



# Local Emergency Planning Committee

Gem County LEPC  
December 21<sup>st</sup>, 2021  
**Meeting Minutes**

**MISSION STATEMENT:**

The Gem County Local Emergency Planning Committee is an organized gathering of community members, response agencies, organizations, and public officials, sanctioned by Congress to work together prior to any emergency, natural or man-made disaster, or hazardous material incident, in an attempt to improve planning, response, and coordination as well as the mutual understanding of capabilities and resources to the situation.

**PURPOSE:**

The purpose of the Gem County Local Emergency Planning Committee is to enhance capabilities in order to successfully mitigate, respond to, and recover from emergency situations in Gem Co community.

**In Attendance:**

Laurie Boston, Gem Co. EM  
Curt Christensen, Emmett Fire Dist.  
Camille Evans, Valor Health  
Liz Gochmour, LEPC Secretary  
Steve Kunka, Emmett Police Dept.  
Bev Martin, Gem Co. Sheriff's Posse/  
Fire Dist. #2  
Janet Monti, Friendship Coalition  
Mark Rekow, Gem Co. Commissioner  
Denise Sorenson, Emmett City  
Councilman

Bill Butticci, Gem Co. Commissioner  
Bryan Elliott, Gem Co. Commissioner  
Rob Feeley, IOEM  
Ryan Hale, Emmett Stake Church of  
Jesus Christ of Latter-Day Saints  
Joe Mayer, Member of the Public  
Dave McCarville, Bureau of Reclamation  
Gordon Petrie, Emmett City Mayor  
Molly Smith, SWDH  
Barbara Weber, American Red Cross  
TJ Wilson, SWDH

**Meeting called to order by Curt Christensen at 8:30a.m.**

**Approval of November 16<sup>th</sup> Minutes:**

- Motion to approve November 16<sup>th</sup> minutes by Mayor Petrie. 2<sup>nd</sup> by TJ Wilson. Motion passes.

**Gem County's Critical Incident Stress Management (CISM) Team, Camille Evans, Valor Health:**

- It is estimated that 90% of people will be exposed to a traumatic event in their lifetime. Those working as first responders will experience an increased rate of exposure to traumatic events. For some, it is a single event that causes a heightened stress response and for others it is repeated events.
- In 2017, the Rudeman Family Foundation conducted a study that found that more first responders die of suicide than in the line of duty. There also found there is a higher percentage of substance use and severe health issues.
- CISM is for emergency service and first responder personnel when they have been exposed to a traumatic event as a part of their job. CISM provides a peer provided crisis response system based on a resistance, resiliency and recovery model.
- The team is peer based, made up of Law Enforcement, EMS, Fire, Hospital staff, and the Faith community. Camille is currently the only mental health professional on the team.
- Crisis intervention targets the RESPONSE, not the EVENT. They focus on the stress response that people are experiencing, not the details of the event. It is different than a debriefing after an event in that the focus is on how to help the people that responded handle the impact of what they witnessed. It is not counseling, but does support referral for mental health support when needed.
- One of the interventions that the team can provide is a Crisis Management Briefing. This can be done with a small or large group. It can happen before, during, or after an event and can be used multiple times as information changes during an event. The briefing can be held in many different settings and locations.

Facts are provided to reduce rumors and misinformation and then normalize the stress response. They provide suggestions for coping and offer assistance to help promote community cohesion. They can generally last about 15-30 minutes in length.

- A Defusing is done about 2-12 hours after the event. It is a smaller group of 2-20 people that have similar roles or experiences. The goals are to stabilize, allow for emotional ventilation, and facilitate resiliency. These can last about 20-45 minutes in length. Additional support can be arranged if needed.
- A Critical Incident Stress Debriefing is done anywhere from 2 to 5 weeks after the event. It is a smaller group of people with similar exposure to the event. The goals are to lower tension and mitigate reaction to a traumatic event. The team will facilitate recovery of normal reactions to an abnormal event and identify those individuals that need additional support. These will usually last about 1-3 hours.
- The One-on One SAFER model is the one that is used the most. It is provided by peers with training on the model. This can be done anywhere in most any setting. The goal is to normalize stress response and provide education on ways to mitigate impact. SAFER stands for Stabilize: Make sure basic needs are being met and mitigate acute stressors. Acknowledge: Acknowledge the event, don't deny feelings. How are the events effecting you? Given all that you have experienced, what is the worst part for you? Facilitate understanding and Encourage effective coping skills, and Recovery or Referral.
- Common warning signs of traumatic stress and secondary trauma responses can be physical (headaches, fatigue, muscle aches, etc.), cognitive (confusion, increased sensitivity, blaming, etc.), emotional (depression, increased anxiety or anger, etc.), behavioral (withdrawal, alcohol abuse, binge eating, etc.), or spiritual (anger at God, isolation, spiritual uncertainty, etc.).
- Be intentional about activating coping skills and caring for yourself. Practice breathing techniques, give a daily emotional check-in, practice coping strategies, etc.
- PacificSource provided a grant to Cornerstone, who is an organization who has worked with Valor Health to help apply and facilitate grants. Bill Lotz, a certified national CISM trainer did a four-day training that was attended by about 20 people and will be doing a follow up training.
- They are looking for additional funding to add to the team and provide additional training.
- Camille and Chief Kunka are the current leads on the team. Reach out to them if you feel the CISM team is needed. Contact Laurie if you need contact information for Camille and Chief Kunka.
- Chief Kunka, Chief Christensen, Dave McCarville, and Ryan Hale shared personal stories about crisis incidents.

### **Public Comments:**

- **Janet Monti, Friendship Coalition:** Thanks to all the 1<sup>st</sup> Responders for the help with the cheer baskets. The response from the community was tremendous. The cheer baskets were some of the best, including gift cards. Any 1<sup>st</sup> Responder that is on duty on Tuesday is welcome to come and have dinner on Tuesday nights at the Senior Center from about 4:30 – 6:30.
- **Ryan Hale, Hale Counseling:** I have opened up my own office in the same complex as Farm Bureau and Tim Fleming offering mental health services.

### **General Reports:**

- **Dave McCarville, US Bureau of Reclamation:** We are finally getting some moisture which should help everyone out come Spring time. We are getting their exercises planned out and getting caught up. He will reach out to Laurie when they get an exercise scheduled.
- **TJ Wilson, Southwest District Health:** They are still giving COVID vaccines with strike teams going to different locations. Get your flu shots. Next week, they will be doing Chempack training at Canyon County Paramedics on December 27<sup>th</sup> – 29<sup>th</sup>.

- **Bill Butticci, Bryan Elliott, Mark Rekow, Gem County Commissioners:** The Road department has been working on snow in the upper roads. They are still working on their ARPA funding and looking at a lot of items. The landfill started to burn Yesterday and should be burning for a quite a few days. The County is expecting funds from an Opioid settlement to be used for programs. They will be reaching out to individuals to join a team to manage the funds for the programs.
- **Laurie Boston, Gem Co. Emergency Management:** Gem County extended their disaster declaration for COVID until March 2022. COVID cases are trending the in right direction, but they are concerned for the Omicron variant. Southwest District Health will be holding their vaccination clinic once a month starting in January here in Emmett. The Idaho Department of Health and Welfare deactivated Crisis Standards of Care in Northern Idaho. Thank you all for what you do and your participation in this group.
- **Mayor Petrie, City of Emmett:** The City has a successful Santa and Friends run last week. It looks like it will be an annual event. Development impact fees will be added to the city code and will include EMS development impact fees. The 7<sup>th</sup> annual Cherry Rise will be on New Years Eve at Bowman Park with the theatre showing a free movie, Elf, provided by Gem County Family Medicine.
- **Denise Sorenson, Emmett City Council:** This Thursday at 12:00 will be the free Christmas dinner at the Senior Center. Curb-side pickup as well as indoor eating will be provided.
- **Chief Kunka, City Police:** Thanks for everyone that helped with the Santa Run. It was great to see the children get so excited. Drunk driving is a focus this month in law enforcement. Grant funding has been made available for officers to pick up extra shifts to locate impaired driving. The Sheriff's department also participates. The round-abouts have been successful moving traffic through those areas. There have been challenges from the community since there is no Idaho code specific to round-abouts. Slow down to 15mph in the round-about and yield to traffic that is already inside. The 4<sup>th</sup> and John's is 20mph and the 12<sup>th</sup> and John's is 25mph. Do not stop while in the round-about and use your blinker when exiting. Please share this information with others.
- **Chief Christensen, City Fire:** The department received FEMA funds for equipment. The AFO is finished for a new air compressor and possibly a new fire truck. Replace your smoke detectors if they are over 10 years old. The Fire department will come out to replace them if you live within City limits.

Motion to adjourn at 9:30 am. by Mayor Petrie. 2<sup>nd</sup> by TJ Wilson. Motion passes.

Next meeting is scheduled for Tuesday, January 18<sup>th</sup> at 8:30 am. Direction will be provided at a later date on whether the meeting will be in person or remote.