

# THE CERT PULSE



May 2, 2012

**Inside this issue:**

Welcome New Member	1
Recruiting Duties	
Mental Health Month	2
7 New Members to Graduate CERT in the Community Teen CERT Program New CERT Basic Class	3
Upcoming Events and Meetings	4

## WELCOME NEW MEMBERS

We will be welcoming 20 new members to the team. On April 26th Hamden CERT started a Basic CERT class being held at the Hamden Middle School each Thursday evening from 1830—2130. The course has been condensed to a 7 week class from the original 9 weeks. We are looking forward to having them join our team.

## RECRUITING FOR NEW CLASS

Below is a picture posted in the Hamden Patch of our recruiting table at the Hamden Business Expo. As you can see the interest keep Sue busy for most of the day along with the interest in the team we also pushed for new members. Even with the wind coming in the door Sue was able to keep everything in place.



**Special points of interest:**

- Welcome New Member
- Recruiting Duties
- Mental Health Month
- 7 New Members to Graduate
- CERT helping Community
- Teen CERT
- New CERT Basic Class Start
- Upcoming Meetings & Events





## MAY IS MENTAL HEALTH MONTH 2012



**Mental health disorders are real, common and treatable, and together we can do more to help the 1 in 4 Americans who live with these disorders.**

- An estimated 26.2 percent of Americans ages 18 and older — about one in four adults — suffer from a diagnosable mental health disorder in a given year. That is nearly 60 million people.
- Mental health disorders are the leading cause of disability in the U.S. To combat stigma and encourage help seeking behavior, Mental Health America has developed the Do More for 1 in 4 campaign to provide people with the information they need to recognize a mental health disorder and how to find help.
- This campaign puts informative content about the most common mental health disorders, how to find treatment for them, and how family and friends can be supportive together in one place.
- All the information is free as a public service of Mental Health America.
- Do More for 1 in 4 provides information on 5 different types of the most common mental health disorders that people can use to recognize symptoms in themselves or others. It also includes information about combat stress and co-occurring disorders.
- Living with and recovering from a mental health disorder can be difficult, but understanding and assistance from others can make it easier. Do More for 1 in 4 also includes information on seeking the help of a mental health professional, and how to give support to someone close to you who is experiencing symptoms of a disorder.
- Do More for 1 in 4 provides Americans with compelling information about just how common mental health disorders are and a call to action to help those who experience them.



### Positive Steps for Prevention, Education, Treatment and Policy

#### Communities and Community-based Organizations

1. Identify sub-groups in your community who have experienced trauma, such as abused and neglected children, victims of violent crime and assault, refugees, veterans and minority groups.
2. Educate the community on reporting child abuse, domestic abuse and hate crimes.
3. Educate young women and other vulnerable groups on safety and self-defense.
4. Support the formation of mutual support groups for survivors of different forms of trauma: childhood abuse, crime and violence, rape and violence against women and vets.
5. Advocate for and strengthen local policies and programs to protect and shelter trauma victims.
6. Recognize trauma experiences among first responders.
7. Learn about prevention programs in the community and schools to promote positive parenting and healthy behaviors in children and adolescents.

#### Mental Health Administrators and Human Service Providers

1. Understand and recognize the signs and behaviors associated with trauma.
2. Screen for trauma history.
3. Introduce trauma-informed care to change practices and eliminate coercive and disempowering practices.
4. Eliminate re-traumatizing treatments such as seclusion and restraint
5. Establish trauma healing groups and promote peer-led survivor groups.
6. Establish shelters for battered women and other vulnerable groups.



## WHAT IS YOUR HAMDEN CERT DOING

### **Seven New CERT Members currently In Basic CERT Training Class**

Hamden CERT has started a Coordinated basic CERT class hosted by Orange CERT. Hamden CERT students below practice some fire safety that they learned that evening. On May 9th the 7 members of Hamden along with 15 members for Orange CERT will be graduating from this Basic CERT class.



### **COMMUNITY EMERGENCY RESPONSE TEAM (CERT) TRAINING CLASS**

Hamden Community Emergency Response Team (CERT) has started a Basic CERT training class on April 26th at the Hamden Middle School. This course will be scheduled to run for the following 7 weeks with a graduation ceremony on June 7th. If anyone is interested in helping with the course or receiving more information please contact Sue DiPiazza at [sdipiazza@checkfree.com](mailto:sdipiazza@checkfree.com) or Dave Lewis at [lewis0816@sbcglobal.net](mailto:lewis0816@sbcglobal.net). We will be looking for current CERT members to participate in the training during our meeting on May 10th. We would like to use members as victims in the rescue/treatment/triage exercise.

### **Hamden CERT Helping with Community Activities**

Hamden CERT participated in two Community Activities during April. The first being the Business Expo. at the Hamden High School where we also had a recruiting/information table. The next event was at the Hamden Middle School for the Earth Day Celebration. The team was requested for both events and both organizers stated that they were very appreciative of our services and would make it very hard to run the event without our support.

### **A Hamden High School Response Team possible for Hamden High**

Hamden CERT is in the process of establishing a High School Response Team within Hamden High School. Progress in being made with the Board of Education and Hamden High School Administrators to establish a High School Response Team with-in the High School for the 2012-2013 school year. This team would be trained the same as in a Basic Community Emergency Response Team program and establish a team with-in the High School community, it would assist in Emergency Processes in the High School as needed by the administration and while available to assist the Hamden CERT as needs require.





# Hamden CERT



"The greatest danger a team faces isn't that it won't become successful, but that it will, and then cease to improve."

## UPCOMING EVENTS

Please mark your calendars for these dates.

Thursday May 3, 10, 17, 24, 31 Hamden Basic CERT class at Hamden Middle School from 1830—2130.

Thursday May 10 CERT Meeting-requesting members come assist in class as victims for Basic CERT class at Hamden Middle School.

Saturday May 28 CERT Support at the Memorial Day Parade at Hamden High School from 0700—1200.

Saturday/Sunday June 9/10 CERT Support for Special Olympics Soccer Venue.

Tuesday June 12 CERT Meeting 1900 @ Hamden Town Center, 3rd Floor Conference Room.

