



**Vol. 4  
Issue 12**

Inside This Issue

**December 2008**

*Training Unit*

*EPZ Child Care  
Training*

*Resolve to be Ready*

**WHAT'S NEW:**

**UPCOMING TRAINING  
and EXERCISES**

**Hidden Compartment  
CO & Heating Systems**

**ICS 400**

## Commissioner Notes

By James M. Thomas

It is very hard to believe that it is December, and that another year is almost behind us. There is so much more that we all want to accomplish in this important area of Emergency Management and Homeland Security. We at DEMHS want to thank all of you who have worked with our staff and other state and federal agencies in making Connecticut a safer place to live, work and travel to during this past year. It is because of your combined efforts that significant progress continues to be made in this critical spectrum of public safety.

This month we are highlighting “The DEMHS Training Unit” and the services that they can offer. Training is perhaps one of the most important facets of our work that we do on a daily basis. As you will see in the Newsletter, there is a significant amount of training available to you and your personnel and for the most part, the training classes themselves are being provided for little, if any, cost to you or your agency. We have all placed training as one of the very highest priority and will continue to work with you and your staff, to ensure that we have high quality training programs for all aspects of both emergency management and homeland security.

We would like to recognize the outstanding efforts of the DEMHS Radiological Emergency Preparedness Unit (REP) and the Department of Public Health (DPH) in hosting a very successful Child Care Preparedness Training Program, which was geared to child care providers located near the Millstone Nuclear Power Plant. The program was attended by over 50 providers and a future training is being planned.

Interest in the CERT program is still very strong and we applaud the efforts of everyone involved with this grassroots level program. The CERT teams have been very active during the past year, and we know that as a result of their dedication, all of our communities are better prepared. Check out the story on page 5 highlighting the CERT program.

**Happy Holidays  
and a  
Safe and  
Prosperous  
New Year**



## DEMHS TRAINING UNIT

### Overview

The Department of Emergency Management and Homeland Security (DEMHS) Training Division is part of the part of the DEMHS Information & Technology, Training and Special Projects Division and conducts and coordinates training and exercises relating to emergency management and homeland security issues

The training division is staffed with a Training Supervisor, Exercise Training Officer, Two trainers and Five Regional Trainers. There is a one regional trainer assigned to each of the DEMHS regions.

The mission of the training division is to provide training and exercise support for the response community. This includes traditional first responders, non-traditional responders, non-private, faith based and the private sector. All training provided by DEMHS is of no cost to participants and is funded by state and federal dollars. DEMHS Training serves as the Point of Contact (POC) for all of the Federal Emergency Management Agency (FEMA), Emergency Management Institute (EMI) and the National Domestic Preparedness Consortium (NDPC).

### Training

Training is essential to successful mitigation, planning, response and recovery of man-made and natural disasters. DEMHS and its local, state and national training partners offer a host of training programs available to responders in a variety of deliveries.

Delivery of training has changed and more programs are available via on-line training. Self-Study programs have become increasingly popular due to convenience, budget constraints, travel restrictions and decreases in funding streams.

FEMA and EMI, along with multiple other training partners, offer hundreds of on-line training programs for a variety of disciplines. EMI programs are offered by going to:

<http://training.fema.gov/IS/crslist.asp>

### NIMS and Incident Command System Training

One of the main focuses of the DEMHS training division is to provide NIMS and ICS training. The State of Connecticut adopted opt-out legislation that states that municipalities will comply with the NIMS guidance.

The NIMS/ICS Training committee of the DEMHS Coordinating Council is due to release guidance in the next few months which will contain the NIMS 5-year training plan. This plan will provide an overview of the required training for first responders for Connecticut for there job responsibilities. The Training Committee recommendation is that agencies take NIMS 700, National Response Framework IS-800, ICS-100 and ISC-200 via the on-line independent study format. The advanced ICS 300 and 400 must be taking in a direct delivery though calendar classes or as a direct request to DEMHS training. State Training Officer David Brown serves as the State of Connecticut NIMS coordinator and can be contacted by email at:

[david.brown@po.state.ct.us](mailto:david.brown@po.state.ct.us)



*DEMHS Training Room—Brainard Field, Hartford, CT*



### Direct Delivery

Direct delivery programs come in various ways. The DEMHS training calendar is set to be released in late December and will list the direct delivery programs scheduled for Connecticut in 2009. To register to receive training updates and announcements, please email DEMHS Training Division at [training.demhs@po.state.ct.us](mailto:training.demhs@po.state.ct.us) and type in "Notification List" in the subject line.

### State Sponsored Direct Deliveries

State Sponsored Direct Deliveries are FEMA courses delivered by DEMHS at the request of an agency, municipality or other partner. These are referred to as G-Courses and are available to be delivered by the DEMHS training staff. The most popular program is the G-191 Emergency Operations Center/ Incident Command System interface. This course will enable the participants to develop an effective interface between the Incident Command and the Emergency Operations Center (EOC) by applying Incident Command System (ICS) principles. G- Programs information is available by going to: <http://training.fema.gov/STCourses/>



*Emergency Management Institute (EMI) in Emmitsburg, Maryland*

### Direct Delivery and Residence Training by of Consortium Programs.

The National Domestic Preparedness Consortium (NDPC) provides a variety of training through its partners. This training is either held within the State of Connecticut or at the consortium training facility. These programs cover are available to all first responders and are not available to the private/for profit sector. Training courses cover CBERN and Terrorist threats. These programs are available free of charge to the students and are available from the following consortium members. Final approval for all programs must come through the DEMHS State Training Officer.

### Emergency Management Institute

The Emergency Management Institute (EMI) in Emmitsburg, Maryland is co-located with the National Fire Academy. EMI offers an extensive course catalog with a wide variety of preparedness, response, recovery and mitigation programs. To take a course at EMI, applicants must meet the selection criteria and prerequisites specified for each course. Participants may not take the same course more than once. EMI courses are generally limited to U.S. residents, however, each year a [limited number of international participants](#) are accommodated in Emergency Management Institute courses.

For additional information, go to:

<http://training.fema.gov/EMICourses/>

### Center for Domestic Preparedness

The CDP began operations in June 1998 as the only all-hazards training center, offering training on Chemical, Biological, Radiological, Nuclear, and Explosive (CBRNE) weapons. While the training tempo has increased dramatically, the CDP's training programs provide the very best in advanced hands-on training for America's emergency responders.

For additional information, go to:

<https://cdp.dhs.gov/>

### The Energetic Materials Research and Testing Center

The Energetic Materials Research and Testing Center (EMRTC), affiliated with [New Mexico Tech](http://www.nmt.edu), is internationally recognized and has over fifty years of expertise in explosives research and testing. EMRTC specializes in the research, development, and analysis of energetic materials for both corporate and government clients. Programs offered are the Incident Response to Terrorist Bombings and the Preventing and Responding to Suicide Bombing Incidents.

For additional information, go to:  
<http://www.emrtc.nmt.edu/>

### The National Center for Biomedical Research and Training

The National Center for Biomedical Research and Training (NCBRT) provides high-quality training to emergency responders throughout the United States. We are dedicated to excellence as measured by our quality products and services. Committed to "preparing you today for tomorrow's threats," the NCBRT has over 10 years of experience in course development and delivery.

For additional information, go to:  
<http://www.ncbrt.lsu.edu/training/Courses.aspx>

### Texas Engineering Extension Service

The Texas Engineering Extension Service develops a skilled and trained workforce that enhances public safety, security, and economic growth of the state and the nation through training, technical assistance, and emergency response.

Home to the National Emergency Response and Rescue Training Center, TEEX has been at the forefront of preparing emergency responders to combat terrorist incidents involving weapons of mass destruction prior to the events of 9/11.



*Hurricane Center—Miami, FL*

Home to the National Emergency Response and Rescue Training Center, TEEX has been at the forefront of preparing emergency responders to combat terrorist incidents involving weapons of mass destruction prior to the events of 9/11.

For additional information, go to:  
<http://teexweb.tamu.edu/>

### CTOS

#### First Responder Training

The U.S. Department of Energy National Nuclear Security Administration's Nevada Test Site is designated by the U.S. Department of Homeland Security as the National Center for Combating Terrorism for responder preparation. The Nevada Test Site's technical strengths and scientific infrastructure make it an important part of a global network of multi-user training, test, evaluation, and demonstration locations used in the war against terrorism. Training our nation's weapons of mass destruction responders in a realistic weapons of mass destruction operational environment is critical to prepare responders both physically and psychologically for such an incident.

For additional information, go to:  
<http://www.nv.doe.gov/nationalsecurity/homelandsecurity/responder.htm>



During the past two years CERT teams have been established in numerous locations throughout Connecticut and have been successful to include a diverse population. The future establishment of CERT teams will include disable citizens who will provide community outreach to first responders on dealing with disabled citizens. The success of the Citizen Corps Council Advisory Committee will continue based upon the strong cohe-

siveness of the members and the support from the Connecticut State Emergency Management and Homeland Security.

Participation is increasing in the various Citizen Corps programs statewide. Recognition is increasing at the local and state level. 2,000 citizens have been recruited into the CERT program thus far and in FY08 another 1,000 recruits will be added. The CERT program is currently under revision and the training division will be providing presentations regarding the revisions during 2009. Statewide efforts in forming CERT teams that function as large animal rescue teams will continue. The Campus CERT TtT course will be offered at Western Connecticut State University in March 2009.

The CERT Weekend held at the Connecticut Fire Academy in September 2008 had an attendance of over 200 people the third annual Connecticut Citizen Corps conference was also held in the fall and had an increase of over 50% from the previous year.

Citizen Corps has been providing community outreach by attending the Connecticut CCM conferences as well as attendance at the CT Disability fair that was held at the CT Expo. The training division of the Connecticut Department of Emergency Management and Homeland Security (DEMHS) has been visiting communities throughout Connecticut giving presentations regarding "The Emergency Financial First Aid Kit" (EFFAK) and Personal Disaster Planning. The EFFAK presentation was also given at the 7th Annual Connecticut Triad Conference "To Catch an ID Thief" held on October 15, 2008.

DEMHS training continues to develop training programs for personal preparedness and involve everyone in America in making our communities safer, stronger and better prepared for emergencies of all kinds.



## Holiday Personal Safety and Security Tips

Plan your shopping/errands so that you don't load your trunk until you are **ready to drive to another destination**. Load your trunk when you **leave** a location — never open a trunk, fill it full of valuables, close it, and then just walk away to do more shopping or other errands.

**When returning to your vehicle**, carry your keys in your hand and be ready to unlock the door and enter as quickly as possible. As you approach your vehicle, scan the area, glance underneath the vehicle, and take a quick look inside before entering.

### While out and about, present an alert appearance.

Be aware of your surroundings; scan the area from time to time. Avoid concentrating so hard on shopping that you fail to keep track of your surroundings, others near you, or your personal property.

- Wear conservative, comfortable clothing.
- Grip carried items firmly and avoid leaving them unattended.
- Carry minimal cash and valuables, wear minimal jewelry.



**Shop with friends or relatives if possible; there IS safety in numbers.** As you shop, be alert in crowded places. Among pickpockets' favorites are revolving doors, jammed aisles, elevators, and public transportation stops and vehicles, especially at rush hour. Carry the day's most expensive purchases closest to your body, and don't carry so much you lose the ability to react quickly.

**Using debit or credit cards is much safer than carrying a lot of cash.** If the vendors you will visit don't take cards, consider obtaining traveler's checks which, unlike cash, can be replaced if lost or stolen. Visit ATM's only at well-lighted and populated locations; visit during daylight hours if possible.



**Be observant.** Avoid dark areas, short-cuts, cul-de-sacs, and suspicious persons. Stay near light and people.

**Be prepared to flee potential problems.** If apprehensive about any location for any reason, leave. Consider carrying a whistle. Weapons are not recommended, and may be unlawful.

**If traveling out-of-state**, most state law enforcement agencies provide road-and-highway information; **check** to see what conditions they report before leaving. Inform a family member where you will be and when to expect you back; give them your route if they don't know it.

**When driving, keep doors locked and windows rolled up. Maintain at least half a tank of fuel**, and keep vehicle in good repair.

If planning a "road trip" over the holidays, have your vehicle serviced and checked out sufficiently far ahead to allow for repairs if needed. Don't forget to have the mechanic check your spare tire

### Upcoming Training & Exercise

Dec 5	Hidden Compartments within a Vehicle Training—POSTC
Dec 10 & 11	ICS 400—Advanced Command, Complex Incidents—Brainard
Dec 13	Carbon Monoxide and Heating System Emergencies - CFA
Mar 24-26	Campus CERT TtT— WCSU, Danbury

For training & exercise questions contact the Training Unit at 860-256-0840.

Fax: 860-706-5539 or email: [Training.demhs@ct.gov](mailto:Training.demhs@ct.gov)

You may register for these courses as listed at: [www.ct.gov/demhs](http://www.ct.gov/demhs); or through POSTC at [www.ct.gov/post](http://www.ct.gov/post); or through the CT Fire Academy (CFA) at [www.ct.gov/cfa](http://www.ct.gov/cfa).

**Now's the Time.**

**Resolve to be Ready**  
in 2009  
[www.ready.gov](http://www.ready.gov)



As the New Year approaches, the Department of Homeland Security's *Ready* Campaign is once again reminding people that *Now's the Time. Resolve to be Ready in 2009*. While nearly 50 percent of Americans make New Year's Eve resolutions, very few manage to keep them. The *Ready* Campaign would like to make an emergency preparedness resolution easy to keep by providing the tools and resources needed to take the three important steps: get a kit, make a plan and be informed. We hope you will join the *Ready* Campaign this Holiday Season in promoting *Resolve to be Ready*.

On this page you will find a toolkit to help your organization develop internal and external messages to encourage your members, employees, constituents, customers and community to make a New Year's resolution to prepare for emergencies. You will also find Web banners for your organization's Web site, a sample E-mail and a PowerPoint that you can share with your key constituents

If you have any questions, please don't hesitate to contact *Ready* at [Ready@dhs.gov](mailto:Ready@dhs.gov).

***Now's The Time. Resolve to be Ready In 2009***

**RESOLVE TO BE READY 2009 TOOLKIT**

[http://www.ready.gov/america/downloads/resolve09/resolve\\_tool\\_kit\\_2009.doc](http://www.ready.gov/america/downloads/resolve09/resolve_tool_kit_2009.doc)

See Page 9 for a full page poster that you can display



## Millstone EPZ Child Care Emergency Preparedness Training

In 2006, Robert Swartz of the Federal Emergency Management Agency (FEMA) conducted site visits to child care providers in the Millstone Emergency Planning Zone (EPZ) in cooperation with Connecticut's Departments of Public Health (DPH) and Emergency Management and Homeland Security (DEMHS). These visits were meant to enhance child care providers' awareness of emergency preparedness considerations for Millstone communities. Child care providers were briefed on local and State Millstone emergency planning and were encouraged to develop or enhance their own preparedness plans.



Julie Boscarino (DPH)  
Laurie Audette (DPH)  
Peggy Freidenfelt (DPH)  
Joe Sastre, Groton Town  
EMD



The folks that take care of  
our little ones.

Those site visits were one of the motivating factors for DPH's Child Care Licensing Unit in their development of a training program and reference guide entitled "Emergency Care Guidelines for Child Day Care Providers". This all-hazards emergency preparedness program subsequently won Governor Rell's "Customers Count" Service Award. During the program, child care providers learn about the different types of hazards they may face, both natural and human made, and are provided with guidelines in responding to the different emergencies. Beginning with the site visits mentioned earlier, DEMHS' Radiological Emergency Preparedness Unit partnered with DPH to build a nuclear power plant emergency preparedness component into the program.

On Saturday, November 15, 2008, almost 50 child care providers in the towns surrounding Millstone attended this two-hour training program at the Mohegan Sun Public Safety Building. Pearl Rathbun and Joe Sastre, the local Emergency Management Directors (EMDs) from East Lyme and Groton Town, respectively, were on hand to encourage the child care providers to work with their local EMDs in developing emergency plans.



Linda Deluca of Millstone  
and Beatrice DeMitte of  
Connecticut College  
Children's Program

Each participant was given a binder with a sample plan and other emergency information. They also received an emergency "to-go kit". A "to-go kit" is a rolling crate ready to be filled with emergency supplies. Providers will be able to stock the portable kits with the necessary paperwork, diapers, formula, food, first aid, etc. that they would need if they were to evacuate because of an emergency.



DPH's Peggy Freidenfelt  
displays the emergency  
"to-go kit"

FEMA Region 1 representatives Robert Swartz and Helen LaForge also attended Saturday's training to affirm the importance of emergency planning and to let child care providers know that they are a major player in both emergency preparedness and response. FEMA representative Robert Swartz commented that "it was great to see an emergency preparedness class that also includes the smaller Home [6 children or less] Child Care Providers." The folks that attended the training session were enthusiastic participants in the discussion and seemed very pleased with the information they were given. To ensure that as many providers as possible are reached, another training session will be held in March of 2009 at the same location.

Now's the Time.



# Resolve to be Ready

in 2009

Keeping New Year's resolutions can be hard, but emergency preparedness is one resolution that can be easy to keep with Ready's three simple steps:

- ✓ Get an emergency supply kit.
- ✓ Make a family emergency plan.
- ✓ Be informed about the different types of emergencies that could occur in your area and their appropriate responses.



For more information on how to prepare your family, home, and business for all types of emergencies, visit [www.ready.gov](http://www.ready.gov).



Homeland  
Security



Ready  
[www.ready.gov](http://www.ready.gov)