

Currently in the Coalition

Updates from the Tampa Bay Health & Medical Preparedness Coalition—December 2023

Supporting Your Mental Health During the Holiday Season

An important reminder for all of us this season from [SAMHSA](#)...

As we approach the holiday season, it is important to remember that it is very common to feel added stress — and this stress can worsen symptoms of a mental health condition, such as depression or anxiety, or a substance use disorder. However, there are ways to help address the stress or condition and improve your mental health. Below are strategies to help you find moments of joy amidst the hustle and bustle this holiday season.

Strategies for supporting your mental health:

- Pay attention to your feelings. Remember that it is okay to feel unhappy during the holidays. Recognizing your feelings is the first step to addressing and nurturing them.
- Develop a plan for when you are feeling stressed, sad, or lonely. This plan may include calling a friend or family member, going for a walk, engaging in an activity that brings joy, or watching a favorite movie.
- Practice self-care. It is important to schedule time for yourself and activities that recharge your mind and body. This may include reading a good book, working out, spending time in nature, and practicing stress management skills, such as deep breathing, meditation, and mindfulness.
- Connect with community. If you can't be near loved ones during the holidays, finding a supportive community through clubs, support groups, community centers, local meetups, and faith communities can help reduce feelings of loneliness and isolation.
- Support others. During this time of year feelings of grief and loss can amplify. Check in on loved ones who may be alone or struggling during the holiday season.
- Recognize seasonal mood changes. Seasonal Affective Disorder (SAD) is a condition in which people experience symptoms of depression that are triggered by the change in seasons as the days get shorter. While this form of depression often improves in the spring and summer, it is important to talk with your health care provider if you feel you are experiencing these symptoms.
- Avoid alcohol and drugs. For people in recovery, the holiday season presents challenges that can trigger the use of alcohol and drugs. Having a plan for navigating social events and feelings of loneliness, can reduce the risk of substance use.
- Know when to seek help. If you feel that your mental health struggles are becoming overwhelming and difficult to handle, it is important to seek help and know that treatment is available. Below are free and confidential resources that can connect you with effective treatment and support.



Tampa Bay Health & Medical Preparedness Coalition

Citrus, Hardee, Hernando, Hillsborough, Manatee, Pasco, Pinellas, Polk & Sumter Counties

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Upcoming Coalition Meetings

Hardee County Health
Care Coalition:
December 14th

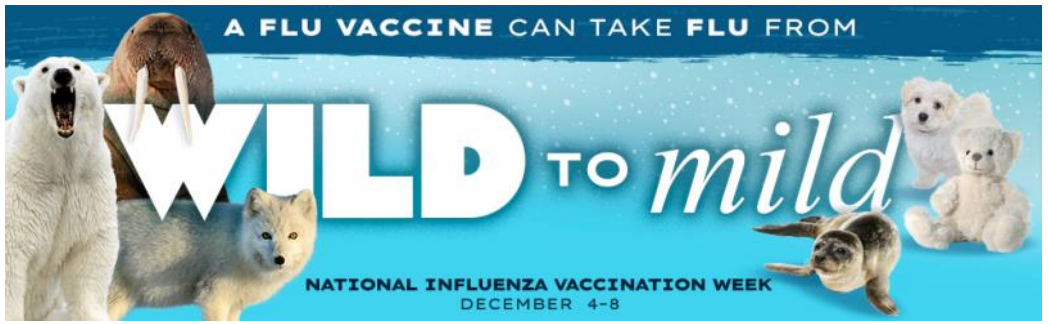
Pinellas CHAMP:
January 5th

For more info on attending these meetings, please reach out to the County Chairperson. Contact info is available on [our website](#).



Health Through the Holiday

Important Info & Updates



National Influenza Vaccination Week

National Influenza Vaccination Week (NIVW) is a critical opportunity to remind everyone 6 months and older that there's still time to protect themselves and their loved ones from flu this flu season by getting their annual flu vaccine if they have not already. [CDC data](#) shows that flu vaccination coverage was lower last season, especially among certain higher risk groups, such as pregnant people and children. When you get a flu vaccine, you reduce your risk of illness, and flu-related hospitalization if you do get sick. This week is meant to remind people that there is still time to benefit from the first and most important action in [preventing flu illness and potentially serious flu complications](#): get a flu vaccine today. Check out [CDC's NIVW toolkit](#) for more shareable resources and content.

Administration Opens Additional Ordering for COVID-19 Tests

The Biden-Harris Administration and ASPR are committed to ensuring equitable access to COVID-19 tests, especially ahead of the holidays. ASPR is refreshing ordering on COVIDTests.gov for every U.S. household to order additional tests at no charge. Households that ordered this fall can order four more tests, and those that have not ordered this fall can submit two orders for a total of eight tests. [Submit your request here!](#)

Request for Information (RFI): HHS Initiative to Enhance National All Hazards Hospital Situational Awareness

ASPR, the Centers for Disease Control and Prevention (CDC), Centers for Medicare & Medicaid (CMS), and the Office of the National Coordinator for Health Information Technology (ONC) are seeking broad public input from entities across the health care readiness community on a national, all-hazards standardized set of essential elements of information and vendor-neutral data collection mechanisms for hospital data that drive action for emergency preparedness and response. This input will inform efforts to provide recommendations for a standardized lens into the readiness of, stress on, and resources available in hospitals before, during, and after emergencies. The public comment period ends on December 18, 2023.

[Please see the posted RFI for more detail and submission of public comments.](#)

Upcoming Trainings & Events

2023 Watchful Workplace Drill -Tuesday, December 5th at 2pm

Enhance your organization's preparedness by exercising your lockdown/ workplace violence plan during this upcoming community-based drill. During this drill, you will receive a simple scenario with which to talk through, walk through, or activate your relevant plans. It can take 15 minutes or a couple of hours! Your level of participation is up to you. You will then complete a survey letting us know how it went to be included in our Coalition After Action Report. [Register here.](#)

Did you know? TBHMPC offers four (4) virtual drills each year—one per quarter. These drills allow you to test pieces of your plans alongside your partners, and help meet your community-based exercise requirements from CMS! Watchful Workplace is our final drill in this calendar year.

The Tampa Bay Health & Medical Preparedness Coalition presents

2023 WATCHFUL WORKPLACE DRILL

Enhance your organization's preparedness by exercising your lockdown/workplace violence plan during this upcoming community-based drill!

TUESDAY DECEMBER 5TH, 2023 @ 2PM AT YOUR ORGANIZATION

Register Here.

Questions? Contact Hunter Zager at Hunter.Zager@TampaBayHMPC.org

Disaster Dilemma: A Crisis Standards of Care Virtual Tabletop Exercise – December 7th, 1pm-4pm

The Tampa Bay Health & Medical Preparedness Coalition has partnered with All Clear Emergency Management Group for a virtual tabletop exercise that will discuss communication, resource coordination, strategies for staffing and more in several disaster scenarios where normal standards of medical care can no longer be met. This webinar is open to all coalition members, but is most appropriate for acute care providers (especially hospitals), EMS, Emergency Management, and Public Health.

[Register here](#)

Hospital Emergency Response Team (HERT)

We have one more offering of Hospital Emergency Response Team Training this calendar year, and it is virtual!

- December 13th (Virtual)- <https://cdp.dhs.gov/apply/to/24I-0061%20HERT-B-2>

Florida Healthcare Coalitions & The Center for Domestic Preparedness (CDP)

- [December 12th from 10am - 1pm](#): Healthcare Facility Emergency Management Program (HCV6)

Emergency Management Training- registration on [SERT TRAC](#).

- G-400 Advanced Incident Command System Command & General Staff
 - [Thursday, Dec 07, 2023 - Friday, Dec 08, 2023](#) at Public Safety Operations Complex, 9450 E. Columbus Drive, Tampa 33619
 - [Thursday, Dec 07, 2023 - Friday, Dec 08, 2023](#) at Pasco County Emergency Operations Center, 8744 Government Drive BLDG A New Port Richey 34654
- MGT 341 - Disaster Preparedness for Hospitals & Healthcare Organizations on [January 24th and 25th](#) at the Pasco County Emergency Operations Center.

Florida Week at CDP is Coming Back in 2024 —April 14-20th!

Join state, local, and tribal responders and other healthcare partners from across Florida at the Center for Domestic Preparedness (CDP) in Anniston, Alabama. This week-long event includes a variety of advanced all-hazards trainings that will ultimately culminate into an Incident Capstone Event (ICE) full-scale exercise. **The deadline to apply for Florida Week 2024 is January 31, 2024**

The CDP Travel Office arranges each student's airfare, ground transportation, on-site accommodations, and meals to ensure a positive, seamless experience. Please see the [CDP's Travel Information webpage](#) for additional details and the [CDP Student Handbook](#). The four available courses are as follows. (Applicants can only choose one course.)

- [Barrier Precautions and Controls for Highly Infectious Disease \(HID\)](#)
- [Environmental Health Training in Emergency Response Operations \(EHTER\)](#)
- [Healthcare Leadership for Mass Casualty Incidents \(HCL\)](#)
- [Hospital Emergency Response Training for Mass Casualty Incidents \(HERT\)](#)

Haven't heard of the Center for Domestic Preparedness? It provides advanced, all-hazards training to approx. 50,000 emergency responders annually in preparedness, protection and response areas. The Noble Training Facility at the CDP is the **ONLY** hospital facility in the US dedicated to training hospital and healthcare professionals in disaster preparedness and response. The facility includes classrooms, exercise and simulation areas, an emergency operations center, emergency department, clinical ward, and an isolation ward for "patients" with highly infectious diseases.

Gathering at CDP with others from Florida is a great opportunity to both network within our common disciplines, but also to train together so we have the ability to respond together to whatever the future brings! Click on the links above or see the flyer below for more information!



The Tampa Bay Health & Medical Preparedness Coalition
Citrus, Hardee, Hernando, Hillsborough,
Manatee, Pasco, Pinellas, Polk & Sumter Counties

DISASTER DILEMMA: A CRISIS STANDARDS OF CARE VIRTUAL TABLETOP EXERCISE

The Tampa Bay Health & Medical Preparedness Coalition has partnered with All Clear Emergency Management Group for a virtual tabletop exercise that will address how to utilize crisis standards of care communication, resource coordination, alternate strategies for staffing and more.

DECEMBER 7, 2023
1:00PM
TO
4:00PM EST

We invite TBHMPC members including but not limited to: Hospital and Ancillary partners, Emergency Management, Department of Health, EMS, and others.

[Click Here To Register](#)

If you have questions about registration, contact Alyson Angell at alysona@allclearmng.com

The flyer includes a map of Florida, a photo of an emergency scene with a sign that says 'EMERGENCY', a photo of a road sign with arrows pointing to 'PLAN A' through 'PLAN E', and a photo of a car in a storm.



Apply by clicking on the flyer below, logging into the CDP's website (you must have a FEMA SID—instructions on how to get one are [available here](#)) and using the Promo Code listed beneath the desired course.



FLORIDA WEEK AT CDP

April 14-20, 2024

Join state, local, and tribal responders and other healthcare partners from across Florida at the Center for Domestic Preparedness (CDP) in Anniston, Alabama. This week-long event includes a variety of advanced all-hazards trainings that will ultimately culminate into an Incident Capstone Event (ICE) full-scale exercise.

COURSE OFFERINGS:

Environmental Health
Training in Emergency
Response (EHTER)
Operations

PROMO CODE:
118FLEHTEROPS

Hospital Emergency
Response Training (HERT)
for Mass Casualty
Incidents

PROMO CODE:
121FLHERT

Barrier Precautions and
Controls for Highly
Infectious Disease

PROMO CODE:
124FLHID

Healthcare Leadership
for Mass Casualty
Incidents

PROMO CODE:
119FLHCL

APPLY HERE:

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

QUESTIONS? CONTACT:

Ann Rowe
850-617-1541
ann.rowe@flhealth.gov

Sheridan Taylor
850-245-4859
sheridan.taylor@flhealth.gov

Mitchell Carbajal
850-617-1507
mitchell.carbajal@flhealth.gov

SAVE THE DATES - TBHMPC Ambubus Training

FIRST LINE
TECHNOLOGY

February 29th and March 1st, 2024!



TBHMPC and First Line will be hosting a training on our Regional Ambubus Capabilities at the Hillsborough County Public Safety Complex in Tampa on February 29th and March 1st, 2024! All agencies who have an Ambubus in our Coalition Region are asked to attend ([and bring their bus and Ambubus teams](#)) to learn more about the capabilities and operations of these resources. **Attendance at this training will be required for those seeking additional Coalition funding to enhance their Ambubus capabilities.** More info on this training will be available soon!

National Coalition Conference Recap

"A Changing World: Opportunities for Transformation" - Reviewing the 2023 National Healthcare Coalition Preparedness Conference - A High Level Overview

Last week, staff and leadership within the Tampa Bay Health & Medical Preparedness Coalition, along with many from other HCCs in Florida, attended 2023 National Healthcare Coalition Preparedness Conference in Las Vegas, Nevada. They attended informative and educational sessions, and got the opportunity to network with folks from healthcare coalitions and systems from all across the country. Below is a high level overview of this year's conference.

The 2023 National Healthcare Coalition Preparedness Conference, themed "A Changing World: Opportunities for Transformation," provided a holistic exploration of critical healthcare components. Jennifer Pilcher's (*Executive Director of the MESH Coalition*) visionary address underscored the significance of health care preparedness, focusing on the Critical Infrastructure Program, Office of Medical Resource Core, and Cybersecurity. In addition



to these key elements, specific sessions addressed the importance of leveraging diverse partnerships for enhanced preparedness. Sessions such as "Unlikely Allies" and "Leveraging Law Enforcement Partnerships" emphasized the vital role of collaboration with ESF8 members and relationships. These sessions explored innovative strategies for building alliances that strengthen healthcare coalitions, ensuring a more coordinated and robust response during crises.

Furthermore, the conference featured a dedicated session on core capabilities, highlighting the "Core Five" approach and emphasizing the treatment of long-term care facilities as integral members of the Healthcare Coalition (HCC). This strategic perspective recognized the vital role of long-term care facilities in the broader healthcare ecosystem, promoting inclusivity and fostering stronger partnerships within the community.

Jennifer Hannah, the Director of Healthcare Readiness, contributed significantly by delving into the four main areas of focus: cybersecurity, behavioral health, climate changes, and internet events. Her comprehensive analysis covered eight current capabilities and innovative strategies, drawing on the experiences and lessons of the COVID-19 pandemic. The overarching goal of the conference was to promote collaboration among diverse entities involved in preparation and response, with a specific emphasis on fostering equity in healthcare.

Importantly, a key takeaway from the general session was the emphasis on outcome-driven approaches in Notice of Funding Opportunities, which will encourage flexibility and coordination. Scheduled for an early 2024 release, NOFO will focus on a five-year vision outlined during the conference aimed to address community needs, enhance connectivity, and ultimately save lives. This forward-looking strategy, aligned with the lessons learned from the pandemic, emphasized the importance of adaptability in healthcare preparedness.

In conclusion, the 2023 National Healthcare Coalition Preparedness Conference served as a transformative platform, integrating lessons from the past and offering valuable insights for a more resilient and responsive healthcare system. The inclusion of sessions on diverse partnerships, pediatric needs, core capabilities, and the recognition of long-term care facilities as core HCC members showcased the conference's commitment to collaboration and inclusivity in healthcare preparedness.



Coalition Highlights

City of Tampa's Special Event Season MCI Full-Scale Exercise

Last week, TBHMPC member facilities and staff got the opportunity to observe and participate the City of Tampa's Special Event Season MCI Full-Scale Exercise at the Tampa Convention Center and surrounding areas. This mass casualty exercise involved an active shooter incident with many casualties who were attended to by first responders on the scene, and transported to two local hospitals—Tampa General Hospital and HCA South. Thanks to the City of Tampa for allowing TBHMPC staff and leadership observe this exercise and to TGH for sharing photos with us of their experience!



We want to hear from you!

If you would like to share a highlight or from your organization in a future Coalition newsletter or publication, please email it to Turea at TBHMPC2@gmail.com.