

Public Health Emergency Preparedness would like to invite you to **join *Maine Responds and the Maine Medical Reserve Corps (MRC) today!***

What does [Maine Medical Reserve Corps \(MRC\)](#) do? – Our volunteer programs reinforce our state’s public health infrastructure and support low-stress/no-fault exercise environments that test critical response capabilities. When MRC members are not responding to an emergency or disaster – the vast majority of the time – your focus will be on public health and emergency preparedness. The manner in which this work occurs varies by unit and is driven by each unit’s and each volunteer’s individual interests.

If you know of a public event that could use our support, you can collaborate with fellow members to incorporate MRC into the event. Common activities include distributing literature at county fairs, providing first aid support at road races and parades, and providing “Stop the Bleed” training to the public. Often, volunteers at these events enjoy free entry or other perks in exchange for their donated time.

Some MRC units choose to focus on specific missions, such as providing Disaster Behavioral Health (DBH) trainings and response, or organizing and staffing vaccination clinics for the public, or even supporting Maine’s emergency medical countermeasures distribution! Again, whatever your interests, you can find like-minded individuals excited to collaborate with you and support your interests.

What are the key reasons to join [Maine MRC](#)?

- **Enjoy free trainings** in healthcare, public health, and emergency management. Many of those provided by AdCare Educational Institute now come with continuing education credits for various license types.
- **Meet, learn from, and collaborate** with stakeholders from front-line responders to high-level administrators throughout Maine and across New England.
- **Improve your mindset.** Studies have shown that volunteering can alleviate feelings of loneliness and impart a sense of purpose, value, and community to volunteers.
- **Do what you want to do.** Nearly all aspects of our programs are voluntary, though to participate in some roles there may be pre-requisite trainings. Do what you know you are good at, or broaden your horizons and change up your routine from the office grind by learning to drive a forklift truck, or assisting with emergency planning, or facilitating a monthly meeting. You are empowered to shape your role in our organization.
- **Give back to your community** through our public service volunteer opportunities. Improve your area’s response capabilities and identify new resources that can be leveraged to reduce post-incident recovery times.
- **Improve your preparedness** personally, in your family, in your neighborhood, and beyond! Life-saving skills and knowledge can save your loved ones, and the preparedness mindset can help turn tragedies into near-tragedies.

- **Enable your response** when you see a major event take place on the news or elsewhere and you decide to lend a hand. By pre-registering, you can volunteer sooner via expedited credentials verification. By statute, the State of Maine provides liability coverage when you act as part of the state's official emergency response force AND while training for such!
 - NOTE: Never self-deploy! Always await deployment instructions and do not self-dispatch to the scene of a disaster.
- **Participate in exciting exercises and drills** with our many partners. Frequent multiagency practice is key to our response readiness. We regularly work with groups such as the Maine Center for Disease Control, Maine Emergency Management Agency and county-level EMAs, National Guard, Maine State Police and local PDs, local Fire Departments, local EMS providers, various behavioral health agencies, American Red Cross, Community and Voluntary Organizations Active in Disasters (COADs/VOAD)... the list goes on!

What am I committing to by volunteering? – Our training courses are designed to support volunteers throughout deployment, should the worst strike our state and the need to call you to action arise. Breathe easy though, *there is no set minimum volunteer commitment to join* either Maine Responds or Medical Reserve Corps. If a true public emergency should occur, we simply contact you and ask if you can volunteer at a public shelter, supply warehouse, or in another capacity depending on circumstances. We encourage you to address any obligations – familial, professional, or otherwise – prior to volunteering, and to express interest in deployment later as able. *It is always OK to say “no” to a volunteer request.*

We do ask our volunteers to complete FEMA ICS trainings to fully understand their role within larger response operations. Your first training is [IS-100](#), which can be taken on-line by going to [training.fema.gov](#) and [registering for a student ID number](#). Once you have a student ID, [you can enroll in many FEMA trainings](#) that might interest you. At the completion of these FREE on-line trainings, you will be provided a certificate of completion that can be submitted for verification of training AND used to bolster your professional resume.

Register today for Maine Responds at [maineresponds.org](#). You will be able to select your local MRC unit in the drop-down menu under the “Organizations” section of the registration – [refer to this link](#) to determine your Public Health District(s). Maine Responds ESAR-VHP is our volunteer communication and activation system.

Please do not hesitate to reach out to Edward Molleo, Public Health Emergency Preparedness, with any additional questions: Edward.F.Molleo@maine.gov

P.S.: If you represent an organization that would enjoy a more in-depth presentation on our Public Health Volunteer programs, or you have training/education offerings into which you would like to integrate information about our emergency management and response plans for Maine, or you would like to discuss any other organizational partnership opportunities please do not hesitate to reach out to me at Edward.F.Molleo@maine.gov!

