This May the Region partnered with other agencies to bring a 3Echo course to the area. The course was well received. There were sixty-four responders who had the opportunity to participate in the training.

For anyone not familiar with 3Echo, it stands for: Enter, Evaluate, Evacuate. It is a dynamic course, where Law Enforcement, Fire and EMS practice working together during an active threat scenarios.

3Echo challenges us to re-evaluate how the different branches of Emergency Services can work together in a situation that is still unfolding.

I know that the 3Echo model may not be the right fit for every department, but I believe there are some “take-aways” that every department could incorporate:

- Collaboration between Law Enforcement, Fire or EMS Department is imperative

  An active threat incident unfolds rapidly. The more regularly we can collaborate, train and communicate together, the smoother a real-world event can go. Over half of the counties in the Region have quarterly meetings that bring together various departments and disciplines. This is a great opportunity to start working together before an incident.

- Make your training more “real world”

  Crank up some loud music, dim the lights, or add some flashing lights. We train in the comfort of a climate controlled, well lit, and quiet classroom... but our real world work space is usually anything but controlled.

A Law Enforcement officer finds two volunteer victims at the 3Echo training in Mille Lacs.
Montrose Fire Department was nominated to participate in the “Best of Us” competition, sponsored by Johnsonville in a quest to recognize and thank Volunteer Fire Departments for upholding an American tradition of volunteerism and standing up to help those in need.

As a Finalist, Montrose Fire Department will receive $1,000 to use toward their firehouse or community. They also will receive the latest industry textbooks, apparel and hats from IFSTA and Johnsonville sausage products for the fire department to raise additional funds.

The Central Minnesota Critical Incident Stress Management (CM CISM) team is a group of approximately 25 volunteer active and retired police officers, firefighters, EMT’s, nurses, mental health professionals and chaplains that respond to requests from public safety agencies throughout the 12 county Central MN EMS region. The CM CISM Team employs a range of critical incident stress management (CISM) interventions to attend to the needs of the requesting agency or individual.

You might ask what CISM is – it is a comprehensive, phase sensitive, integrated, multi-component approach to crisis intervention (Everly & Mitchell 1997). Wow – that sounds complex – but, in reality it is not; CISM combines specialty trained volunteer peers (police, fire, EMS, etc.) that reach out to emergency service agencies in need to help after a critical incident, which is defined as any traumatic event that is outside the usual range of human experience. These events have the potential of causing a traumatic stress reaction that may impair cognitive, emotional, spiritual or physical function—these reactions are normal responses to abnormal events or situations.

Critical incidents or events can range from serious injury or death
CISM Corner cont’d. from page 2

due to criminal actions, motor vehicle crashes, fire, drowning, medicals involving children, or the death of an emergency responder. CM CISM Team can and has responded to crime scenes during the incident, and sometimes responded days and weeks after the incident. Our volunteers respond to provide care, compassion, understanding, and counsel to emergency service personnel exposed to trauma. The goal of CISM is to assist individuals integrate the thoughts, images, and reactions they might experience after being involved in a horrific or unnatural situation. Emergency responders benefit from CISM interventions because they:

- Reduce the impact of critical incident/traumatic stress
- Reduce isolation by interacting with others who were at the incident
- Normalizes stress reactions through collaborative support and education
- Improves individual coping skills for future incidents (increasing resistance and resiliency)

This integration process occurs when peers help peers under the watchful eye and guidance from specially trained mental health professionals. All CM CISM members are trained in enhanced listening and advanced counseling skills, verbal and non-verbal communication, the anatomy and physiology of traumatic stress, and some very basic brain neuroscience. They combine that with their credibility as having worked in the emergency services field to bring greater awareness and understanding than someone that does not fully understand the emergency service culture. Our team members assist families and significant others of those whom we service alongside as well.

Central MN EMS Region wants to hear from you! We’re looking to spotlight EMS organizations and spread the news about what’s happening in our region. If you have an event happening in your area, have a story idea, know of an agency we should spotlight or want to recognize an outstanding EMS provider, contact the Central Region at 320-656-6603.
Rabies Basics for EMS Personnel

By Minnesota Department of Health

What is Rabies?
Rabies is a fatal viral disease that attacks the body’s central nervous system. It is found in the saliva, CSF, and brain of an infected animal or human. Transmission usually occurs through a bite but may also result when infected saliva or brain tissue comes into direct contact with broken skin or mucous membranes such as eyes, nose, and mouth. Although there is no cure after symptoms of the disease appear, immune globulin and a series of 4 vaccinations after exposure will prevent illness.

How many people and animals in Minnesota are infected with rabies each year?
The last case of rabies in a person in Minnesota occurred in 2007 following a bat bite. Sixty to 75 animals test positive for rabies annually in Minnesota, mostly bats and skunks.

What animals carry rabies in Minnesota?
- Skunks and bats are the most common wildlife hosts for rabies in Minnesota
- Other wildlife such as foxes and coyotes
- Dogs, cats, ferrets, horses, cattle, and other domestic animals
- The following animals are NOT rabies risks in Minnesota: hamsters, guinea pigs, gerbils, rabbits, squirrels, chipmunks, rats and mice

If I’m called to a scene for an animal attack and the animal is still present, what do I do?
- If the animal is loose or not under control, contact local law enforcement or animal control services.
- If you or other people are in immediate risk of a bite, and it can be done safely, try to contain the animal in another room, garage, or behind a gate.
- When trying to control the animal, it is important that the animal NOT be shot in the head or killed by trauma to the head. Intact brain tissue is needed for rabies testing.
- If the owner of the animal is present and it is possible, get the pet owner’s name, address, and telephone number, and the rabies vaccination status of the animal.
- Please contact Minnesota Dept. of Health (651-201-5414), following any animal attack

What can I do for patients who are potentially exposed to rabies?
Wound cleansing is an important step in reducing the risk of infection and illness. Thorough cleansing of the wound with soap and water should begin immediately after exposure. If possible, use povidone-iodine based surgical scrub to cleanse wounds, as the iodine will inactivate the rabies virus.

Advice about decontamination of equipment and clothing:
- The rabies virus is fragile in the environment and is easily killed by sunlight, desiccation (drying out), and commonly used soaps and detergents.
- Contaminated clothing or linens can be laundered as usual.
- Plastic or metal objects can be washed thoroughly with soap and water and allowed to dry.

Information provided by the Minnesota Department of Health. Please call 651-201-5414, for questions regarding animal bites or rabies.
Region Spotlight: Deerwood Fire Department

The next time you travel through central Minnesota, think about almost every little town you pass through has 20 or more dedicated citizens ready to leave what they are doing, in a moment’s notice, to be of help whenever they are asked. As the fire service has evolved, so has the duties of the small department. Being a part of the community and injecting a fire prevention message into other activities is part of the current trend for many. The Deerwood Fire Department is very involved in their community and committed to giving back.

Deerwood Fire Department takes only the income that they need to operate their agency from their Pull Tabs and Raffle proceeds, and then uses the additional revenue to provide for youth programs, community projects and family fun events like: Deerwood Fire Summerfest 5K; Deerwood Firemen’s Relief Turkey Bingo; community sporting leagues; Fire Prevention Week training at the area school and sponsoring several scholarships. A ranking of charitable gambling operations has found the Deerwood Firemen’s Relief Association a 5 out of 5 star rated contributor to local needs, providing $40K+ annually for years. The Firefighters take great pride in the contributions they are able to hand out. One of Deerwood Fire Department’s project goals is to bring back Safety Town, a Community Education Program specializing in teaching preschoolers through early elementary about pedestrian and bicycle safety. The Safety Town program was shut down due to lack of funds. Deerwood Fire Department is working hard to promote healthy and safe lifestyles in an effort to prevent the need for their fire and rescue services.

Established in 1910, the Deerwood Fire Department service area currently covers approximately 76 square miles, including the City of Deerwood, Deerwood Township, Bay Lake Township, and East Rabbit Lake Township. There are 21 paid-on-call firefighters and 3 volunteer apprentice members who responded to approximately 45 fire calls in 2013. The department also staffs volunteer EMS responders that were called to approximately 130 incidents last year. Deerwood Fire Department has been very fortunate with their charitable gambling proceeds to help fund their fleet of 3 engines (2009, 2002 & 1985), a 2004 Water Tender, a 2006 Grass Rig, a 2001 Rehab Unit, and a UTV with tracks and pump. Although, they say they can’t prepare for everything, they try with wildland fires, ice rescue, HAZMAT, remote rescue, mobile air supply, auto extrication, CO and gas detection equipment in addition to fire suppression. The lakes area is a second home to many in addition to local resi-
Events & Training

July 17—EMSRB Board Meeting, University Park Plaza, Minneapolis, Conference Room A, 4th Floor, 10 am
July 18—HSPP Mtg., CentraCare Plaza, 10 am - 12 pm
July 21—CM EMS Region Advisory Committee Meeting, Stearns County Service Center, Waite Park, 6:30 pm
July 23—Cass County Quarterly Meeting, Walker, Board of Commissioners Room, 10 am - 12 pm
August 5—National Night Out
August 15—MN Ambulance Strike Team, CentraCare Plaza, St. Cloud, time to be announced
August 19—Wadena EMS Taskforce Meeting, Wadena County Courthouse, 5:30 pm - 7:00 pm
August 20—Wright County EMS/Fire Chief Meeting
August 29—Central MN EMS Region Joint Powers Board Meeting, Stearns County Service Center, Waite Park, 10 am - 12 pm
September 1—Labor Day, office closed

September 14-17—Association of MN Emergency Managers (AMEM) Conference, Breezy Point Resorts, Breezy Point. For registration and details go to http://amemminnesota.org/
September 25—CENTRAC Meeting, CentraCare Plaza, St Cloud, 9 am - 12 pm
October 3-4—15th Annual Greater NW EMS Conference, Shooting Star Casino, Mahnomen, click for details
October 16-18—MN State Fire Chief’s Association (MSFCA) Conference, St. Cloud, click for details

Deerwood Fire Department continued from page 5

deutants. The abundance of remote rural area, lakes and recreation trails are just some of the elements that make Deerwood Fire Department’s responsibilities more challenging. They strive to provide cost-effective service while maintaining safety. Multiagency trainings are done regularly; tornado drills, car crashes, live burns, helicopter scene landings, and remote rescues, just to name a few. Deerwood Fire Department trains hard to stay prepared to respond to their service area’s every call for help.

To put it simply, Deerwood Fire Department enjoys serving their community. They are very appreciative of the local support and hope to see you at one of their events.

Contact Information

Marion Larson, Central MN EMS Region Coordinator, marion.larson@co.stearns.mn.us or (320) 656-6122
Sue Feldewerd, Administrative Assistant, susan.feldewerd@co.stearns.mn.us or (320) 656-6603
Renee Frauendienst, Public Health Director, renee.frauendienst@co.stearns.mn.us or (320) 656-6284
Dr. Mari Thomas, Central MN EMS Medical Director, thomasm@centracare.com

This communication is intended to provide you with current information about happenings in the Region and across Minnesota as it relates to EMS. It can also be used to share information with others in the region from your agency. If you would like information included in future communications, please forward that information to Sue Feldewerd, susan.feldewerd@co.stearns.mn.us Feel free to give feedback on the usefulness of this and future updates.