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of the Community Healing And Response Team

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Preparing to Observe and Remember October 1

Douglas County, Oregon. Nearly one year ago, our community was turned upside down by the tragedy at Umpqua Community College. As events unfolded that day, and in the days, weeks, and months that have followed, our community has come together in a way we have never seen before, with support, generosity, compassion and leadership. To some, October 1, 2015 seems like a long time ago; to others it feels like yesterday.

Over the last year, community leaders have been working closely with each other and with communities across the country that are also recovering from tragedy. We have learned there are many different ways to observe and remember but what is most important is that you choose what is best for you and your family. As we approach the one-year mark of this tragic day, please be sure to take care of yourself and check-in with those you care about.

There are several memorial events scheduled for the weekend of October 1 and we have partnered with the state to organize a **Community Care Support Team** to offer additional emotional support and mental health guidance for those in need. These volunteers will consist of State Emergency Registry of Volunteers in Oregon (SERV-OR) behavioral health clinicians, local clergy, local behavioral health clinicians, American Red Cross and tribal behavioral health clinicians. They will all be wearing distinctive and easily identifiable orange SERV-OR vests and will have the training and resources to offer help if you ask them.

Community Care Support Team members will be on-site at the following locations:

- The Ford Family Foundation will be open as a drop in center for the entire weekend: September 30, October 1, and October 2, from 9am – 5pm each day
- Stewart Park: October 1, from 8am – 9pm
- Mercy Hospital: October 1, from 8am – 9pm
- The Incident Commander for the team is Akiko Saito 503-593-6228.

In addition to these supports, here are some ways to take care of yourself and your loved ones over the coming weekend:

- Be aware of how you are feeling and check-in with those you care about.
- Be thoughtful about how and what you engage in. Is it best to surround yourself with other people and activity? Is it best to reflect in the company of others or alone? Will you need supports and, if so, what kind?
- Be thoughtful about how you support your children and what activity is appropriate for them.
- Acknowledge that not everyone will feel or respond the same way you do. There is a wide range of ways that people may choose to observe the day – choose what is right for you.
- Be aware that there may be activity present in our community that could be upsetting or trigger unexpected emotions – try not to put yourself in these situations.
- Be aware that statewide and national media, and possibly others from outside our area, may be present in our community. Be mindful before engaging with them and look to local leaders and law enforcement for assistance if needed.
- If you need additional support, seek out the Community Care Team members (look for the orange vests at the locations listed above) or Call 211 – the statewide community information hotline or 1-800-866-9780 to be put in touch with local mental health professionals who can help.

We are all part of one community. Be there for each other as best you can and take care of yourself.

END