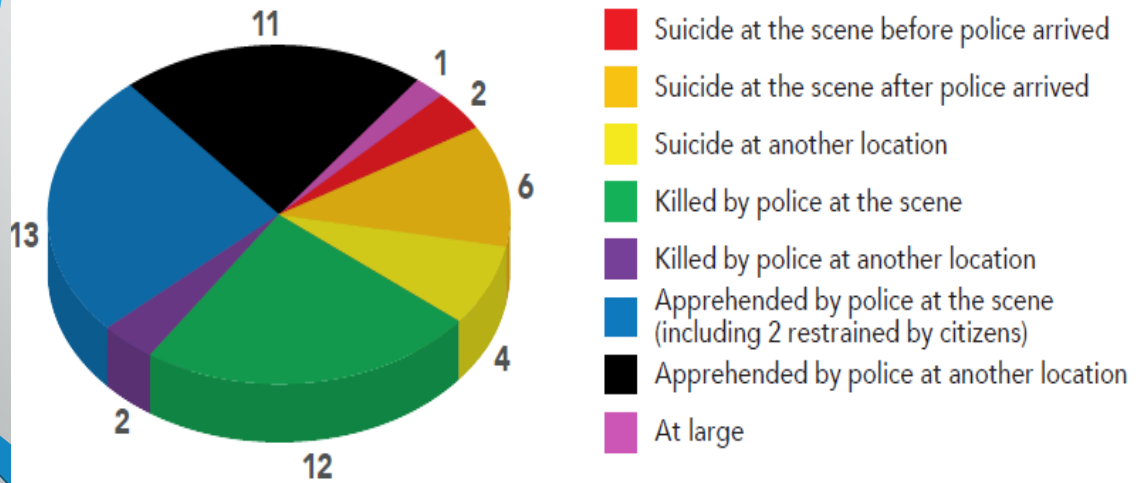


Shooter Ages



62

Open Spaces – Shooter Outcomes



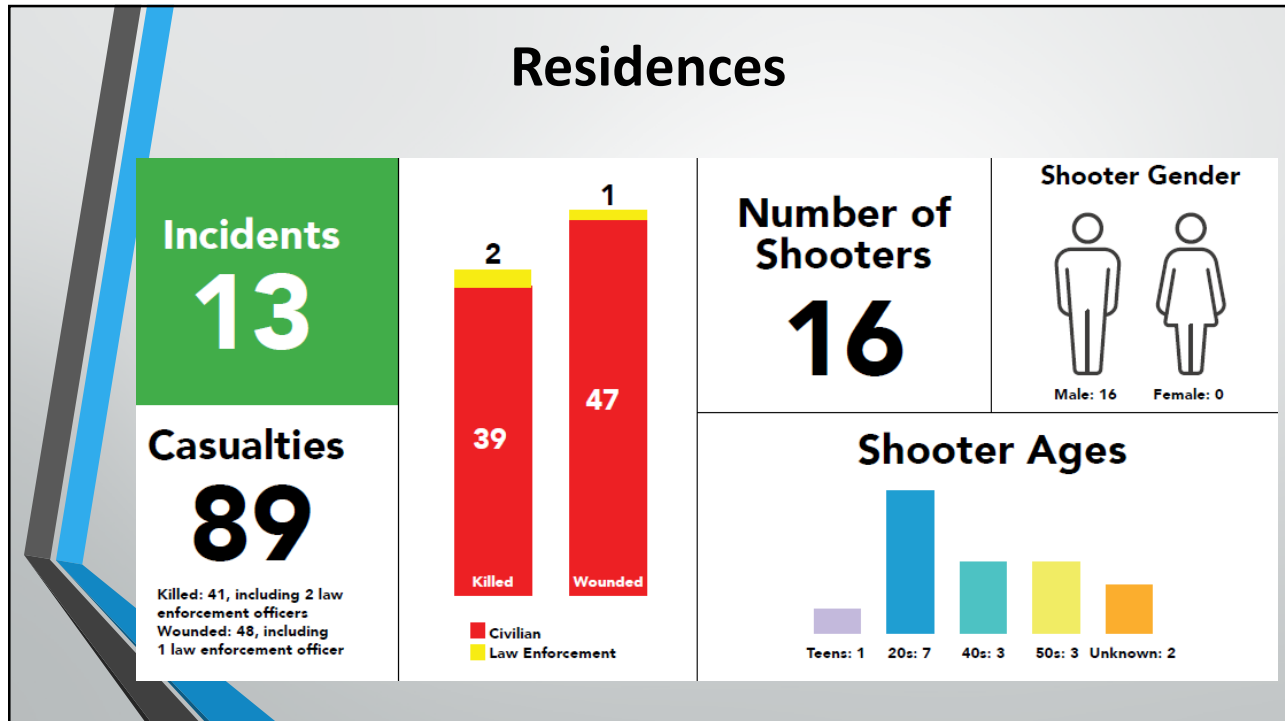
63

UC Santa Barbara, Isla Vista, CA May 23rd, 2014

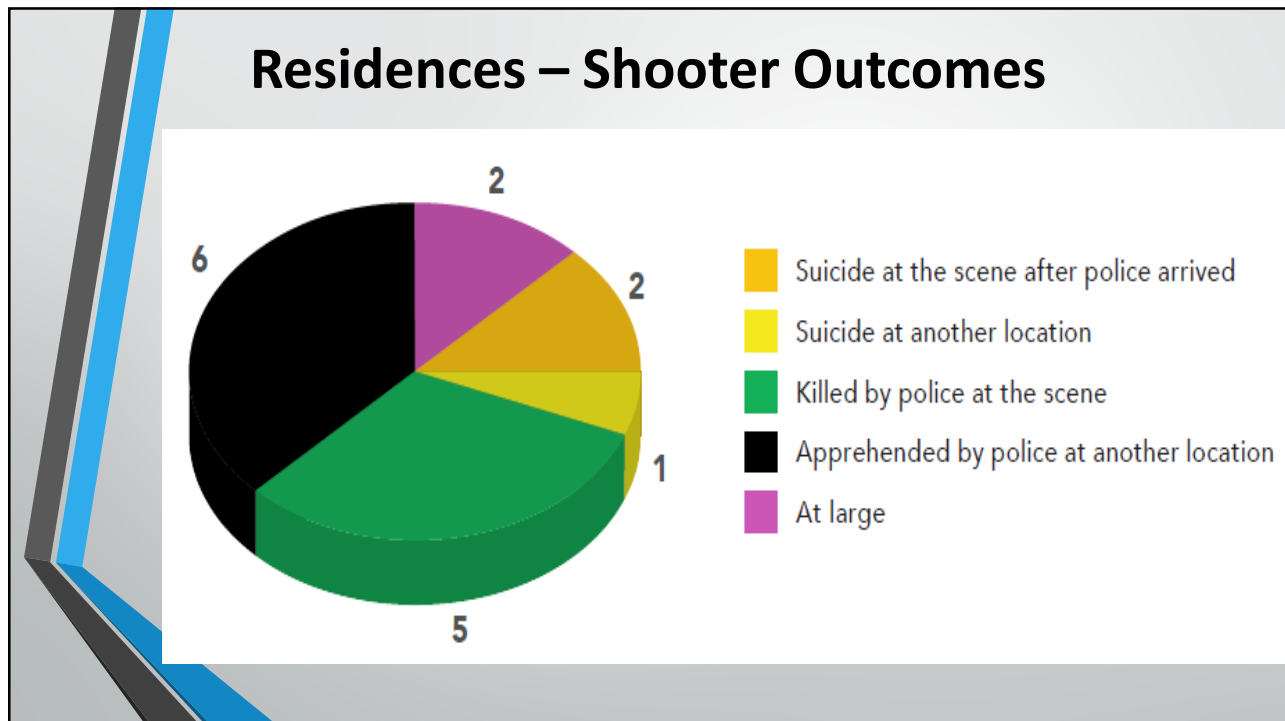
- 6 people killed.
- 14 wounded.
- 10 minutes.



64



65



66

June 15, 2023 Central Florida Disaster Medical Coalition Member Meeting Minutes

Attendees: See attached list

Welcome: Reginald Kornegay, CFDMC Board Chair, welcomed those present and on-line, and thanked all for participating. He thanked Joan Rivera and Indian River State College for hosting the meeting. Note: the meeting was recorded but due to technical difficulties the recording is not available.

Think Big, Go Big, Go Fast, Be Smart About It: Craig Fugate, former FEMA Administrator, and former Florida Division of Emergency Management Director, provided an overview of responses he has seen over the years. He provided insight on successfully managing responses. To think big, plan for the worst possible scenario. In going big, look at how many might be potentially impacted and scale up for that. You can always scale back, but if not, you will always be playing catch-up. To go fast and be smart about it, he stated that decisions need to be made quickly based on what you know. You can't wait until everything is confirmed or for numerous meetings. For example, if you have one lab confirmation and others with the same symptoms, you can assume that the others will be confirmed cases and act based on that. He described lessons learned from COVID and other events, such as the need to involve the Defense Production Act earlier.

National Weather Service 2023 Hurricane Briefing: Will Ulrich provided an overview of past seasons and what to expect in the coming season (see attached presentation)

First Responder Support Program: Dr. Christine Cauffield provided an overview of a new first responder peer support program available to all first responders, including healthcare personnel (see attached presentation).

Coalition Wrap-up: Reggie Kornegay thanked all for attending and encouraged all to complete the electronic meeting survey that will be sent out on Friday. He reminded all that the next meeting is scheduled for September 21 at the Volusia EOC. He also asked all to save the date for the annual conference, scheduled on December 13 and 14.

Indian River State College Overview & Tour: Dr. Tim Moore provided an overview of Indian River State College innovations and future plans, which include a nursing and medical school and a continued focus on community partnerships and emergency preparedness. Joan Rivera provided a tour of the campus.

Attendees


Kim	Allen	AHCA
Aubrie	Austin	Volusia Co Emergency Management
Robert	Barroso	Orlando VA Emergency Management
Valeen	Bell	
Ed	Bradley	DOH-Martin
Avi	Bryan	City of Altamonte Springs Emergency Management
Jamie	Buechele	Grainger
Nathan	Carpenter	Brooks Rehabilitation
Marcie	Carter	Aza Health
Christine	Cauffield	LSF Health Systems
Chris	Colby	FCHC
Deborah	Collinge	DOH-Orange
Tiffany	Collins	DOH
Brody	Courtepatte	Grainger
David	Crowe	DOH
Chris	Dorans	FDOH
Jemima	Douge	Poison Control
Lynne	Drawdy	CFDMC
Molly	Ferguson	Molly Ferguson, Community Health Centers, Inc.
Amanda	Freeman	Orange EMS
Cedah	Friday	Orlando Health
Craig	Fugate	IRSC
Olive	Gaye	GenCare Resources
Loretta	Goggin	FCRT
Ron	Guerrero	St. Lucie Public Safety
Don	Hughes	Fed NDMC
Kelley	Jenkins	HCA Lawnwood
Amy	Johnson	AdventHealth New Smyrna Beach
Samantha	King	DOH-Seminole
Georgianna	Kirk	FCHC/CFDMC Board
Aaron	Kissler	DOH-Lake
Reginald	Kornegay	VA
Kathleen	Lyons	DOH-Brevard
Michael	Mesa	The Gardens at DePugh NH
Matt	Meyers	CFDMC
Tim	Moore	IRSC
Ana	Nieves	DOH-Brevard
John	Orlen	Ambulatory Surgical Care
Ihab	Osman	DOH-Orange
Laurie	Owens	FDOH
Joan	Rivera	IRSC
Fernando	Saavedra	Westminster Towers
AJ	Saunders-Johnson	AdventHealth
Breanne	Southwood	Haven Home Health
Dodi	Spence	VITAS
Clint	Sperber	DOH-St. Lucie
Chris	Stabile	CFDMC
Karen	Street	DOH-Brevard
Lauren	Thompson	UCF College of Medicine

Stephanie	Turner	FCHC
Brittney	Tyler	Apopka Health and Rehabilitation Services
Will	Ulrich	NWS
Lynda	W.G.Mason	CFDMC Board
Mackenzie	Williams	VITAS Healthcare Volusia/Flagler/Putnam
Lydia	Williams	DOH-St. Lucie



CFDMC Meeting Agenda

Thursday, June 15, 2023 - 9 am to 12:30 pm
Indian River State College's Treasure Coast Public Safety Training Complex
4600 Kirby Loop Rd, Fort Pierce FL 34981 (see attached map)
or via webinar at <https://global.gotomeeting.com/join/598416949>
or 1-646-749-3122, 598-416-949#

Time	Topic
9:00 – 9:15 am	<p>Welcome, Housekeeping & Introductions Reginald Kornegay, CFDMC Chair</p> <p>If virtual, please confirm your attendance by putting your name and organization name in the chat function, or by emailing your name and organization to info@centralfladisaster.org</p>
9:15 am – 10:15 am	<p>Think Big, Go Big, Go Fast, Be Smart About It Craig Fugate</p> <div style="display: flex; align-items: flex-start;">  <div style="flex-grow: 1;"> <p>W. Craig Fugate served as President Barack Obama's FEMA Administrator from May 2009 to January 2017. Previously, he served as Florida Governor Jeb Bush's Emergency Management Director from 2001-2007 and Governor Charlie Crist from 2007-09. Craig led FEMA through multiple record-breaking disaster years and oversaw the Federal Government's response to major events such as the Joplin and Moore Tornadoes, Hurricane Sandy, Hurricane Matthew, and the 2016 Louisiana flooding. He set a clear and compelling vision, mission, and priorities for FEMA and relentlessly drove the Agency to achieve better outcomes for survivors. FEMA's effectiveness in dealing with more than 500 Presidentially-declared major disasters and emergencies under Craig's leadership restored the faith of the American people in the Federal Government's ability to respond to disasters. Prior to his tenure at FEMA, Craig was widely praised for his management, under Governor Jeb Bush, of the devastating effects of the 2004 and 2005 Florida hurricane seasons (Charley, Frances, Ivan, Jeanne, Dennis, Katrina, and Wilma). Craig currently provides senior level advice and consultation in the area of disaster management and resiliency policy through Craig Fugate Consulting LLC. He also serves as the Chief Emergency Management Officer at One Concern.</p> </div> </div>
10:15 am – 11:15 am	<p>Hurricane Season Briefing, Will Ulrich, NOAA</p> <p>Will Ulrich is the Warning Coordination Meteorologist with the National Weather Service in Melbourne, FL. He serves as the primary liaison between the forecast office and its key partners within east Central Florida, including federal, state, and local government agencies, as well as the media and the public. Additionally, he is responsible for executing weather safety programs designed to mitigate the loss of life, injury, and property damage caused by</p>

	hurricanes, tornadoes, and other severe weather phenomena. Will was born and raised in southern New Jersey where he gained an interest in meteorology at age 7, when the March 1993 Superstorm roared up the eastern seaboard of the U.S. He holds both a Bachelor's and Master's in Meteorology from the Florida Institute of Technology.
11:15 – 11:45 AM	First Responder Support Program Dr. Christine Cauffield, Psy.D, LSF Health Systems
11:45 – 11:50 AM	Coalition Wrap-up, Reginald Kornegay <ul style="list-style-type: none"> • Next Meeting: September 21 at Volusia EOC • Save the Date: December 13 & 14 (Annual Conference) • E-Survey
11:50 AM – 12:30 PM	Indian River State College Overview & Tour Dr. Timothy Moore, President

Indian River State College's Treasure Coast Public Safety Training Complex Auditorium
4600 Kirby Loop Rd, Fort Pierce FL 34981
Enter via the East entrance – see map below

The Treasure Coast Public Safety Training Complex at Indian River State College (IRSC) is one of the most comprehensive, technologically advanced public safety training facilities in the nation. The 50-acre, eight-building Complex has gained national and international attention for its proactive approach to disaster prevention, response, recovery, and relief. The Complex enables IRSC to combine criminal justice, fire science, emergency management, public administration, paralegal and human services education in one place for a coordinated response to all types of emergencies. This innovation in public service education provides students with access to quality instruction, integrating academics, technology, and practical applications that lead to degrees and certifications in the public service sector.

At a local level, the proximity of the Complex to public safety agencies helps Treasure Coast communities save money on continuing education and enables them to easily work together to fine-tune interagency response to hurricanes and other natural and man-made disasters. At a national level, specialized training and workshops attract thousands of public service professionals from around the nation. IRSC has hosted federal agencies for training to prepare for large-scale events.





Central Florida Disaster Medical Coalition (CFDMC) Member Meeting

June 15, 2023– 9 am to 12:30 PM

Note: Meeting will be recorded



- ▶ Please place your phone on mute when not speaking
- ▶ Don't place your phone on hold
- ▶ Use either computer audio and mic, or phone, not both – this can cause feedback noise
- ▶ Use the chat feature to raise issues or ask questions
- ▶ We may need to mute all lines. You can unmute yourself by clicking the microphone icon



Reginald Kornegay, 2023 CFDMC Chair

- ▶ Welcome & Announcements
- ▶ In person, please sign in
- ▶ For those on webinar, please submit your name and organization in chat.
- ▶ For those on the phone, please email your name and organization to info@centralfladisaster.org

Craig Fugate



**Think Big,
Go Big,
Go Fast,
Be Smart About It**

Will Ulrich, National Weather Service



2023 Hurricane Season Briefing



Christine Cauffield, Psy.D,
LSF Health Systems

First Responder Support Program



Coalition Wrap-up

- ▶ Questions
 - ▶ Other Announcements
 - ▶ Next Meeting: September 21 at Volusia EOC
 - ▶ Save the Date: Annual Conference
December 13 & 14
- 

Indian River State College Overview

Dr. Timothy Moore, President



A tour will follow

NWS Tropical Season Update

Central Florida Disaster Medical Coalition

June 15, 2023



Will Ulrich

Warning Coordination Meteorologist

william.ulrich@noaa.gov





- National Weather Service Overview
- Tropical Storms & Hurricanes Basics
- Tropical Products & Services
- A Look Back at 2022
- What About 2023?
- Hurricane Preparedness & Safety



- National Weather Service Overview
- Tropical Storms & Hurricanes Basics
- Tropical Products & Services
- A Look Back at 2022
- What About 2023?
- Hurricane Preparedness & Safety

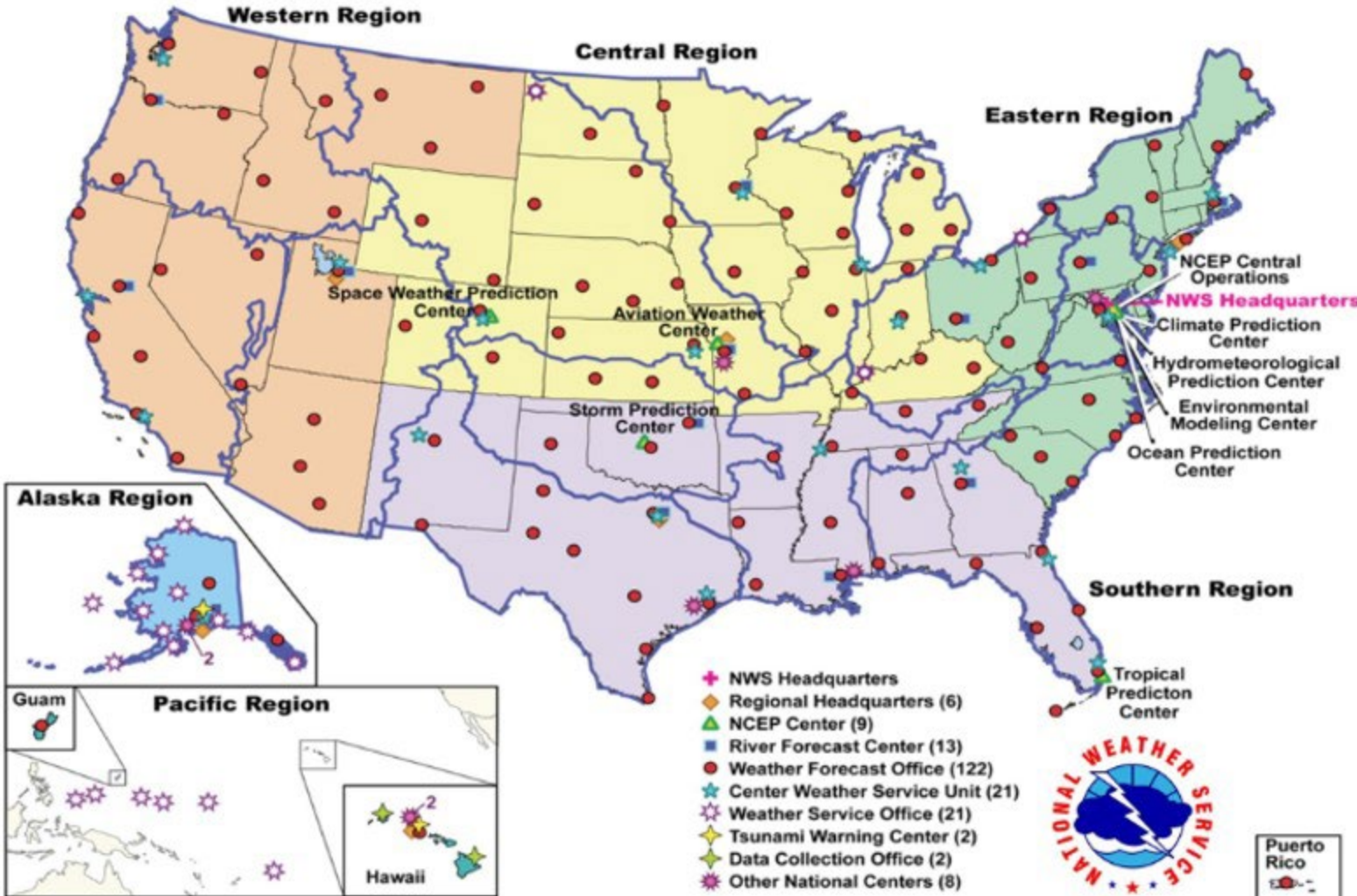
National Weather Service

An Overview



WEATHER FORECAST OFFICE

Melbourne Florida



National Weather Service

...runs **168** operational units.

...has **~4500** employees, **86%** are in the field.

...issues **1.5 million** forecasts and **50,000** warnings each year.



An Overview



Weather Forecast Offices

...a total of **122** across the country.

...each staffed with **20-25** employees.

...operates **24** hours a day, **7** days a week.





Our Mission & Vision

The Mission

*“Providing weather, water, and climate data, forecasts, warnings, and impact-based decision support services **for the protection of life and property...**”*



*“A Weather-Ready Nation where **society is prepared for and responds to** weather, water, and climate-dependent events.”*

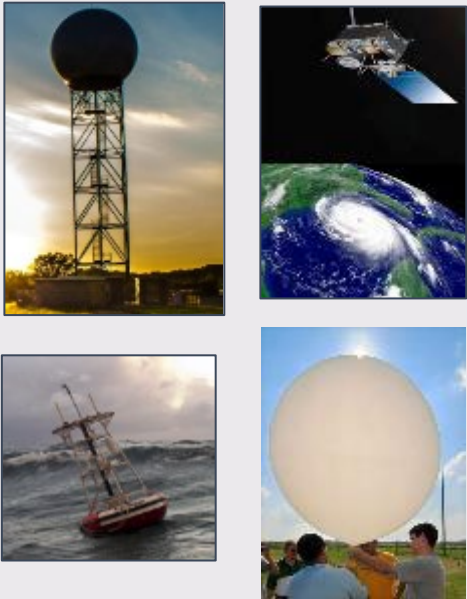
The Vision



What Do We Do?

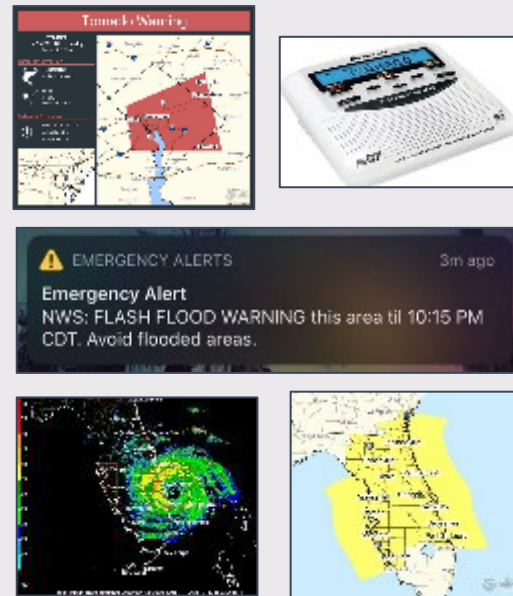
Observe & Collect

Near-surface, atmospheric, and oceanic data



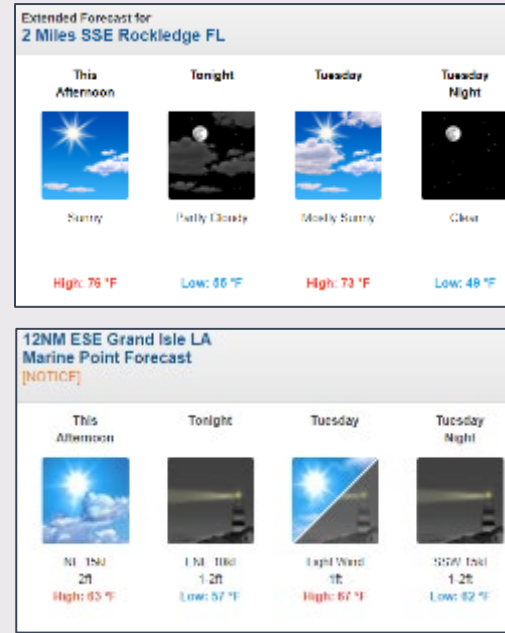
Issue Watches & Warnings

Tropical, severe, flood, fire, winter, marine, heat, cold, fog



Issue Forecasts

7-day, marine, aviation, fire weather, decision support



Provide IDSS

Impact-Based Decision Support Services

Customer-centric support through all phases of an event

PREPAREDNESS



PLANNING

RESPONSE & RECOVERY



National Weather Service



WEATHER FORECAST OFFICE

Melbourne Florida

Watches & Warnings

SEVERE WEATHER

- Tornado ●
- Severe Thunderstorm ●
- Flash Flood ●

WINTER WEATHER

- Blizzard
- Winter Storm
- Ice Storm
- Snow Squall Warning ●
- Wind Chill
- Avalanche

TROPICAL WEATHER

- Tropical Storm
- Hurricane ●
- Storm Surge ●
- Extreme Wind Warning ●

MARINE WEATHER

- Small Craft Advisory
- Gale
- Storm
- Special Marine Warning
- High Surf Advisory
- Rip Current Statement
- Coastal Flood
- Tsunami ●

FIRE WEATHER

- Fire Weather Watch
- Red Flag Warning

OTHER

- Airport Weather Warning
- Dense Fog Advisory
- Dust Storm Warning ●
- Civil Emergency Message

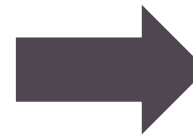
- Wireless Emergency Alert (WEA)





START

<https://www.weather.gov>



END

<https://www.weather.gov/MLB>



- National Weather Service Overview
- Tropical Storms & Hurricanes Basics
- Tropical Products & Services
- A Look Back at 2022
- What About 2023?
- Hurricane Preparedness & Safety

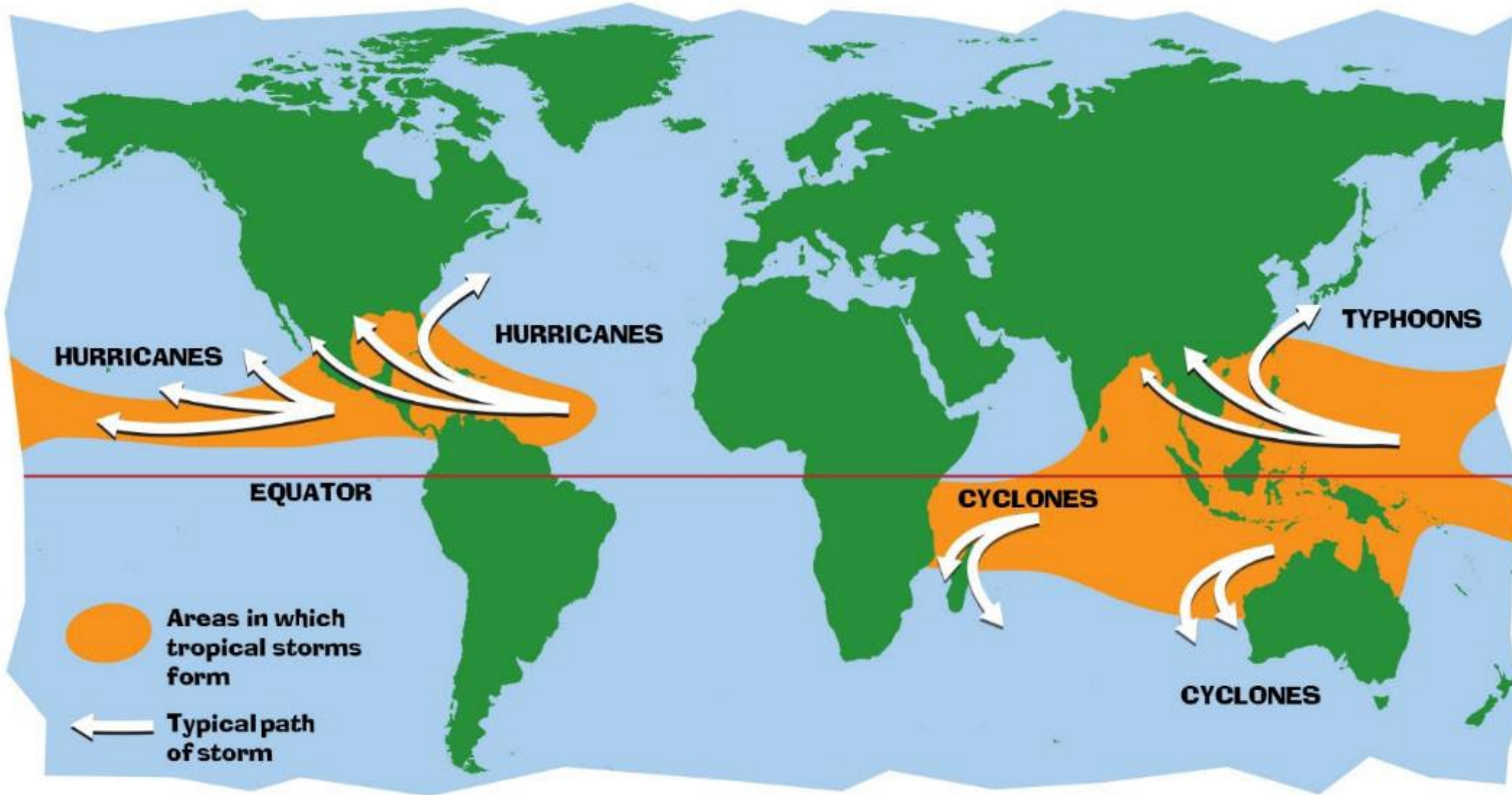
Tropical Cyclones 101

Development Regions



WEATHER FORECAST OFFICE

Melbourne  Florida



Tropical Cyclones 101

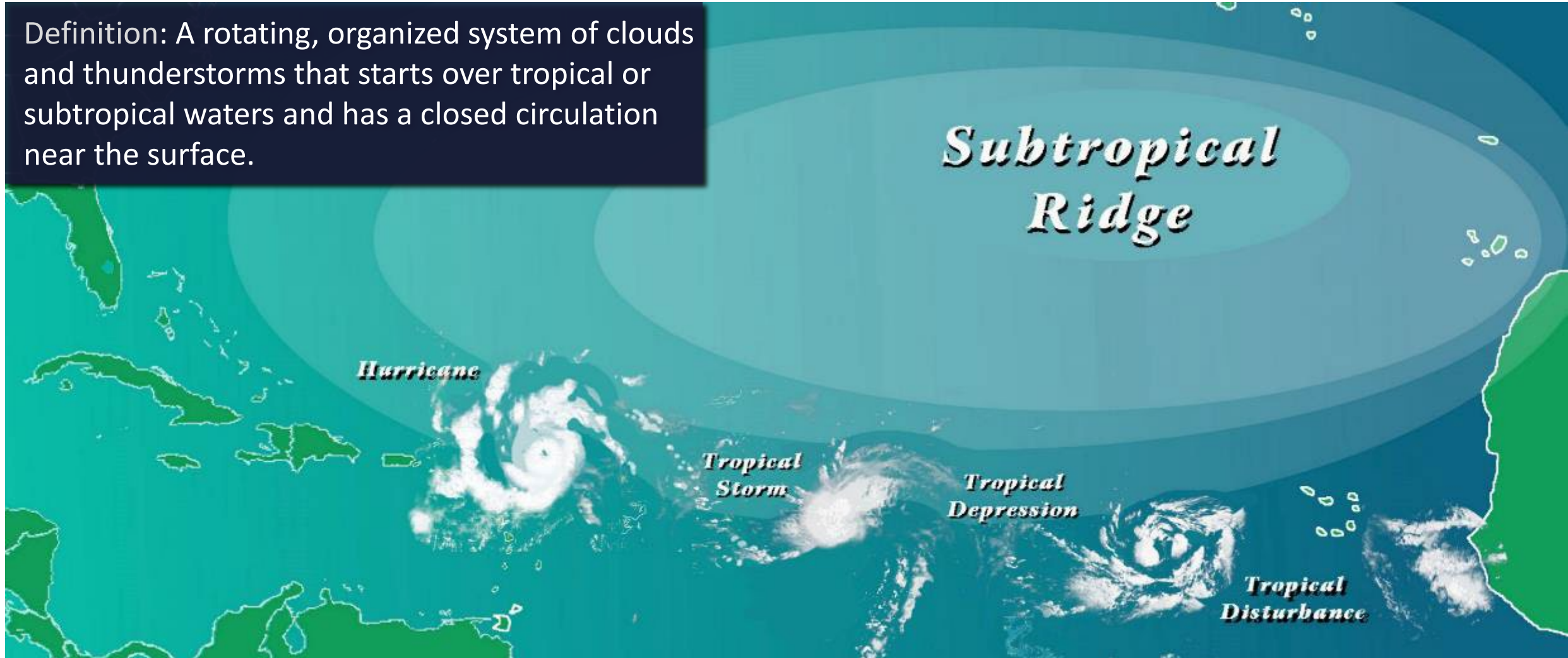


WEATHER FORECAST OFFICE

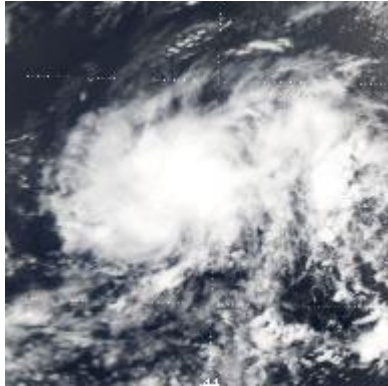
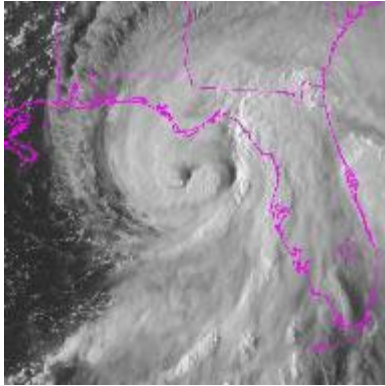


Melbourne  Florida

Definition

Definition: A rotating, organized system of clouds and thunderstorms that starts over tropical or subtropical waters and has a closed circulation near the surface.



Tropical Cyclone Come in All Shapes & Sizes!

<p>Tropical Depression (winds at or below 38 mph)</p>		<p>Hurricane (winds at or above 74 mph)</p>	
<p>Tropical Storm (winds between 39 – 73 mph)</p>		<p>Major Hurricane (winds at or above 111 mph)</p>	



Saffir-Simpson Wind Scale

Saffir-Simpson Hurricane Wind Scale



WIND: 74-95 mph

DAMAGE: Very dangerous winds will produce some damage



WIND: 96-110 mph

DAMAGE: Extremely dangerous winds will cause extensive damage



WIND: 111-129 mph

DAMAGE: Devastating damage will occur



WIND: 130-156 mph

DAMAGE: Catastrophic damage will occur



WIND: 157 mph or higher

DAMAGE: Catastrophic damage will occur



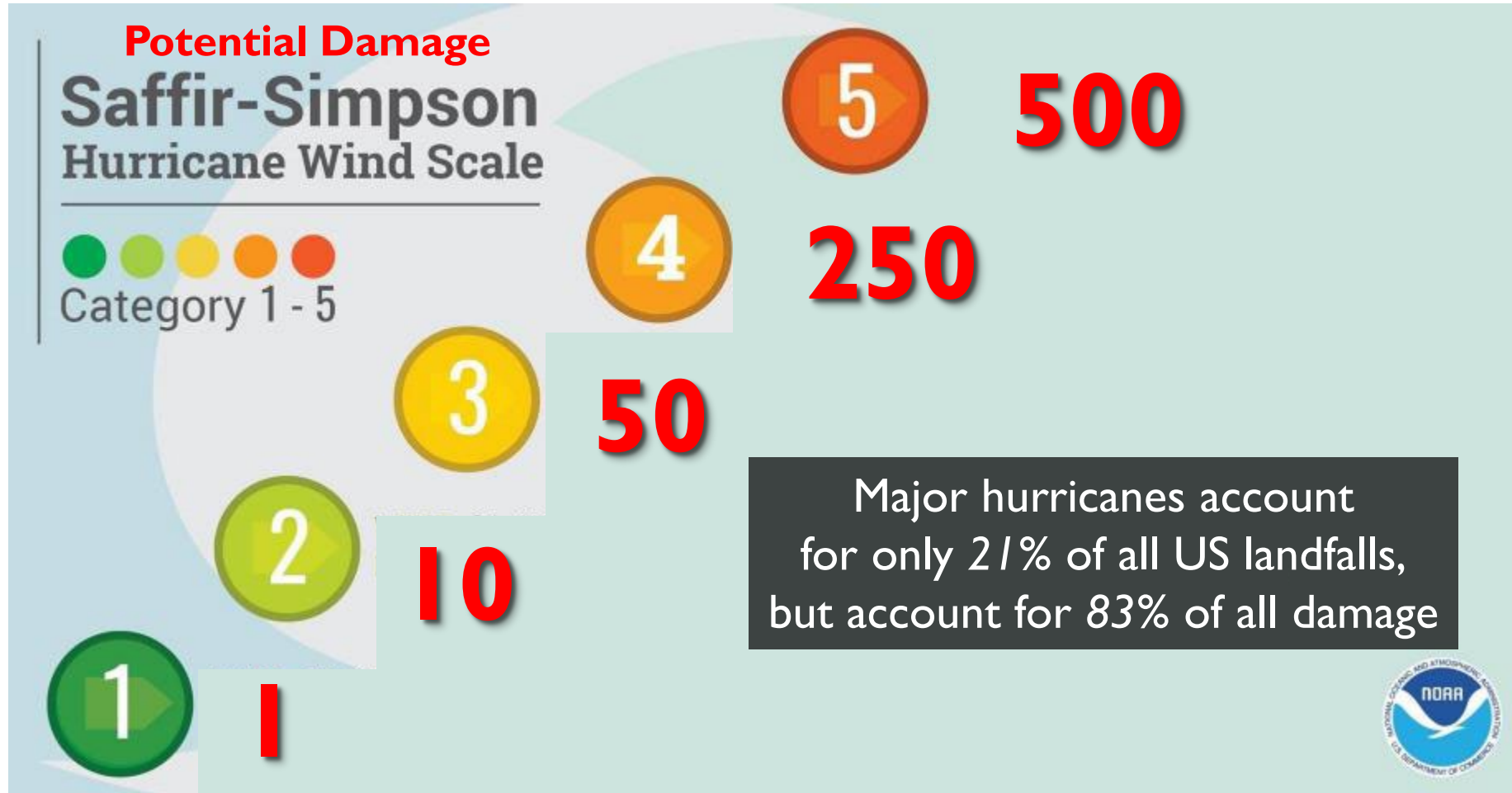
Tropical Cyclones 101

Saffir-Simpson Wind Scale



WEATHER FORECAST OFFICE

Melbourne  Florida



Tropical Cyclones 101



WEATHER FORECAST OFFICE

Melbourne Florida

Hazards

All tropical cyclones can produce one or combination of these!



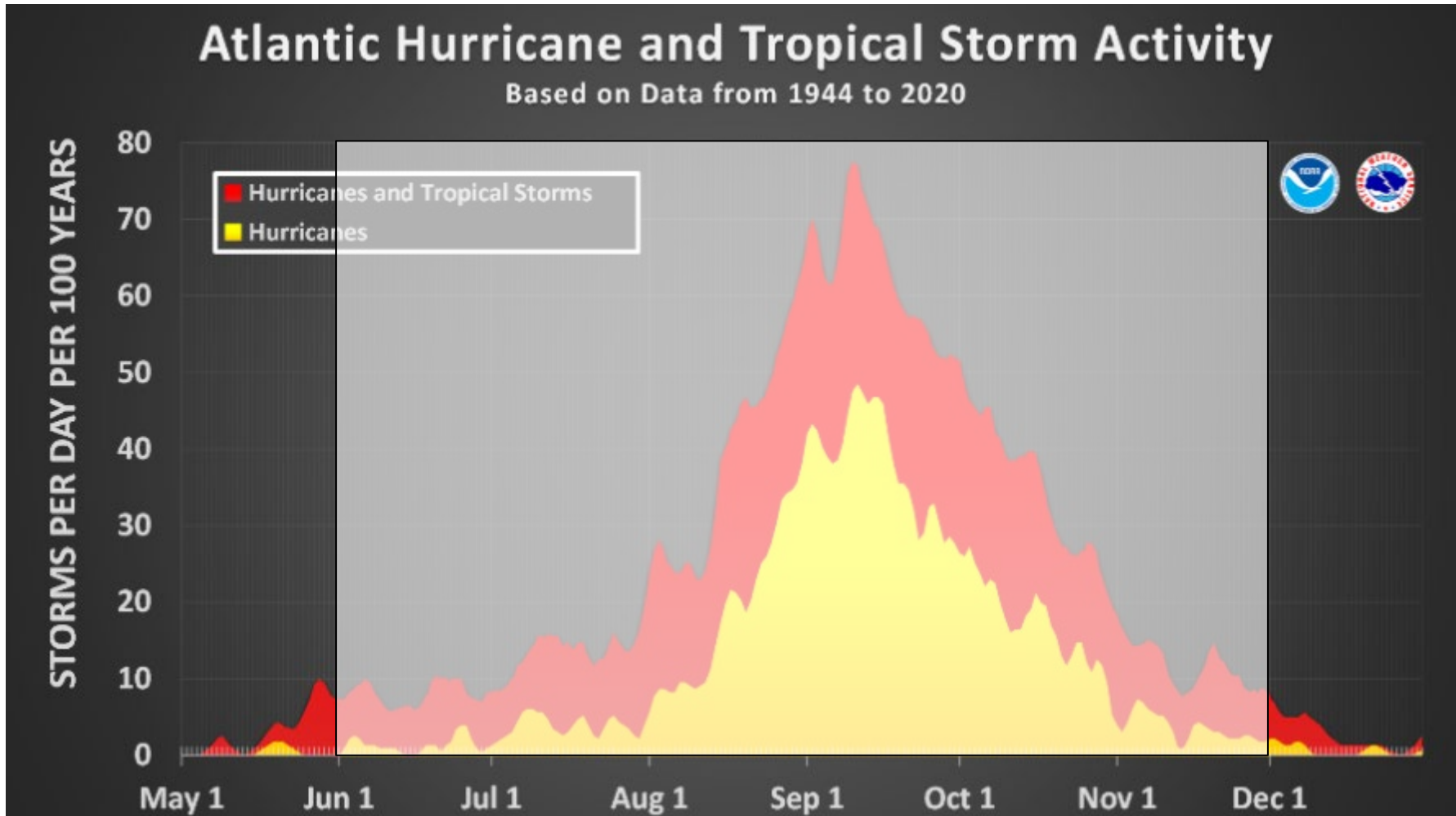
Tropical Cyclones 101

Hurricane Season



WEATHER FORECAST OFFICE

Melbourne  Florida



June 1st-November 30th
Encompasses 97% of All Activity

Tropical Cyclones 101

June Hurricanes (1851-2020)

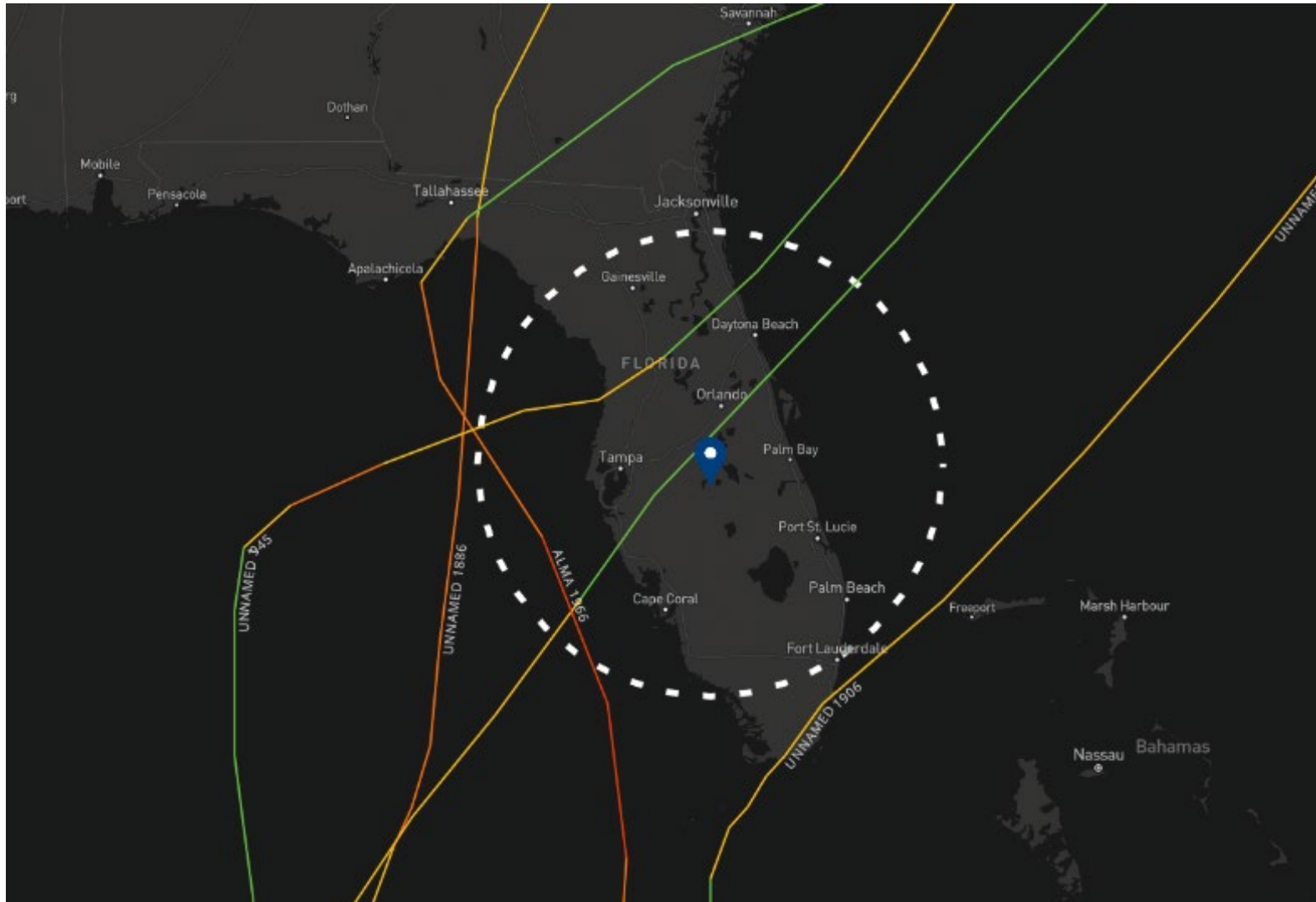


WEATHER FORECAST OFFICE

Melbourne Florida

2 Hurricanes
16 TS (not shown)

- Category 5
- Category 4
- Category 3
- Category 2
- Category 1
- Tropical Storm
- Tropical Depression
- Extratropical Storm



Tropical Cyclones 101

July Hurricanes (1851-2020)

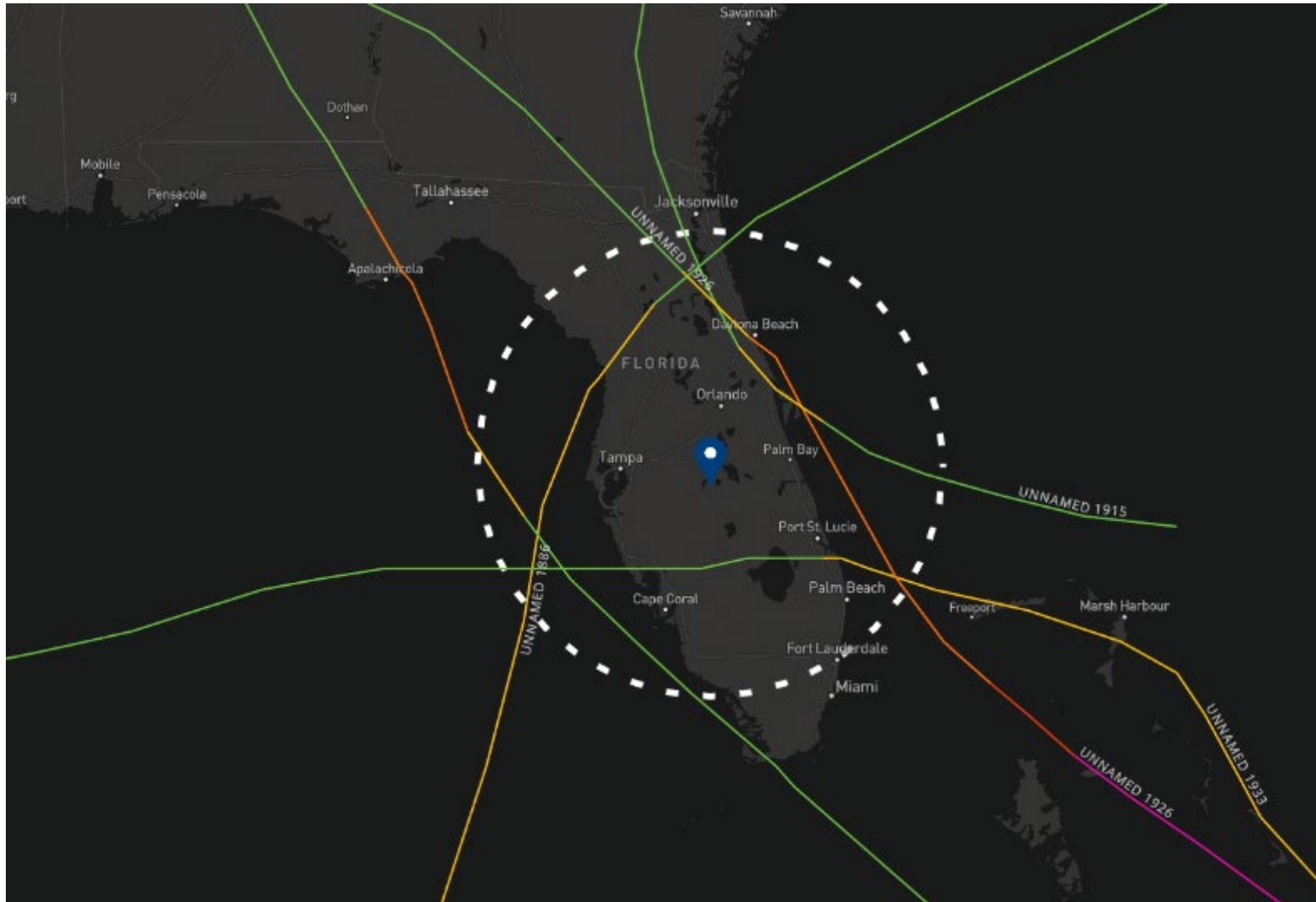


WEATHER FORECAST OFFICE

Melbourne  Florida

5 Hurricanes
12 TS (not shown)

- Category 5
- Category 4
- Category 3
- Category 2
- Category 1
- Tropical Storm
- Tropical Depression
- Extratropical Storm



Tropical Cyclones 101

August Hurricanes (1851-2020)

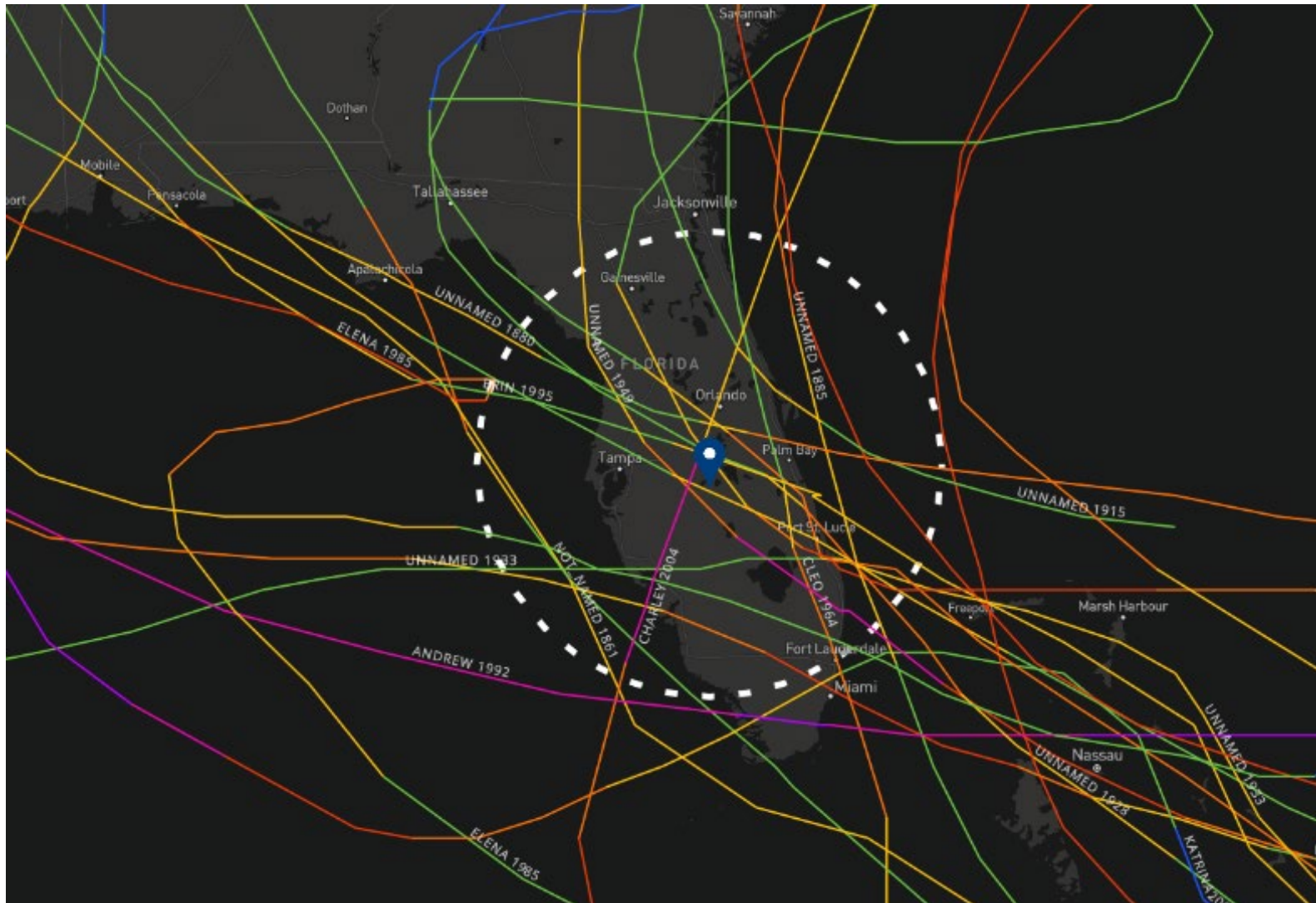


WEATHER FORECAST OFFICE

Melbourne Florida

22 Hurricanes
27 TS (not shown)

- Category 5
- Category 4
- Category 3
- Category 2
- Category 1
- Tropical Storm
- Tropical Depression
- Extratropical Storm



Tropical Cyclones 101

October Hurricanes (1851-2020)

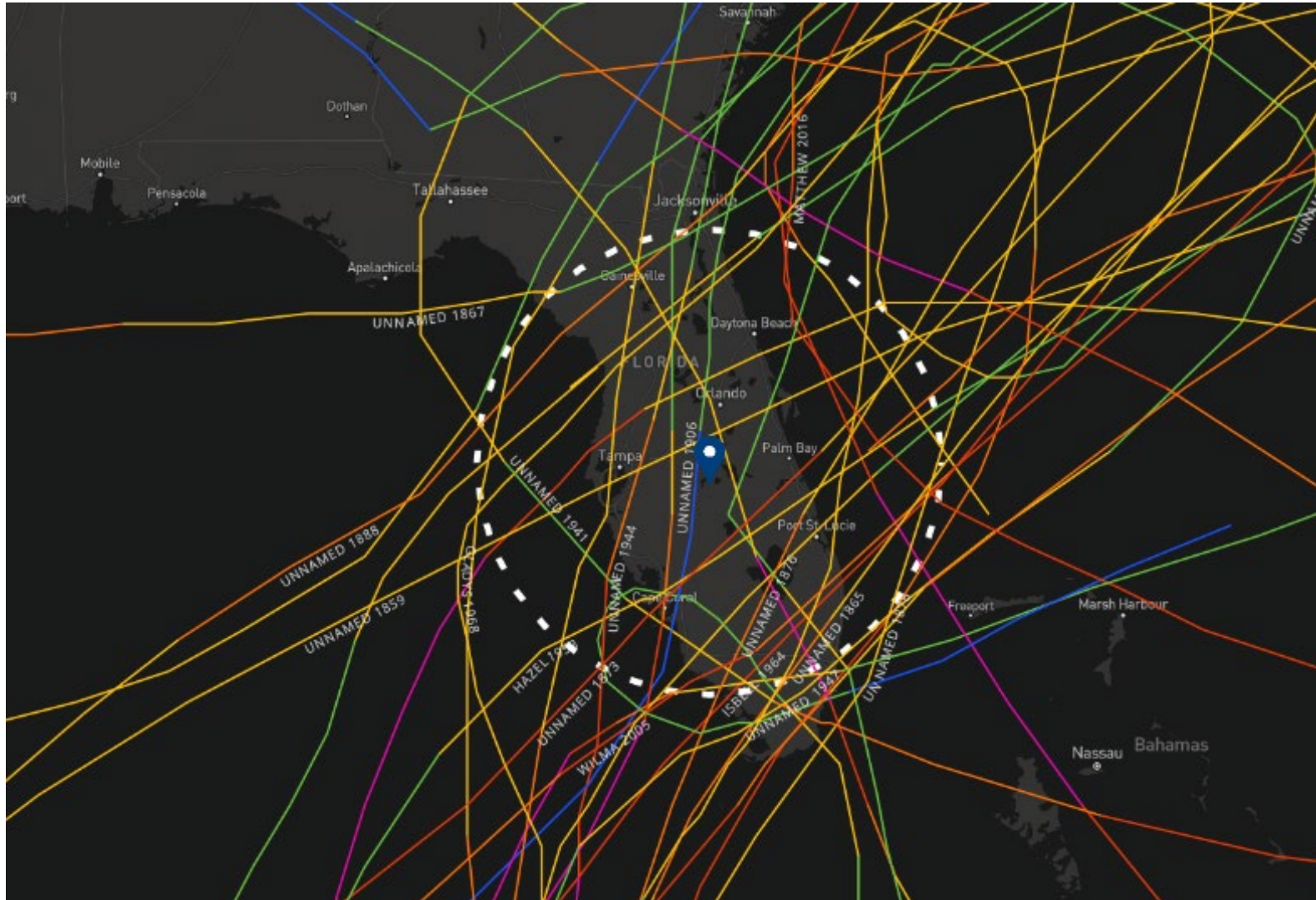


WEATHER FORECAST OFFICE

Melbourne  Florida

34 Hurricanes
26 TS (not shown)

- Category 5
- Category 4
- Category 3
- Category 2
- Category 1
- Tropical Storm
- Tropical Depression
- Extratropical Storm



Tropical Cyclones 101

November Hurricanes (1851-2020)

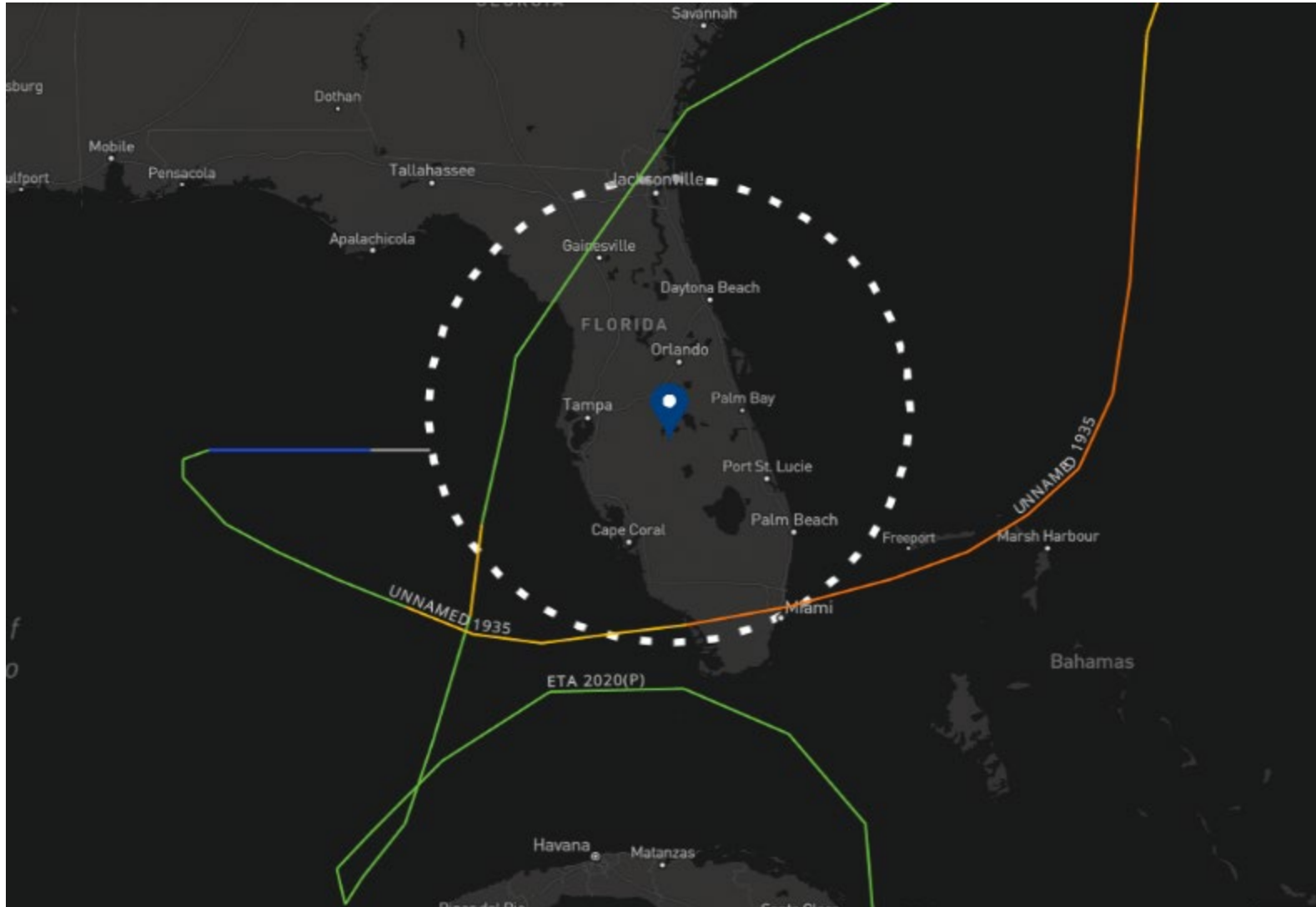


WEATHER FORECAST OFFICE

Melbourne  Florida

2 Hurricanes
7 TS (not shown)

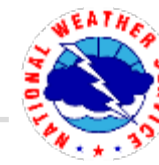
- Category 5
- Category 4
- Category 3
- Category 2
- Category 1
- Tropical Storm
- Tropical Depression
- Extratropical Storm





- National Weather Service Overview
- Tropical Storms & Hurricanes Basics
- Tropical Products & Services
- A Look Back at 2022
- What About 2023?
- Hurricane Preparedness & Safety

Tropical Products & Services



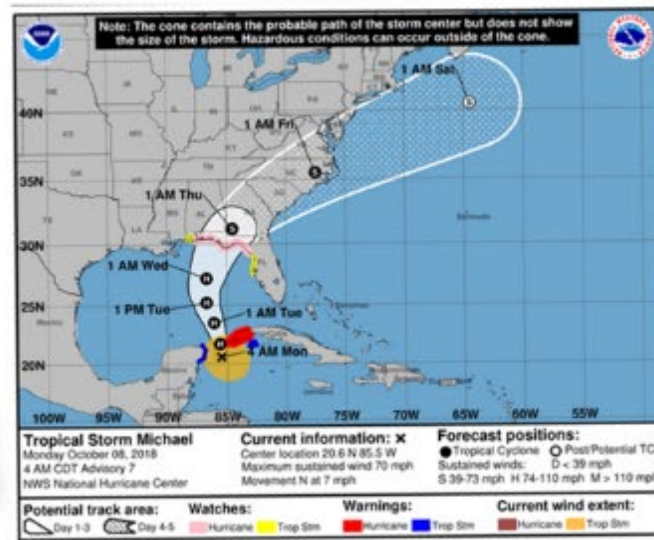
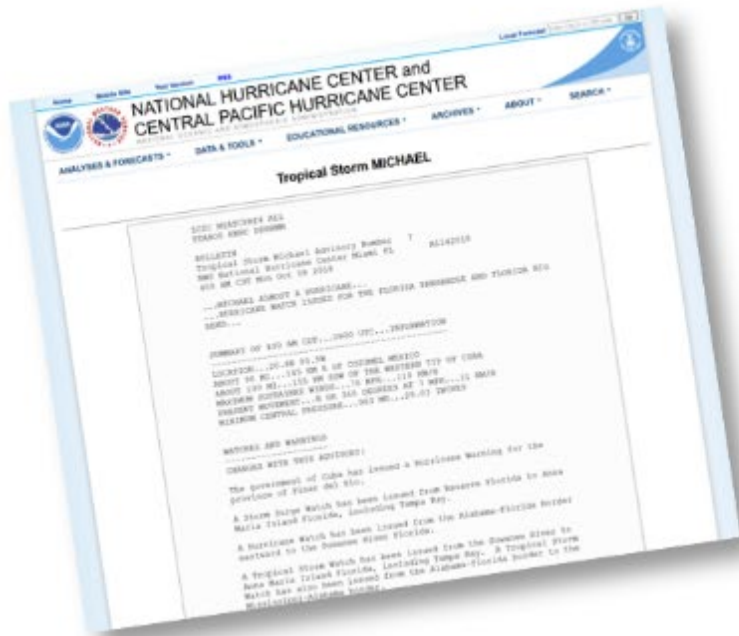
WEATHER FORECAST OFFICE

Melbourne Florida

National Center(s) Role

- National Hurricane Center
- Weather Prediction Center
- Storm Prediction Center
- National Water Center

...provide the 'big picture' that complements and guides local NWS forecast office products



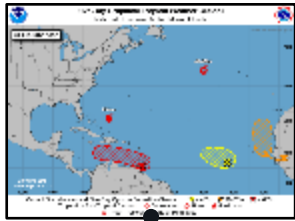
Tropical Products & Services



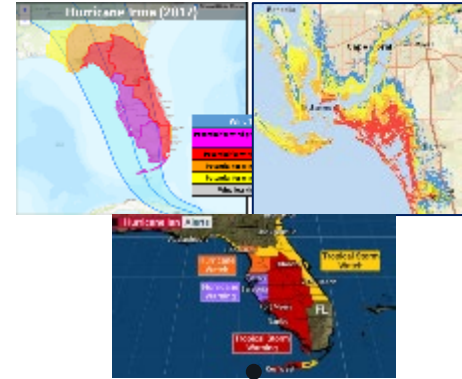
WEATHER FORECAST OFFICE

Melbourne Florida

Timeline



- Tropical Weather Outlook



- Tropical Watches & Warnings
- Potential & Expected Storm Surge
- Hurricane Threats & Impacts

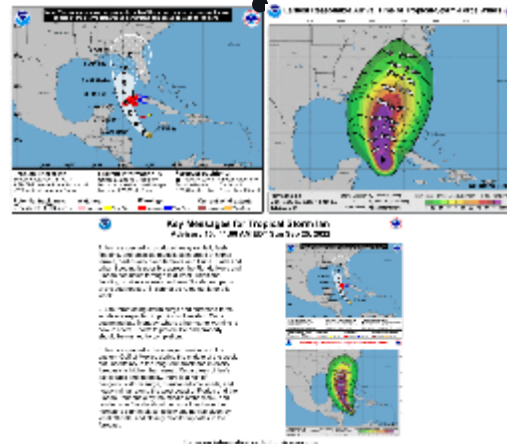
Days 6-7

Day 3-5

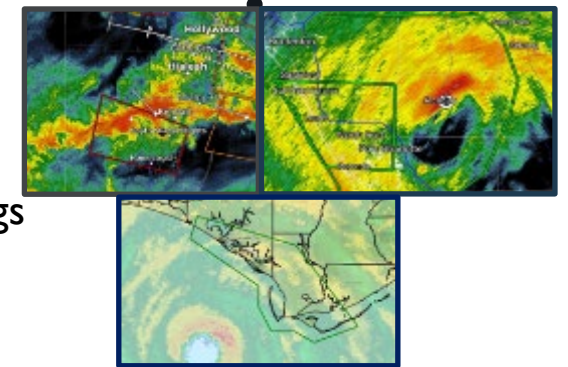
Days 1-2

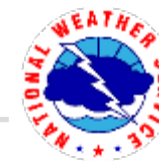
Impact Day

- Potential Track Forecast
- Wind Speed Probabilities
- Time of Arrival Graphics
- NHC Key Messages



- Tornado Warnings
- Extreme Wind Warnings
- Flash Flood Warnings



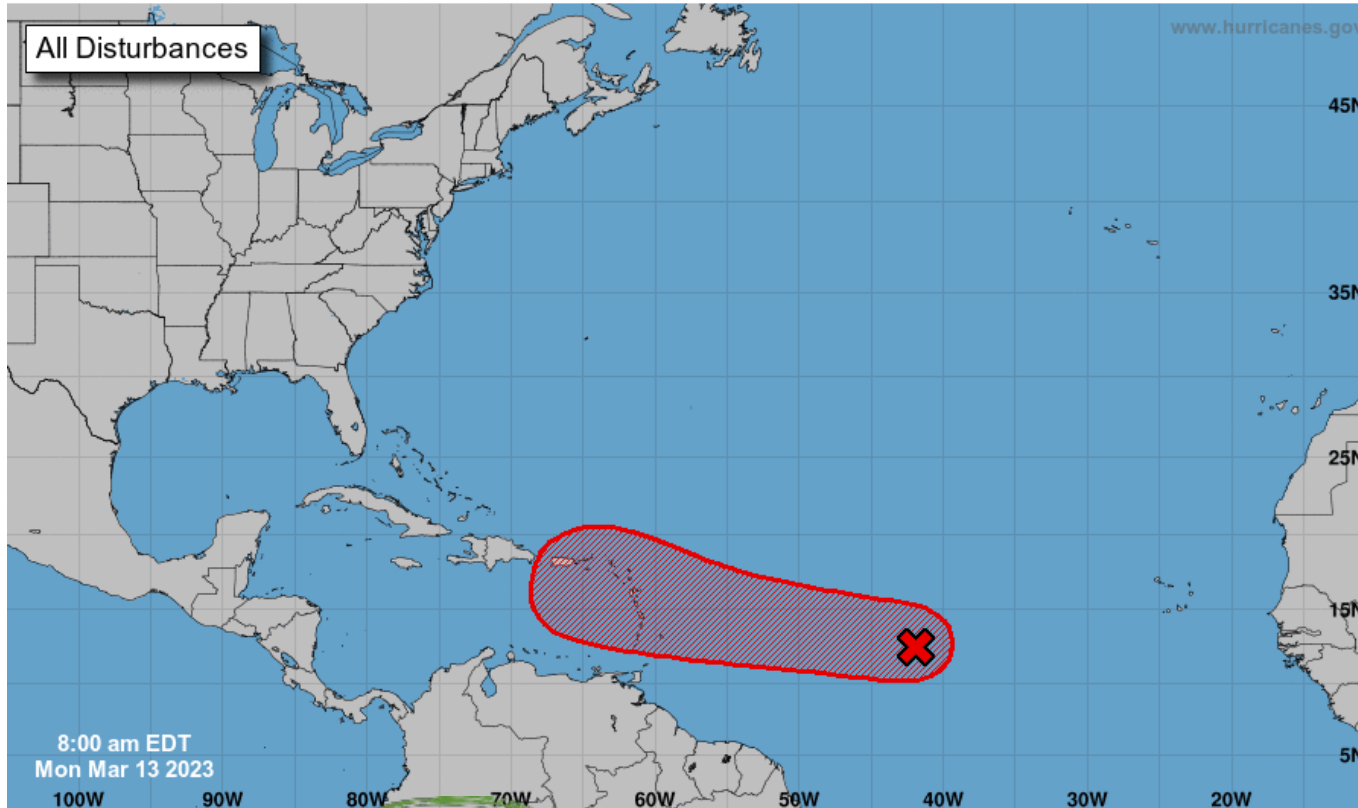


Tropical Weather Outlook



Seven-Day Graphical Tropical Weather Outlook

National Hurricane Center Miami, Florida



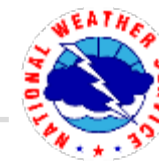
- Highlights area of potential tropical development over the next 7 days
- Shading represents the potential formation area and NOT the track of the system
- New 7-day graphic will likely show larger areas as systems are likely to be introduced sooner

Current Disturbances and Seven-Day Cyclone Formation Chance: < 40% 40-60% > 60%

Tropical or Sub-Tropical Cyclone: Depression Storm Hurricane

Post-Tropical Cyclone or Remnants

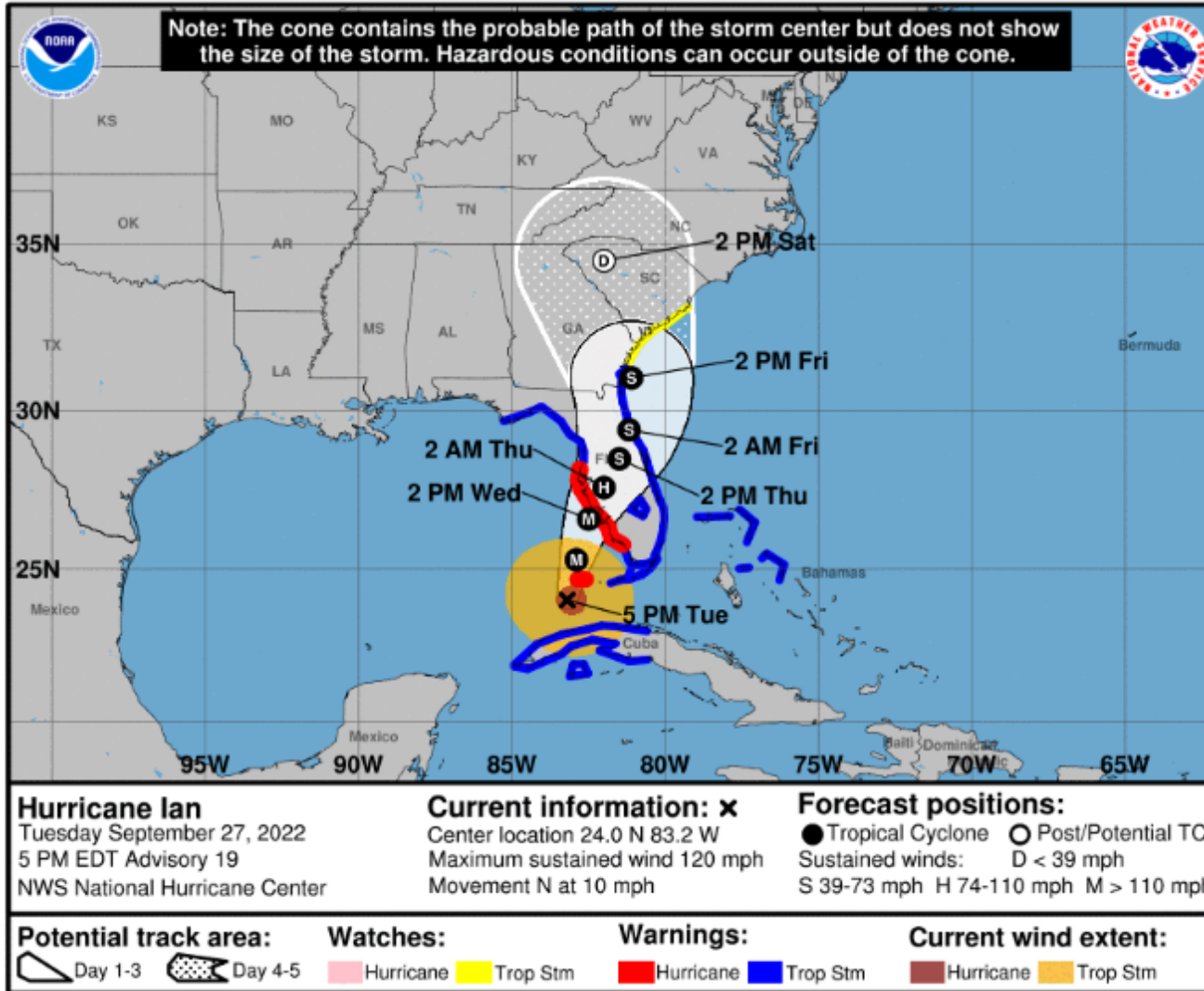
Tropical Products & Services



WEATHER FORECAST OFFICE

Melbourne Florida

Potential Track Forecast



- Depicts the most likely track (2/3rd of the time) of the center of the storm
- Based on NHC's performance over the past five years
- Does NOT convey impacts



Information about the NHC cone and reminders

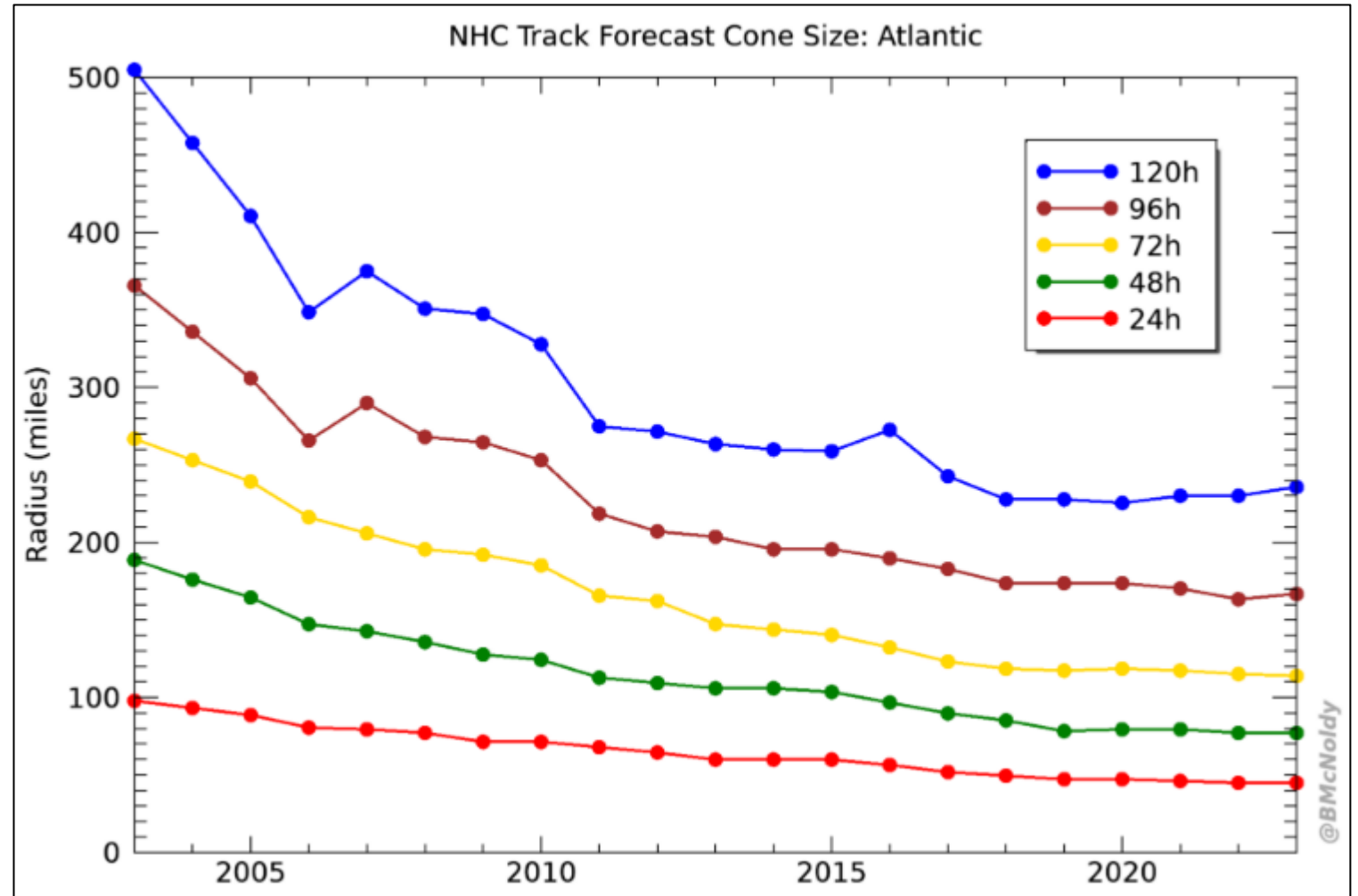


Track Forecast Errors

- The size of the 5-day potential track forecast cone has decreased dramatically from its inception
- Recently, only small fluctuations in size have been seen year-to-year

Key Message

Impacts will occur further outside of the forecast cone as it gets smaller!



@BMcNoldy



- National Weather Service Overview
- Tropical Storms & Hurricanes Basics
- Tropical Products & Services
- A Look Back at 2022
- What About 2023?
- Hurricane Preparedness & Safety

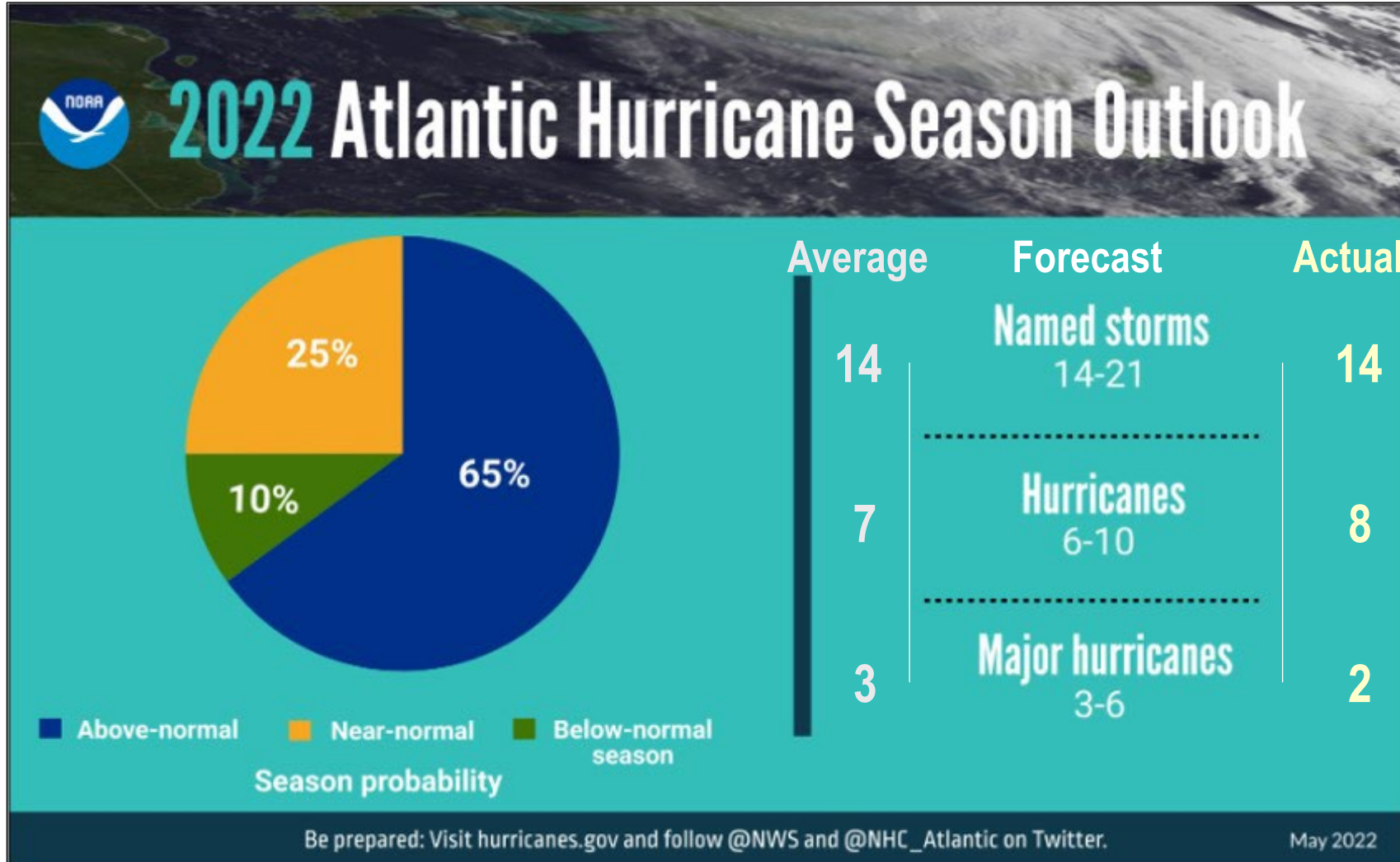
2022 Hurricane Season

By The Numbers



WEATHER FORECAST OFFICE

Melbourne Florida



- From a numbers perspective, the 2022 hurricane season will be looked back on as an “average season.”
- From an impacts perspective, the 2022 hurricane season will be looked back on as *anything but average...*

2022 Hurricane Season

Tracks



WEATHER FORECAST OFFICE

Melbourne Florida



Florida was directly impacted by three systems this season:

- Potential Tropical Cyclone 1 / Tropical Storm Alex (Jun 3 – 4)
- Major Hurricane Ian (Sep 27 – 29)
- Hurricane Nicole (Nov 8 – 10)

2022 Hurricane Season

Alex, Ian, & Nicole



WEATHER FORECAST OFFICE

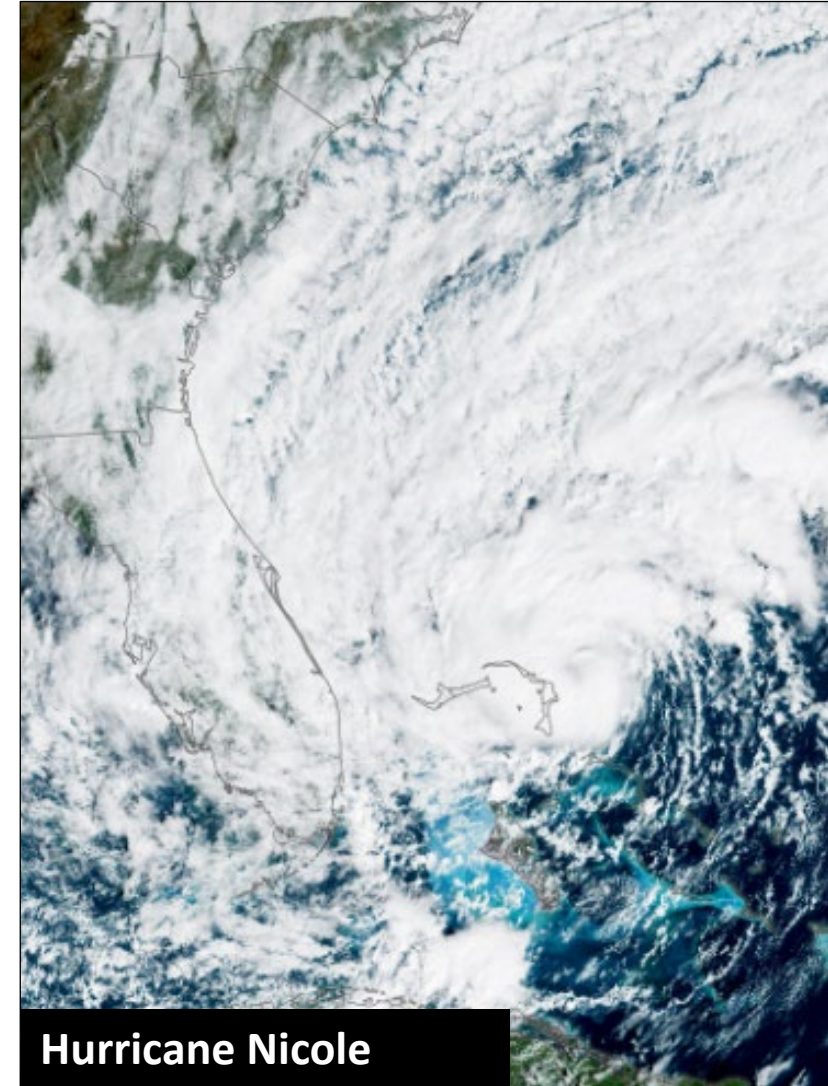
Melbourne  Florida



PTC 1 / Alex



Major Hurricane Ian



Hurricane Nicole

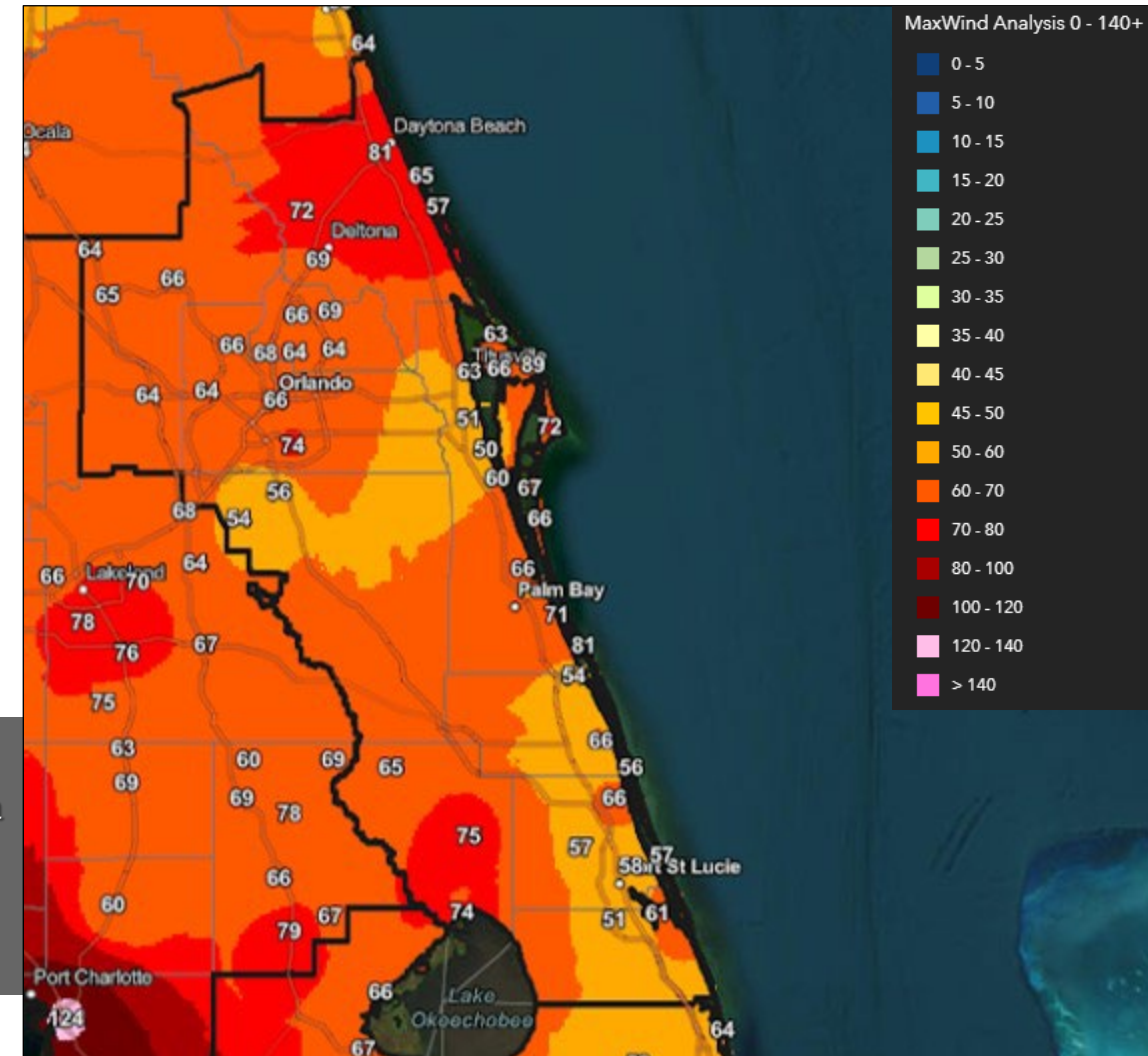
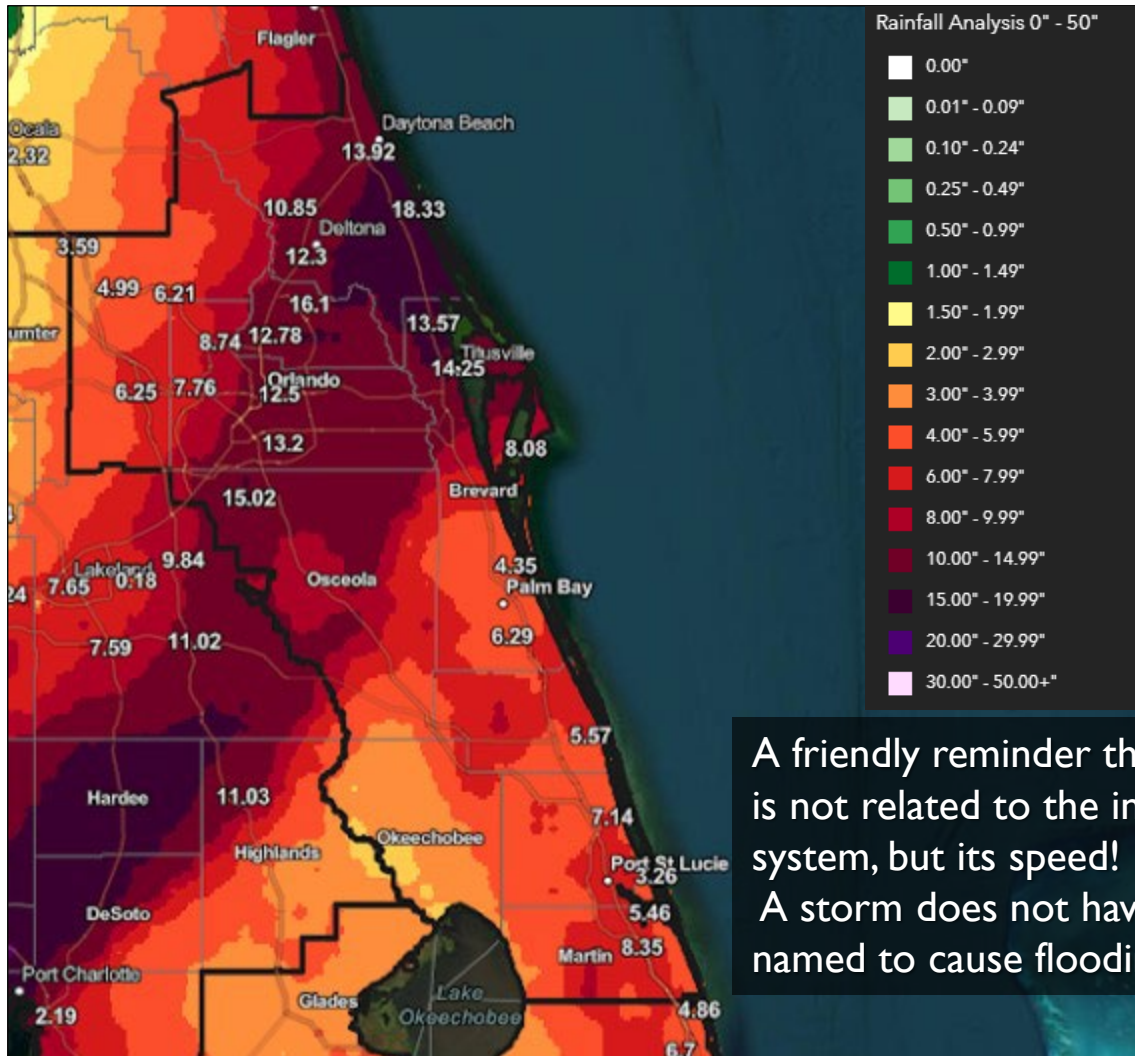
Major Hurricane Ian



WEATHER FORECAST OFFICE

Melbourne Florida

Rainfall & Wind



A friendly reminder that flooding is not related to the intensity of a system, but its speed!
A storm does not have to be named to cause flooding!

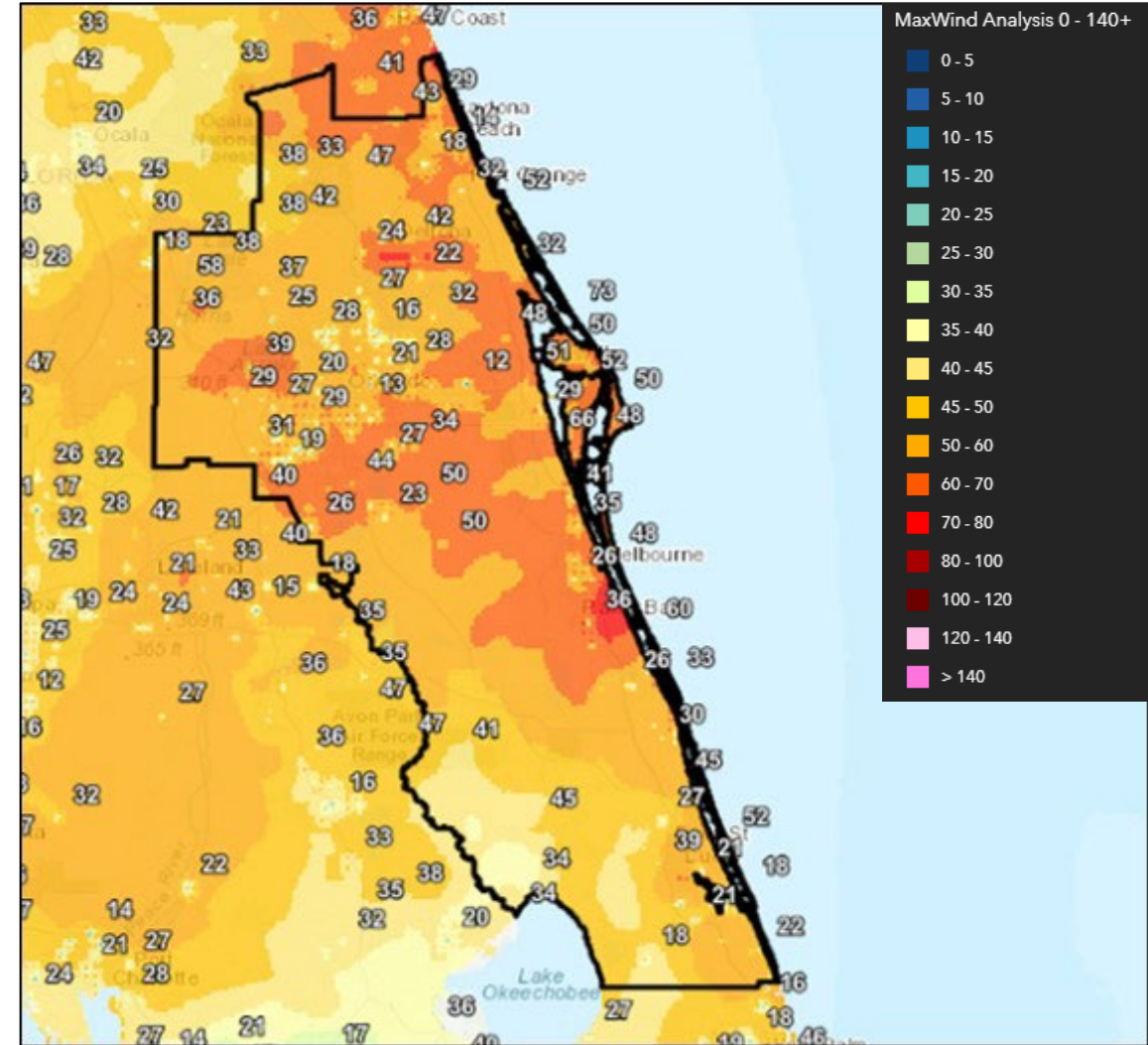
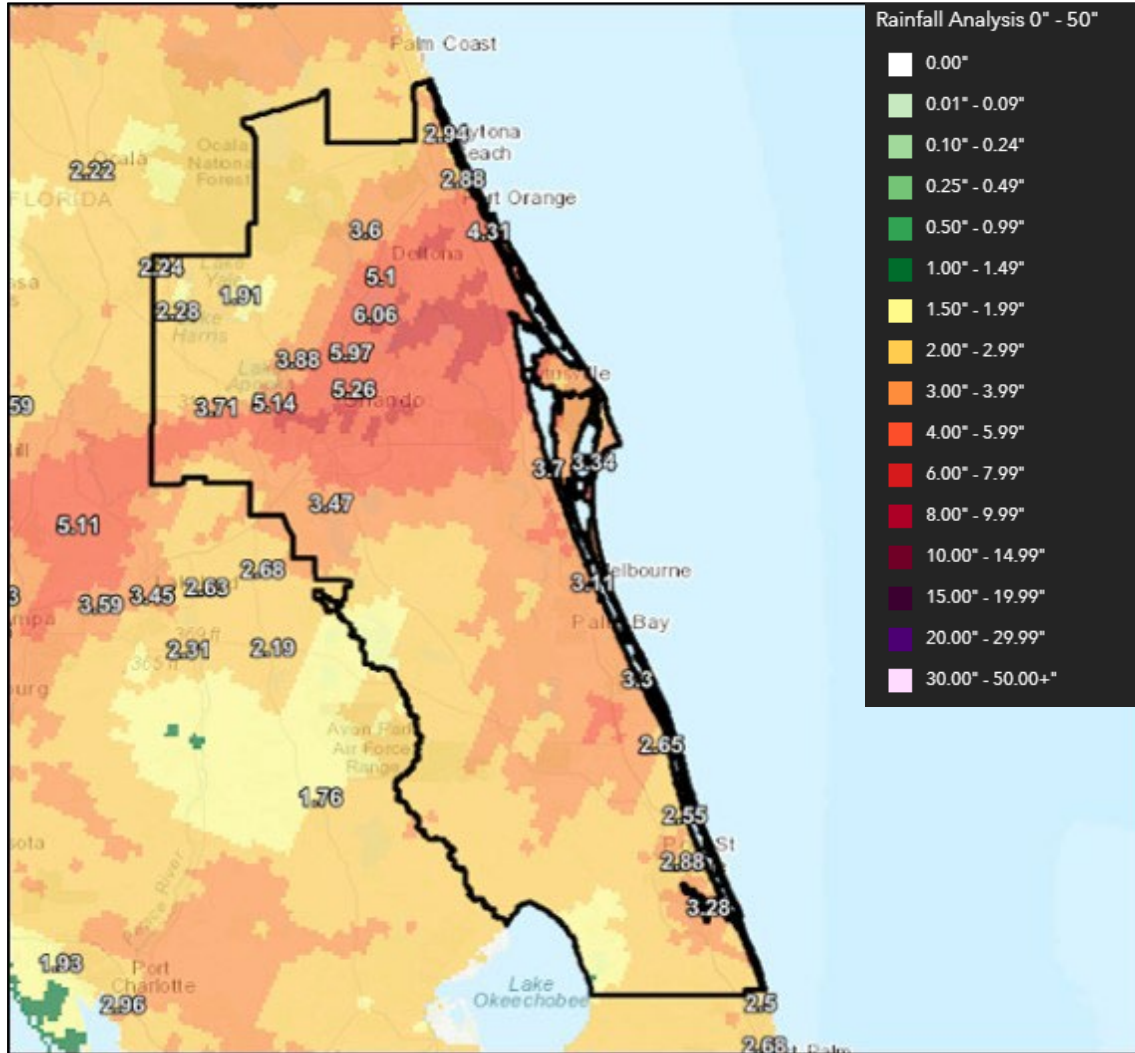
Hurricane Nicole

Rainfall & Wind



WEATHER FORECAST OFFICE

Melbourne Florida



Rainfall Distribution in Storms



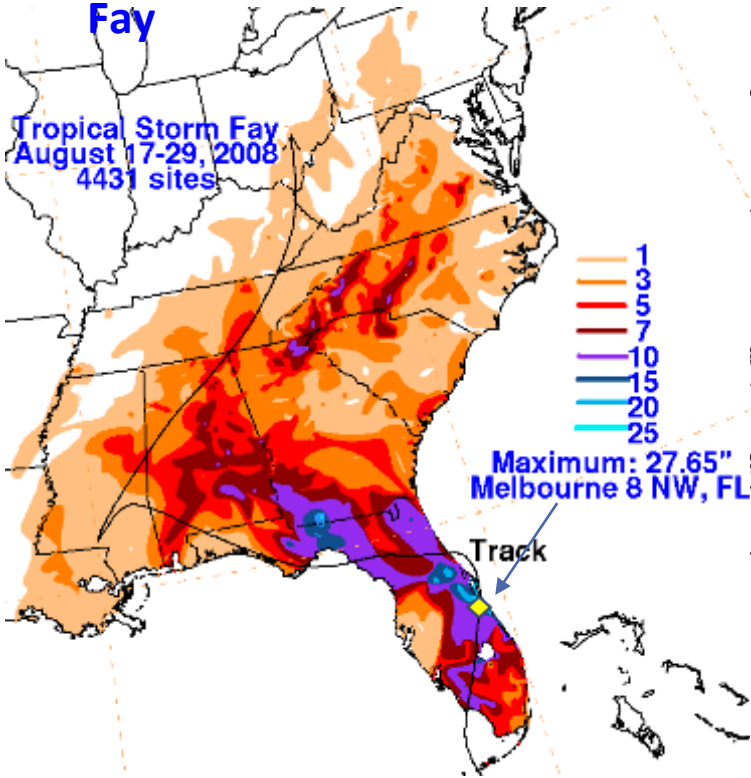
WEATHER FORECAST OFFICE

Melbourne Florida

Fay, Irma, Ian Florida Rainfall

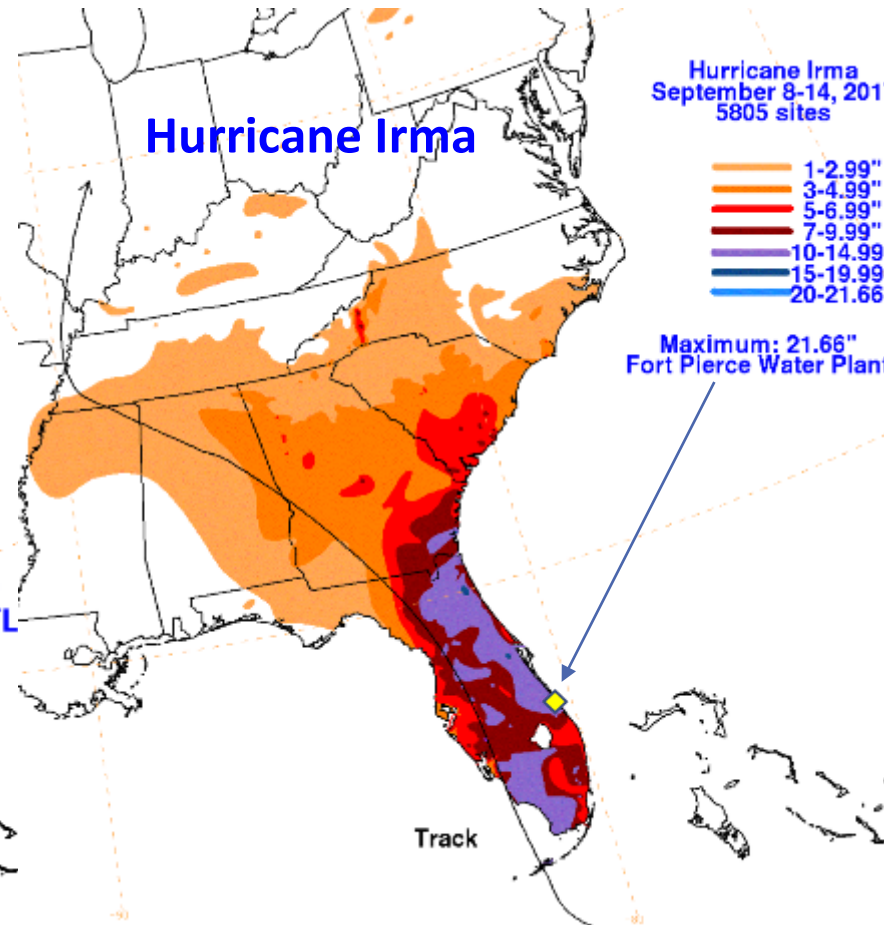
Tropical Storm Fay

Tropical Storm Fay
August 17-29, 2008
4431 sites



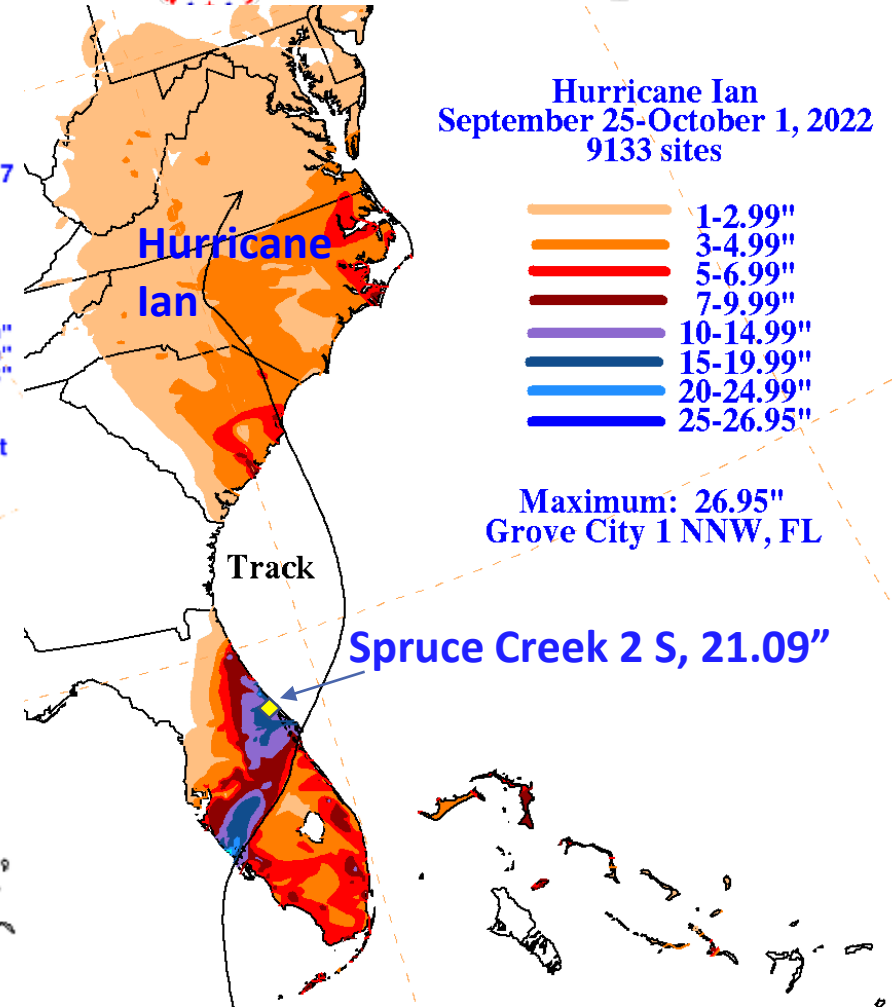
Hurricane Irma

Hurricane Irma
September 8-14, 2017
5805 sites



Hurricane Ian

Hurricane Ian
September 25-October 1, 2022
9133 sites



Tropical Rainfall Distribution: **Fay** - heaviest along track; **Irma** - heaviest right of track; **Ian** - heaviest left of track.

When it comes to tropical flooding, the category simply doesn't matter.

Hurricane Season 2022



WEATHER FORECAST OFFICE

Melbourne Florida

Key Takeaways

- The 2022 Atlantic hurricane season was *near-average* by the numbers, breaking the streak of above-average seasons we've seen for the past six years.
- Despite being average by the numbers, it will be remembered as *one of the costliest and deadliest seasons on record*.
- Use caution reading into trends early in the season (remember when we had a 60-day lull in activity between July and August after tropical storm's Alex, Bonnie, and Colin?). *Every season is different!*





- National Weather Service Overview
- Tropical Storms & Hurricanes Basics
- Tropical Products & Services
- A Look Back at 2022
- **What About 2023?**
- Hurricane Preparedness & Safety

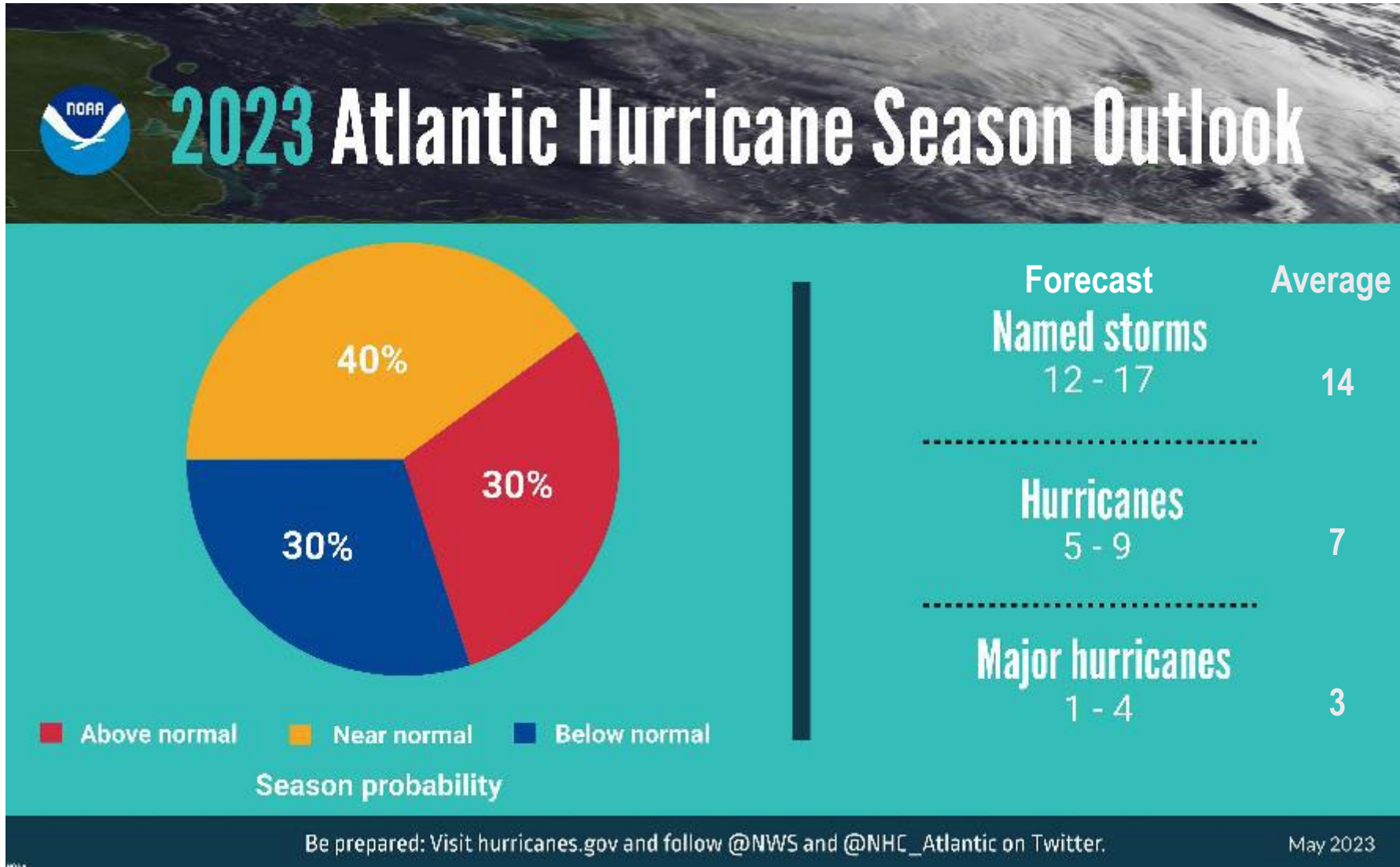
2023 Atlantic Hurricane Outlook

Near Normal Season Forecast



WEATHER FORECAST OFFICE

Melbourne Florida





The graphic features a satellite image of a tropical cyclone in the upper half. Below the image, the NOAA logo is on the left, followed by the title "2023 Atlantic Tropical Cyclone Names" in large white and teal text. The names are organized into three vertical columns, separated by dark teal bars. The first column lists: Arlene, Bret, Cindy, Don, Emily, Franklin, Gert. The second column lists: Harold, Idalia, Jose, Katia, Lee, Margot, Nigel. The third column lists: Ophelia, Philippe, Rina, Sean, Tammy, Vince, Whitney. At the bottom, there is a teal bar with white text: "Names provided by the World Meteorological Organization", "Be prepared: Visit [hurricanes.gov](https://www.hurricanes.gov) and follow @NWS and @NHC_Atlantic on Twitter.", and "May 2023".

2023 Atlantic Tropical Cyclone Names

Arlene	Harold	Ophelia
Bret	Idalia	Philippe
Cindy	Jose	Rina
Don	Katia	Sean
Emily	Lee	Tammy
Franklin	Margot	Vince
Gert	Nigel	Whitney

Names provided by the World Meteorological Organization

Be prepared: Visit [hurricanes.gov](https://www.hurricanes.gov) and follow @NWS and @NHC_Atlantic on Twitter.

May 2023

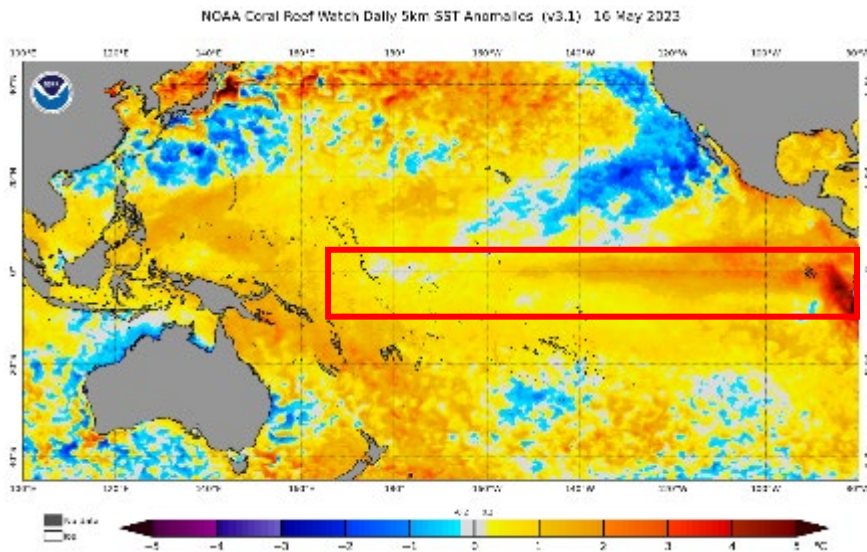
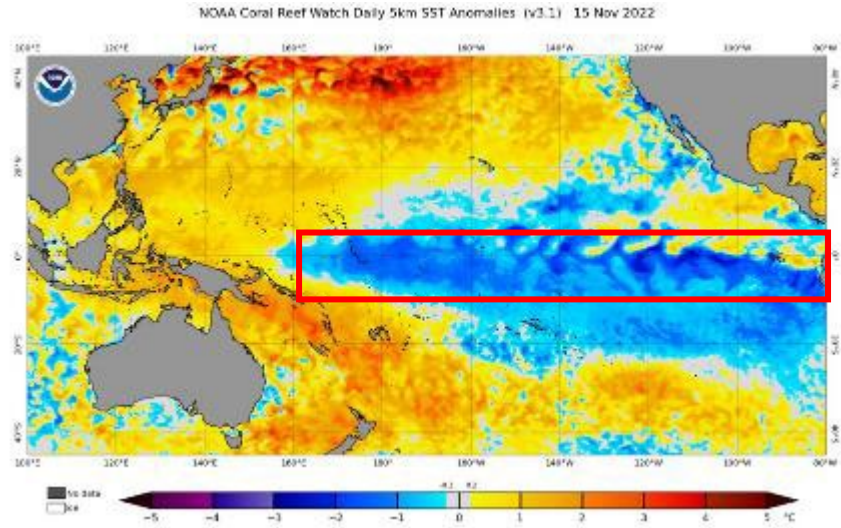
A Look Ahead at 2023

Current Pacific Water Temperatures



WEATHER FORECAST OFFICE

Melbourne Florida



- Water temperatures in the central and eastern Pacific warmed considerably over the fall and winter
- Atmospheric conditions reflect ENSO-neutral conditions at this time; however, an El-Niño is likely to develop this summer

A Look Ahead at 2023

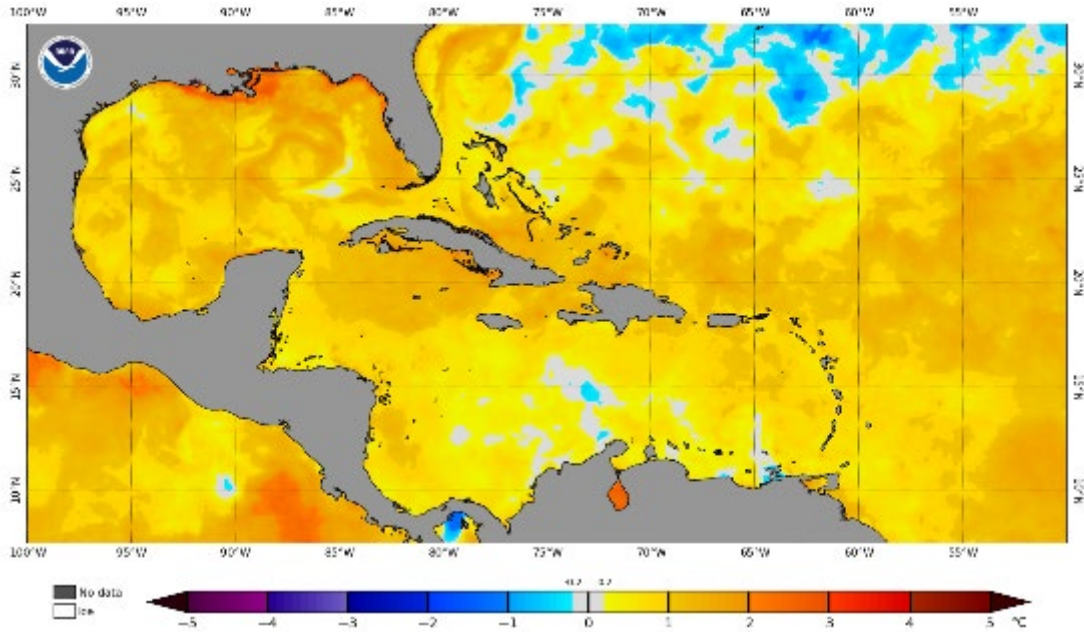
Atlantic Water Temperatures



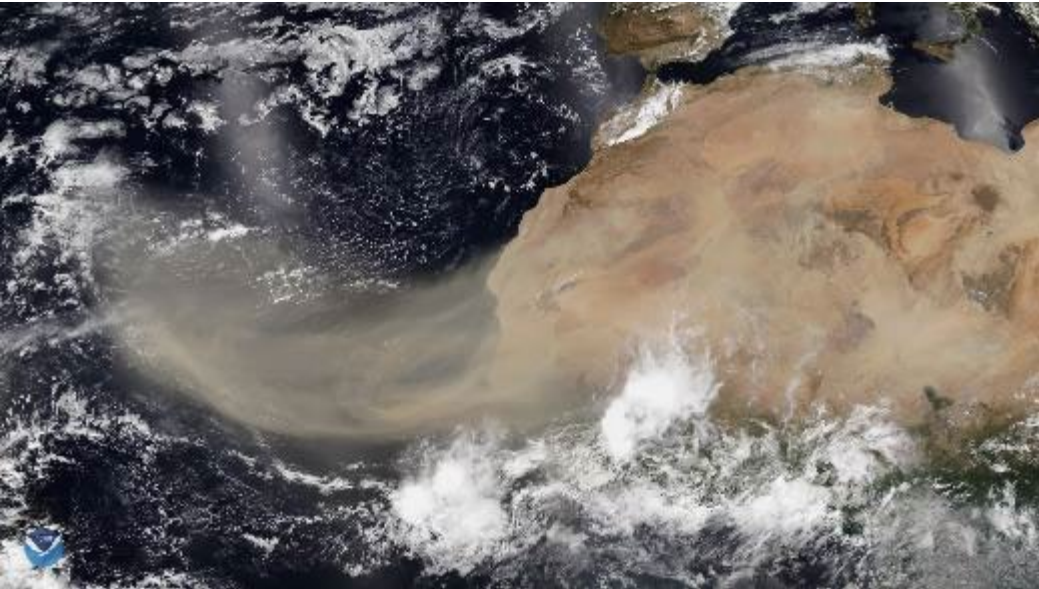
WEATHER FORECAST OFFICE

Melbourne  Florida

NOAA Coral Reef Watch Daily 5km SST Anomalies (v3.1) 16 May 2023



- Water temperatures in the eastern tropical and subtropical Atlantic are above normal, while they are near normal in the Caribbean
- This could offset atmospheric conditions produced by an El-Nino in the Pacific, resulting in more storms than would otherwise be expected



- The Saharan Air Layer (SAL) is a mass of very dry and dusty air that forms over the Sahara Desert and peaks from late June to mid-August
- Often associated with warm, dry air and strong winds that act to suppress hurricane formation and intensification
- While we are beginning to better understand and monitor this layer, research related to forecasting is still in its infancy



- National Weather Service Overview
- Tropical Storms & Hurricanes Basics
- Tropical Products & Services
- A Look Back at 2022
- What About 2023?
- Hurricane Preparedness & Safety

Hurricane Preparedness (Pre-Season)

Determine Your Risk



Storm surge



Strong winds



Tornadoes



Flooding & rainfall



Rip currents



NOAA

Hurricane Preparedness (Pre-Season)

Develop an Evacuation Plan



Find out if you live in an evacuation zone



Plan several routes



Have a go bag for supplies



Plan for your pets



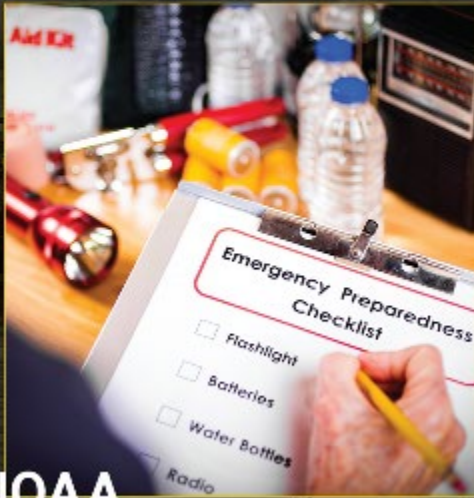
Follow evacuation orders if given



NOAA

Hurricane Preparedness (Pre-Season/Pre-Storm)

Assemble Disaster Supplies



Food & water



Medicine & prescriptions



Keep gas tank full



Cash on hand



Radio, batteries, phone chargers



NOAA

Hurricane Preparedness (Pre-Storm/Watch Period)

Strengthen Your Home



Cover windows



Trim trees



Secure loose outdoor items



Secure all doors



Move vehicle to a safe location



NOAA

Complete a Written Plan



Have a contact list



Keep critical documents together for quick access



Have at least one contact outside of the impact area



Share your plan

weather.gov



NOAA

HAZARDS REMAIN



Be careful near damaged buildings

Do not enter a damaged building until local authorities say it's safe. Leave your home if there's shifting or unusual noises. If you smell gas, get outdoors immediately and call 911.



Watch out for power lines

Stay far away from damaged power lines, whether they've fallen to the ground or are dangling overhead.



Don't walk or drive through floodwaters

They can contain harmful bacteria, chemicals, sharp objects, live wires and reptiles/other animals. It only takes 12 inches of fast moving water to sweep a car away.



weather.gov



POWER OUTAGE



Use flashlights, not candles

This will avoid risk of fire. Turn on flashlights before entering buildings, to avoid producing a spark that could ignite leaking gas.



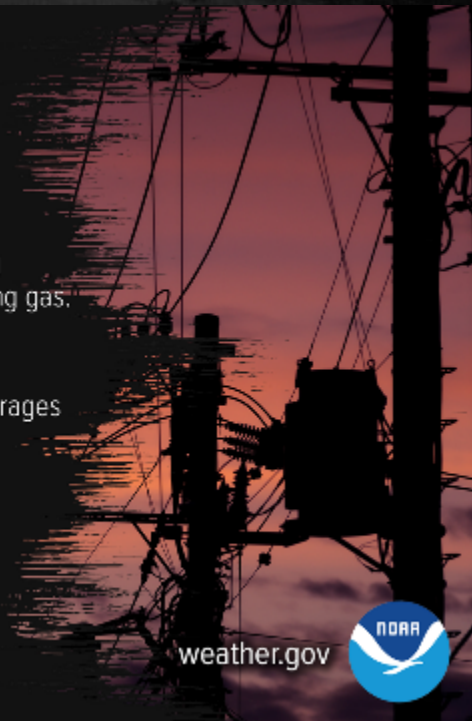
Practice portable generator safety

Use outdoors, at least 20 feet away from doors/windows/garages to avoid carbon monoxide poisoning. Properly ground, and don't overload.



Be careful with food and water

Food in the fridge can start to spoil after as little as 4 hours. Drink bottled/boiled water only, as purification systems may not be working. Use camp stoves/grills outdoors only.



weather.gov



CLEANING UP



Don't push yourself

Straining the body can lead to heart attacks and other serious issues. Perform cleanups slowly, taking lots of breaks.



Be careful with chainsaws

Wear protective gear. Keep a safe distance from bystanders. Avoid contact with fallen power lines to prevent electric shock. If you aren't trained to use them, leave power tools to the experts.



Stay safe in the heat

Stay hydrated. Wear light, loose-fitting clothing. Take breaks in shaded areas or in air conditioning. Cleanup during cooler hours if possible.



weather.gov





- Use seasonal tropical forecasts as a reminder to **have your hurricane preparedness plan in place before the start of the season!**
- Competing factors, like developing El-Nino conditions in the eastern Pacific, and warmer-than-usual temperatures in the Atlantic, **will add greater uncertainty to this year's seasonal forecast**
- Overall, oceanic and atmospheric conditions suggest that the Atlantic hurricane season is likely to be near normal; however, always remember: **it only takes one!**

Questions?

...

Will Ulrich
Warning Coordination Meteorologist
william.ulrich@noaa.gov





StayFitforDuty.org



BACKGROUND OF GRANT



- In December 2021, First Lady Casey DeSantis announced \$12 million in funding to implement and expand behavioral health services for First Responders and their families throughout the state.

YOU'RE THERE FOR US FIRST WE'RE HERE FOR YOU NOW



- In February 2022, LSF Health Systems was announced as a recipient of the grant for a 20-county region in northeast and north central Florida.

FIRST RESPONDER POPULATION SIZE

- There are 23,877 First Responders in our grant's 20-county region
- There are an estimated 51,172 family members
- <https://bluehelp.org/the-numbers/>

Source: *LSF First Responder Regional Supports Strategic Plan*

FIRST RESPONDER FEEDBACK

Top challenges faced by First Responders: PTSD, substance use, anxiety, marriage/family challenges

90% of First Responders report knowing someone who experiences mental health challenges

The top 3 reasons a First Responder may not ask for help are:

1. Stigma
2. Lack of Confidentiality
3. Denial of Needing Help

FIRST RESPONDER FEEDBACK



Peer Support implementation lacks buy-in from the highest levels of leadership.



Therapists and clinicians utilized by EAP Plans are not trauma-informed.



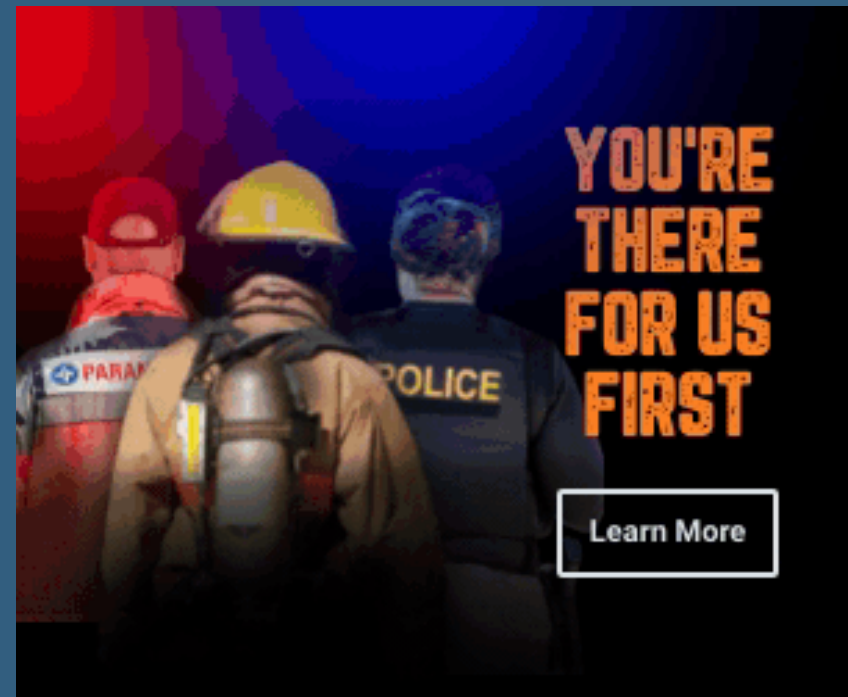
Rural communities lack the amount of available resources compared to urban communities.

Source: *LSF First Responder Regional Supports Strategic Plan*

PUBLIC AWARENESS—INFORMING FIRST RESPONDERS ABOUT OUR PROGRAM

To date, we have received 13,077,090 impressions on our Public Awareness campaign through:

- Television and streaming commercials
- Social Media
- E-mail Blasts
- Radio Spots
- Digital advertisements

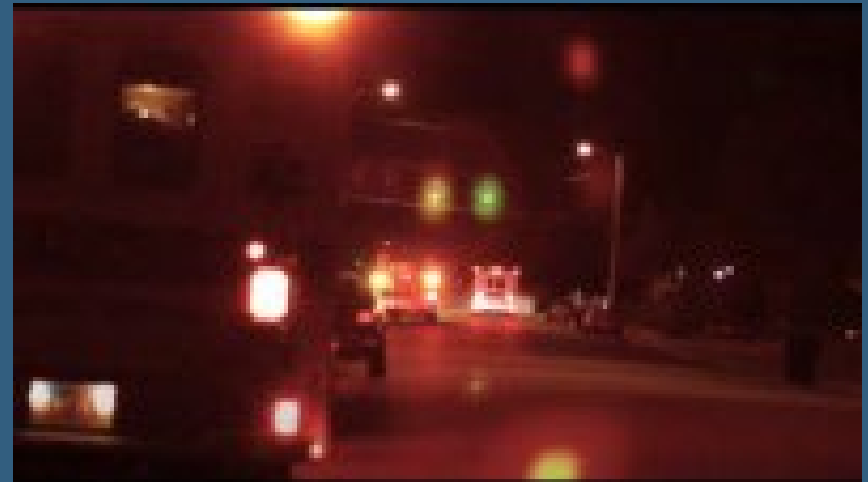


THE PROCESS FOR FIRST RESPONDERS & THEIR FAMILIES TO ACCESS SERVICES

- Step 1: Dial 211. This is the gateway to peer support and other community resources.
- Step 2: Identify yourself as a current or former first responder, or a member of a first responder family, then answer a few screening questions.
- Step 3: You will be paired with a first responder peer specialist that will contact you within 24-48 hours.
- Step 4: You will either be paired with a First Responder Peer Specialist immediately or one will call you back within 24 hours. They will work with you to create a long-term plan designed to help you feel better and stay fit for continued duty.
- Step 5: Your peer specialist will follow up with regular check-ins over a period of up to six months.

WHAT IS THE ROLE OF A PEER?

- Advocating for people in recovery
- Provide support, encouragement, understanding and a listening ear (70/30)
- Sharing resources and building skills for wellness and whole health
- Building community relationships
- Leading recovery groups
- Serve as a mentor and helping set goals



PEER SUPPORT FUNDAMENTALS

- Empathetic
- Peer support is respectful
- Requires honest and direct communication
- Involves mutual responsibility
- Peer support is about sharing power
- Peer Support is reciprocal

TYPES OF PEER SUPPORT ACTIVITIES

- Formal Support Groups
- Activity focused
- Educational activities
- Informal and one-one peer support
- Advocacy

KEY MEASURES OF PROGRESS: 2-1-1

Number of calls
per month
(Average 70)

- 80% of callers are referred to individualized resources

Documentation

- Timesheets to demonstrate coverage and availability

KEY MEASURES OF PROGRESS: *PEER SERVICES*

Number of
peers served
(Average 50)

- 90% satisfaction rate

OUR STRATEGIC PLAN



Continue to enhance our regional resource network for First Responders and their family members



Expand the availability of our regional Peer Support services



Develop a comprehensive training program

Source: *LSF First Responder Regional Supports Strategic Plan*

FAQ's

Does a First Responder have to call 211 first?

- No, a First Responder may call Here Tomorrow or CHS directly

If a person calls CHS/Here Tomorrow but needs resources, how do they access them?

- First responder peers are equipped to access resources and information on behalf of the first responder caller to help them navigate the behavioral health system.

Is my information confidential?

- Yes! Any data that is required to be reported to the funder is de-identified (all PHI removed)

Will you report information to my agency?

- No, LSFHS will not share any information to your agency

What if a FR does not like their peer or organization?

- You will be directed to another first responder peer that is trained to meet your needs

Questions?

LSF Health Systems is a Managing Entity contracted with the Department of Children and Families.

Sponsored by the State of Florida, Department of Children and Families



3-16-23 CFDMC Member Meeting Minutes

Participants: See attached list

Welcome and Housekeeping: Reginald Kornegay welcomed the group and thanked all for participating. He reminded those on the webinar to put their name and organization in Chat, and those on the phone to email their name and organization to info@centralfladisaster.org

To Inform Families First: Christine Olson, founder of To Inform Families First presented on this program. She stated that when her daughter Tiffany was killed in a motorcycle accident, it took over six hours for law enforcement to notify her. All she had with her at the time was her driver's license. She stated that six hours is the national average in notifying emergency contacts. She presented the idea for using driver's licenses to register contact information to a local legislator and this initiative is now not only in Florida but in many other states. She demonstrated the ease in registering two emergency contacts. She stated that her goal is to get this nationwide. October is Emergency Contact month in Florida. Oliva Gay asked if there is a presentation available online that she can use. Christine stated there is no formal presentation but the website is included and there are flyers. Eric asked if this information has been given to FEMA and Christine stated that it has not. Eric will share this with FEMA. See attached presentation for the website and contact information.

Community Health Centers Emergency Preparedness: Gianna Van Winkle shared information on Florida's healthcare centers. Her association provides support, training and technical assistance to these centers. She introduced the Region 5 healthcare centers. Stephanie Turner advised that Georgeanne Kirk is on the Coalition Board. She spoke about the health center's emergency preparedness efforts during the 2022 hurricanes. See attached presentation.

Mental Fitness: Improve Performance and Increase Fulfillment: Loree Draude lead the group through a presentation on how to improve mental fitness (see attached).

Coalition Workgroup Updates: Eric Alberts provided the following updates:

- Pediatric Surge Exercise: Eric reported that more than 40 individuals participated in the February 24th tabletop - Feb 24 pediatric surge/reunification exercise. An after action report will be sent out later this month. He stated that the Coalition is working with Orlando Health on additional reunification exercises.
- Radiation Surge Annex/Exercise: Eric advised that the Coalition facilitated a statewide workgroup to develop the first radiation surge annex. A virtual exercise has been scheduled for May 17th. The plan and the invitation to the exercise are on the Coalition website.
- Regional Mass Casualty Hospital Exercise: Eric reported that the regional mass casualty exercise will be held on April 20th, with over sixty hospitals participating and 1,700 victim volunteers going into emergency departments to test medical surge and decontamination. This year's scenario is multiple train derailments with chemical spills, which is timely based on recent events. He stated that we need additional volunteers, including evaluators, controller and volunteer management personnel. The flyers with registration links for these roles are on the website. He said that these annual exercises are necessary to keep the hospitals ready for mass casualty incidents. Following Pulse, Orlando Health personnel stated that the exercise helped save lives
- EMResource: Eric stated that this electronic system provides hospital bed availability, the ability to send Hazmat alerts and BOLOs (be on the lookout for), and facility status during an event. Matt Meyers is working with local jurisdictions in registering and training users, and the Coalition has a steering committee working on developing guidelines to maximize the use of this system.
- Social Media Campaign: Eric stated that he is helping the Coalition push out information via LinkedIn and Addison Hassell is doing this via Facebook. He asked members to follow, like, and share posts.
- Website: Eric reminded members that there is a wealth of information on the website.
- ASPR Assessment: Eric advised that the Coalition received a site visit from the ASPR project officer, Captain Paul Link. Captain Link stated that the Coalition is one of the best in the nation, and that is due to the members and

their collaboration. Eric thanked all members for their participation and support, and recognized the Coalition staff.

Coalition Wrap-up: There were no other announcements. Reggie stated that the next meeting will be held on June 15th and an agenda will be sent out in advance. A meeting survey will be sent following the meeting and Reggie encouraged all to provide feedback to help us improve future meetings.

Attendees:

First Name	Last Name	Organization
Eric	Alberts	Orlando Health
Mercedes	Albrecht	DOH-Volusia
Valeen	Bell	
Sheri	Blanton	District 9/25 Medical Examiner
Ed	Bradley	DOH-Martin
Stacy	Brock	DOH-Indian River
A.C.	Burke	EID Collaborative
Nathan	Carpenter	Brooks Rehab
Marcie	Carter	AZA Health
Georgianne	Cherry	DOH-Osceola
Deborah	Collinge	DOH-Orange
Robert	Contreras	Health First
Beverly	Cook	CFDMC
David	Crowe	DOH-Region 5
Ann	Culley	NHC Home Care-Merritt Island
Vanessa	Degyansky	FDOH
Chris	Dorans	DOH-Volusia
Jemima	Douge	Poison Control
Loree	Draude	Presenter
Lynne	Drawdy	CFDMC
Molly	Ferguson	Community Health Centers
Olive	Gaye	GenCare Resources
Christy	Gillis	DCF
Alan	Harris	Seminole County
Colleen	Heid	Whole Family Health Center
Aldair	Hernandez	Dentsu
Brandon	Huang	ORMC Pharmacy
Osman	Ihab	DOH-Orange
Money	Janiece	CFDMC member
Money	Jeffrey	Brevard County Fire Rescue
Kelley	Jenkins	Lawnwood
Amy	Johnson	AdventHealth New Smyrna
Samantha	King	DOH-Seminole
Reginald	Kornegay	Orlando VA
Steve	Leve	Orlando VA
Kathleen	Lyons	DOH-Brevard
Brian	McGlone	Orlando VA
Matt	Meyers	CFDMC
Heather	Miranda	
Missy	Montgomery	AdventHealth
Sven	Normann	
Christina	Olson	Presenter

Ken	Peach	Health Council of East Central Florida
Christine	Proulx	Cleveland Clinic-Martin
Gregg	Purden	
Michelle	Rud	HCA FL Osceola
Ana	Ruiz	Orlando VA
AJ	Saunders-Johnston	AdventHealth
Wayne	Smith	Davita
Breanne	Southwood	Haven Home Health
Clint	Sperber	DOH-St. Lucie
Chris	Stabile	Retired CFDMC Board Member
Brenda	Steverson	Dialysis
Karen	Street	DOH-Brevard
Lauren	Thompson	UCF College of Medicine
Joey	Torres	Treasure Coast Community Health
Stephanie	Turner	Presenter
Gianna	Van Winkle	Presenter
Lynda	W.G. Mason	CFDMC Treasurer
Donna	Walsh	DOH-Seminole
Lydia	Williams	DOH-St. Lucie
Celeste		Polk Family Health Center



Central Florida Disaster Medical Coalition (CFDMC) Member Meeting

March 16, 2023– 9 am to Noon

Note: Meeting will be recorded



- ▶ Please place your phone on mute when not speaking
- ▶ Don't place your phone on hold
- ▶ Use either computer audio and mic, or phone, not both – this can cause feedback noise
- ▶ Use the chat feature to raise issues or ask questions
- ▶ We may need to mute all lines. You can unmute yourself by clicking the microphone icon



Reginald Kornegay, 2023 CFDMC Chair

- ▶ Welcome & Announcements
- ▶ In person, please sign in
- ▶ For those on webinar, please submit your name and organization in chat.
- ▶ For those on the phone, please email your name and organization to info@centralfladisaster.org

TiFF – To Inform Families First

Christine Olson

Founder of Tiffs Initiative

941 795-1869

christine@helptiff.org

www.toinformfamiliesfirst.org



<https://www.flhsmv.gov/driver-licenses-id-cards/emergency-contact-information-history/>

COMMUNITY HEALTH CENTERS EMERGENCY PREPAREDNESS

Gianna Van Winkle & Stephanie Turner
(see attached presentation)

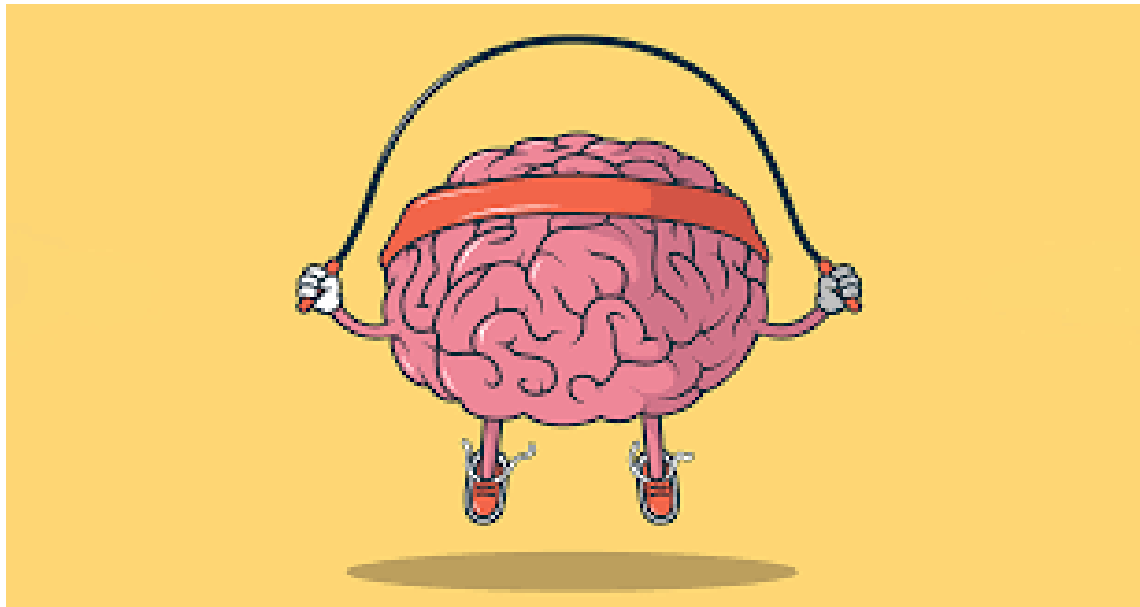


Networking Break



Mental Fitness: Improve Performance and Increase Fulfillment

Loree Draude
(see attached presentation)



Coalition Updates

Eric Alberts





- **Questions?**
- **Other Announcements?**
- **Next Meeting: June 15 at Indian River State College**
- ▶ **Meeting Evaluation (e-survey following meeting)**

FLORIDA'S COMMUNITY HEALTH CENTERS- AN INTRODUCTION FOR CENTRAL FLORIDA DISASTER MEDICAL COALITION- REGION 5



MARCH 16, 2023



Hello from FACHC



Florida's Primary Care Association



FACHC represents 54 health centers providing services to residents in all 67 counties in Florida at more than 750 locations, delivering care to more than 1.8 million patients during 7 million patient visits.



Provides Support, Training and Technical Assistance



Corporate Headquarters in Tallahassee



**Ensuring equitable access to quality care
for all Floridians**

[→ FIND A HEALTH CENTER](#)

[→ BECOME AN ADVOCATE](#)

[→ HEALTH CENTER CAREERS](#)

Health Centers Defined

- Health centers are community-based and patient-directed organizations that deliver comprehensive, culturally competent, high-quality primary health care services. Health centers also often integrate access to pharmacy, mental health, substance use disorder, and oral health services in areas where economic, geographic, or cultural barriers limit access to affordable health care services
- Health centers deliver care to the Nation's most vulnerable individuals and families, including people experiencing homelessness, agricultural workers, residents of public housing, and the Nation's veterans



What Makes Health Centers Unique

- Deliver **high quality, culturally competent, comprehensive primary care**, as well as supportive services such as health education, translation, and transportation that promote access to health care
- **Provide services regardless of patients' ability to pay** and charge for services on a sliding fee scale
- **Operate under the direction of patient-majority governing boards** of autonomous community-based organizations. These include public and private non-profit organizations and tribal and faith-based organizations
- **Develop systems of patient-centered and integrated care** that respond to the unique needs of diverse medically underserved areas and populations
- **Meet requirements regarding administrative, clinical, and financial operations**



Health Centers in Region 5



**Florida Community
Health Centers, Inc.**

Primary & Specialty Care Since 1976

"Before Birth & Beyond, Let Our Family Take Care of Yours"



community
health
centers



Brevard HEALTH Alliance™



ORANGE BLOSSOM
FAMILY HEALTH



Health Center Response Capabilities



Health Center Partnerships and Collaborations

CHCs continue to build strong relationships with various local, regional, statewide, and national partners including:

- County Health Departments & Emergency Management
- Police and First Responders
- Hospitals and Other Healthcare Providers
- Public Housing Authorities and Homeless Shelters
- Food Banks, Churches, and Community-Based Organizations



Collaboration, Connection, Community

- The ability to communicate internally and in conjunction with external resources before, during, and after events are vital to the operations of health centers. Internal and external resources include partner organizations, emergency responders, vendors, media, and/or the public.



Communication Channels

- Internal Email
- EHR notification (Campaign calls to patients and staff)
- Cell phones (If service is available)
- Social Media
- Website
- TV/News stations
- Radio

Health Center Communication Tips

- Review communication plans annually to ensure optimal preparedness
- Constant communication is key
- Regular communication with community partners prior, during and after an event
- Dissemination of information and developments to staff and external partners as soon as possible during and after an event

Technology preparedness for health centers

- Identify technologies required for performing essential functions and review the associated disaster recovery plans
- Identify the supporting agency for each system (in-house, city/county, third party, etc.) and contact them to discuss the continuity planning efforts
- Review IT staffing levels and develop clear succession lines for key technical support. Review recovery processes
- Research options for telecommuting for staff including hardware, software, and security requirements. Considerations must be taken into account for each employee's level of services at their residence

Continued preparedness

- Assemble emergency kits of equipment and supplies at all facility sites
- Develop a communication plan/phone tree for key staff and management within the organization- (*Administration, Senior Management*)
- Ensure staff are up to date on any training/drills

During an event

- Prioritize life safety.
- Conduct roll-call of personnel
- Ensure the safety and accountability of all personnel
- Check-in with immediate supervisor on a regular basis to report status and availability
- Maintain situational awareness
- Maintain status report of all essential equipment
- Document all response activities

Post event

- Report any staff injuries to Human Resources
- Provide Critical Incident Stress Debriefing to all responders and employees
- Perform a comprehensive damage assessment
- File necessary claims
- Allow personnel to return to facilities only when determined to be safe by appropriate management
- Reassign critical responsibilities to available personnel
- Conduct start-up tests and make necessary adjustments
- Resume normal operations
- Review and update the current comprehensive emergency management plan from identified deficiencies or issues encountered during the event
- Prepare an After Action Report (AAR) and share with FACHC and other entities
- Prioritize repairs



THANK YOU

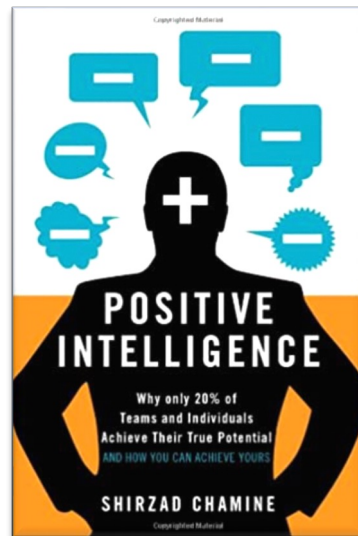
Seeking a connect with your local Community Health Center(s), please reach out to Gianna Van Winkle, Director of Emergency Management Programs

gianna@fachc.org or 850-591-1832



Mental Fitness

How to grow the three core mental muscles to thrive in challenging times.



Loree Draude, CPQC

Mental Fitness

Definition:

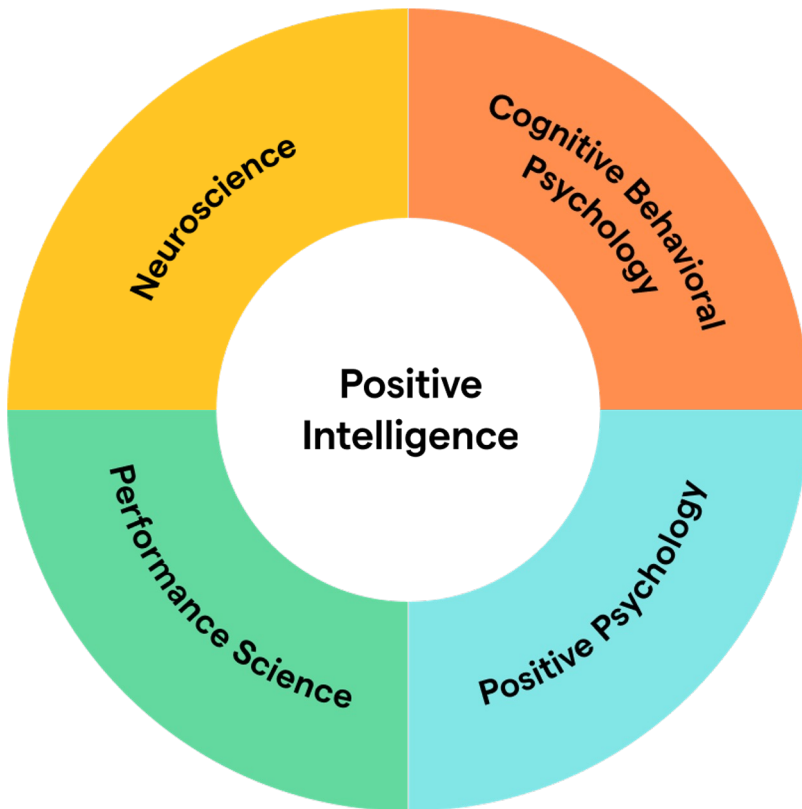
Your capacity to respond to life's challenges with positive rather than negative mindset

Impact:

- **Peak performance**
- **Peace of mind/wellness**
- **Healthy relationships**

Research Foundation

Our mental fitness program is based on breakthrough, original research by Shirzad Chamine and the synthesis of recent discoveries across neuroscience, positive psychology, cognitive behavioural psychology, and performance science.



Research includes results from:

- ✓ Hundreds of CEOs and their executive teams
- ✓ Stanford students
- ✓ World-class athletes
- ✓ 500,000 participants from 50 countries

Research summarized in the New York Times best-selling book,
Positive Intelligence, translated into 20 languages.

Power of Factor Analysis

- ✓ Discovers the **root cause**
- ✓ Results in **radical simplification**

Example

At the root of thousands of colors are only three factors:

Red, Blue, Yellow



Results of Factor Analysis Research

Only 3 core muscles are at
the root of mental fitness

1. **Saboteur Interceptor**
2. **Sage**
3. **Self-Command**

- 1. Saboteur Interceptor**
- 2. Sage**
- 3. Self-Command**




The Judge









Motivation

	Independence	Acceptance	Security
Assert			
Earn			
Avoid			










Motivation

		Independence	Acceptance	Security
Style	Assert	 Controller	 Hyper-Achiever	 Restless
	Earn			
	Avoid			

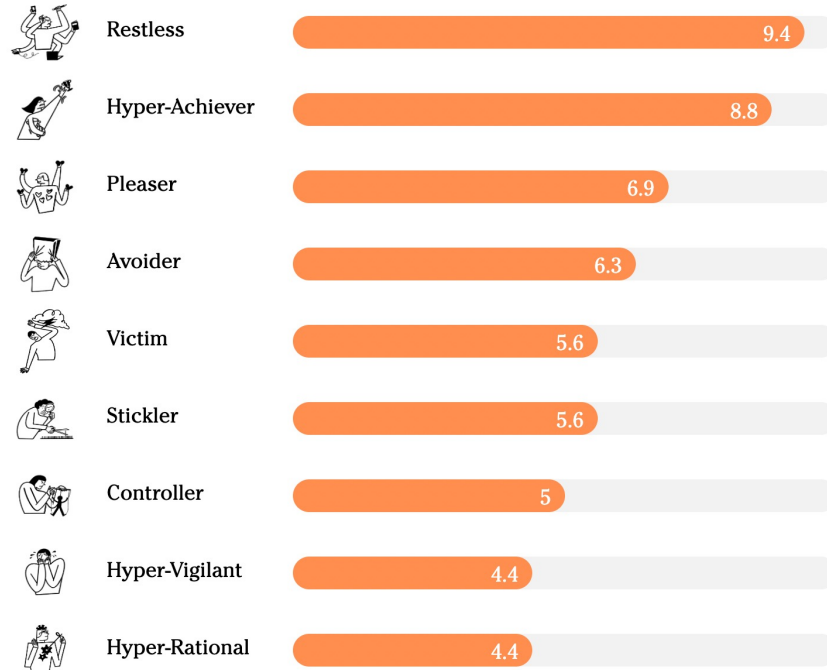
Motivation

		Independence	Acceptance	Security
Style	Assert	 Controller	 Hyper-Achiever	 Restless
	Earn	 Stickler	 Pleaser	 Hyper-Vigilant
	Avoid			

Motivation

		Independence	Acceptance	Security
Style	Assert	 Controller	 Hyper-Achiever	 Restless
	Earn	 Stickler	 Pleaser	 Hyper-Vigilant
	Avoid	 Avoider	 Victim	 Hyper-Rational

Loree, here are your results



Explore saboteurs' descriptions and notice the ones that speak to you. Remember, no one fits any Saboteur description completely. Look for the general patterns.

[Explore](#)

Restless

8.1

Restless, constantly in search of greater excitement in the next activity or constant busyness. Rarely at peace or content with the current activity.

Characteristics

- Easily distracted and can get too scattered.
- Stays busy, juggling many different tasks and plans.
- Seeks excitement and variety not comfort or safety.
- Bounces (escapes) from unpleasant feelings very quickly.
- Seeks constant new stimulation.

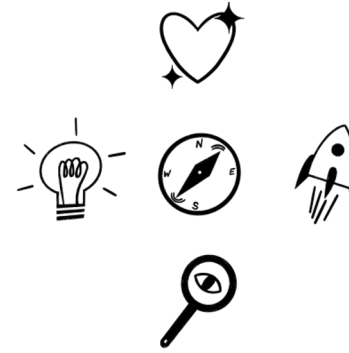
Thoughts

- This isn't fulfilling.
 - This next thing has got to be more exciting.
 - These negative feelings suck.
 - I must shift my attention to something exciting.
-



**Saboteurs
Saboteur**

**Brainstem
Limbic System
Parts of Left Brain**



Sage

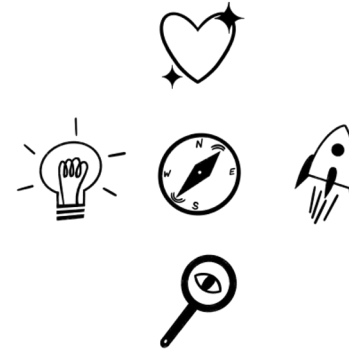
**Middle Prefrontal Cortex
Empathy Circuitry
Parts of Right Brain**



Saboteurs Saboteur

**Motivates you through
negative emotions ...**

...fear, stress, anger, guilt,
shame, insecurity, ...



Sage

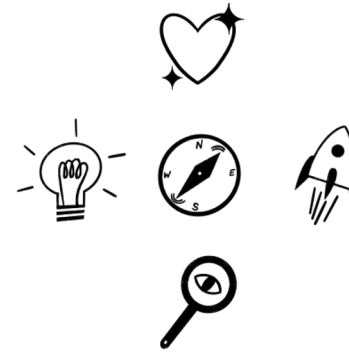
**Motivates you through
positive emotions...**

...empathy, curiosity, creativity,
passion and purpose.



Saboteurs Saboteur

**Might generate success
but NOT happiness.**



Sage

**Generates your highest
success and sustained
happiness.**

**Are negative emotions good
for you?**

Is pain good for you?



Negative Emotions

Only helpful for 1 second as alert signal.

Staying in negative emotion hurts ability to see clearly and respond with empathy, curiosity, creativity, or laser-focused action.

Negative Emotion = Saboteur

1. Saboteur Interceptor

2. Sage

3. Self-Command



The Sage

Lives in region of brain associated with:

Positive emotions
Peace and calm
Clear-headed focus
Creativity
Big picture

Operates from the Sage Perspective

Sage Perspective

Every outcome or circumstance can be turned into a gift and opportunity.

The Stallion Story



QUESTION:

Which Perspective is True?

Saboteur: This is BAD

Sage: This is a GIFT

ANSWER:

**Whichever you believe
becomes true.**

1. Saboteur Interceptor
2. Sage
3. Self-Command



10-Second PQ Reps

Simplicity of the Operating System

1. If you're feeling negative emotions STOP.
You're in **Saboteur** mode.
2. Do some PQ Reps to quiet Saboteurs and activate **Sage**.
3. Assume the **Sage Perspective** that every problem can be converted into a gift & opportunity.
4. Generate the gift by using the Sage powers like empathy, curiosity, creativity, and calm, clear-headed action.

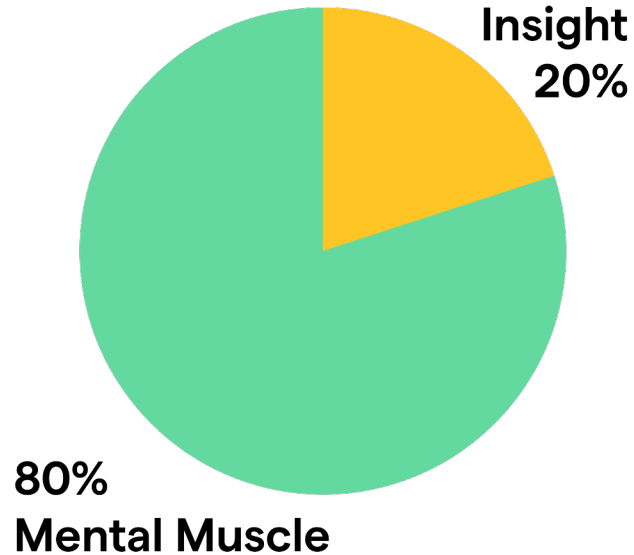
QUESTION:

Is it really possible to just shift from Saboteur to Sage response, even in tough challenges?

ANSWER:

YES, but the speed and depth of the shift depends on **mental muscle strength**.

Lasting positive change requires...



Success requires intense initial practice

**15 minutes/day
for 6-8 weeks**

(you can't defeat a gang of 10 bandits
by sending one new fighter per day
for 100 days)

My Gift to CFDMC: 50% off the Positive Intelligence Program

6 weeks duration

Watch 1-hour weekly video (on weekend or Monday)

15 minutes/day of practice on the app

Read 8 chapters of Positive Intelligence book (PDF provided)

Optional weekly group coaching call

Logistics

Details on loredraude.com/cfdmc

Deadline to register Wed Mar 22

First weekly video available Sat Mar 25

Need to participate with at least one other accountability partner (“Pod” sizes of 2-12)

- Family, Friends, CFDMC members
- Accountability “Pod” size: 2-12

Saboteur Assessment:

<https://www.positiveintelligence.com/saboteurs/>