



REM Meeting

April 1st, 2022

9:30AM-11:00AM: Meeting

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

Microsoft Teams Meeting

❖ **Welcome and Introductions**

- Samantha Pickett, REM Vice Chair

❖ **Presentations**

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

help first responders including emergency managers with stress and mental health.

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

❖ **Member Updates**

- REM Give Back Program
 - **First Event:** North Texas Food Bank (NTFB)
 - **Date:** April 29, 2022
 - **Time:** 9:00AM (Please arrive at 8:30AM for orientation)
 - **Location:** 3677 Mapleshade Ln. Plano, TX 75075
 - **Registration/Waiver:**
 - http://volunteer.ntfb.org/need/detail/?need_id=641264
 - Create an account
 - Click Pack and Box Details
 - Click Respond as a Team
 - Find the open registration April 29th at 9:00AM
 - Team Name: Regional Emergency Managers Group
- NCTCOG Updates
 - **Attached**
- TDEM Updates
 - Registration open for TDEM Conference
 - PIV-I cards will be issued throughout Region 1 as well as at the TDEM Conference in San Antonio. Be on the look out for an additional email for more information.
 - Added County Liaison position.
 - "This change allows TDEM to directly support local partners in a more robust manner by leveraging resources for Texas communities."
 - See Memo sent out by TDEM for more info

❖ **Team Building Activity**

- Word Game
 - **Pushed to next meeting**

❖ **Next Meeting**

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