



## APPLICATION FORM

All applications must include the following information. Separate applications must be submitted for each eligible program. **Deadline: June 1, 2018.** Please include this application form with electronic entry. If you do not receive an email confirming receipt of your entry within 3 days of submission, please contact [Gage Harter](#).

### PROGRAM INFORMATION

County: Arlington  
Program Title: Until Help Arrives  
Program Category: Criminal Justice and Public Safety

### CONTACT INFORMATION

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### SIGNATURE OF COUNTY ADMINISTRATOR OR DEPUTY/ASSISTANT COUNTY ADMINISTRATOR

Name: MARK J. SCHWARTZ  
Title: COUNTY MANAGER, ARLINGTON COUNTY  
Signature: Mark J Schwartz

## **Until Help Arrives**

### **Problem/Challenge/Situation:**

During incidents such as the Las Vegas shootings or the Boston Marathon bombings, citizens can play an important role in saving lives in the minutes following the attack. When we provide the knowledge and skills necessary, our community members can save lives until our professional responders arrive. In this class students learn how to recognize violent activities, respond safely, provide immediate rescue and emergency care to the injured, and report to 9-1-1 efficiently. Previously, Arlington County provided citizen trainings around disaster and response but not rapid intervention trauma. Arlington County also had a robust first responder tactical emergency casualty care (TECC) training program but didn't have anything targeted for citizens or non-medical personnel. In the 2018 threat environment, active violence situations are on the rise from high schools in Florida to restaurants in Tennessee, and the need for training citizens and non-medical personnel is becoming increasingly apparent. This need was recognized by the Arlington County Department of Public Safety Communications & Emergency Management (DPSCEM) and the Fire Department. These two departments formed a partnership to close this gap and teach citizens the skills they need to provide care until first responders can arrive.

Although there is a focus on active violence situations, the skills taught in the class are transferable to countless other situations involving traumatic injury, which include car crashes, household injuries, or an active shooter.

### **Program Execution, including Financing/Staffing:**

The Arlington County *Until Help Arrives* program was developed in 2017 with the goal of making Arlington County safer by *better preparing our community to "Be the Help, Until Help Arrives."* It is the first program of its kind offered in the Commonwealth and has already been widely

acclaimed. The Arlington County DPSCEM and Fire Department recognized the need for citizen and employee training and set forth to assess community needs and close the gap. Initially a core leadership group was selected from each department to identify goals, objectives, and design the curriculum. The leadership group determined that this course should be offered externally to the public on a bi-monthly basis, and internally to County employees on a quarterly basis. In 2018 we are offering approximately 18 classes and hope to train over 500 people. The total cost for the training equipment - tourniquets, ace wrap bandages, and gauze - was approximately \$2,000. It is reused at each class.

**Partnership:**

*"Be the Help Until Help Arrives"* was developed as a joint effort of DPSCEM and the Fire Department, and is taught by them. The program also is a partnership with the Community Emergency Response Team (CERT) that provides assistant instructors for the rescue portion of the class. CERT members check tourniquets and show the students how to pack a wound and wrap a bandage. The Public Health Division also provides instructors to the class on an as-needed basis.

**Design:**

Our program involves two steps, an online prerequisite class followed by an in-person class. Its innovative qualities lie in the fact that it is team-taught between two different departments, includes hands-on skill sessions with critical lifesaving examples and is relevant to anyone.

1. Prerequisite class

In order to keep the class within 3 hours, an online medical primer class was developed. The prerequisite video introduces students to the top four preventable causes of death and provides a foundational understanding of the medical treatments of tactical emergency

casualty care that will be built upon in the hands-on training. The prerequisite course also ensures all students come into the class on the same footing. The prerequisite training can be found at this link: <https://emergency.arlingtonva.us/until-help-arrives/>. The prerequisite was designed using a PowerPoint presentation with inserted audio clips recorded from a computer, then exported to iSpring. The iSpring program allowed for students to click through slides only when the audio recording had finished playing or the notes on the slide had been read. After watching the video, students are able to print off a certificate and bring it to the in-person training. The video is approximately 45 minutes in length.

## 2. Hands-on Training

To ensure a student-to-instructor ratio of 10:1 class sizes are capped at 40 persons. This ensures high-quality, supervised instruction and individual attention. The hands-on training also gives dynamic real-world experiences that create successful skill competencies, giving the participants the confidence to execute these interventions under duress and stressful situations. The in-person class was designed to be three hours in length with a maximum class size of 40 people depending on space availability. Ideal staffing is broken down as follows:

- 1 Emergency Management Instructor
- 1 Emergency Medical Services Instructor
- 2-3 Assistant Medical Services Instructors (CERT volunteers)

The curriculum is broken up into the four R's: Recognize, Respond, Rescue, and Report, and co-taught between the Emergency Management and Emergency Medical Services staff, with the bulk of the training being the Rescue portion. A timing breakdown is below and can include a 15-minute break where the program allows.

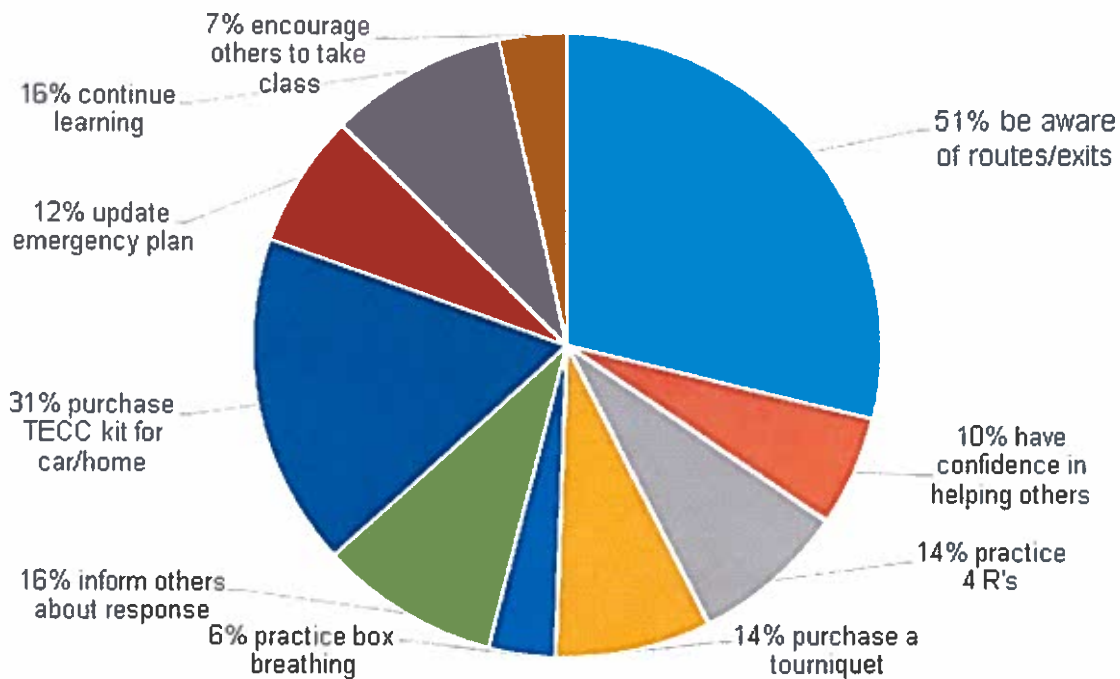
Section	Trainer	Subject	Time Allotment
Introduction & Survival Arc	Emergency Management	The Unthinkable	10 minutes
Recognize	Emergency Management	Awareness discussion/test	5 minutes
Respond	Emergency Management	Run/Hide/Fight	10 minutes
Rescue	Emergency Medical Services	How to stop the 4 preventable causes of death learned in the prerequisite	2 hours
Report	Emergency Management	Calling 9-1-1 effectively	10 minutes
Survey	Emergency Management	Get feedback	10 minutes

### Outcomes & Results:

Evaluations from the class have been extremely positive. Below are the most highlighted strengths:

- Hands-on training: Over 85% of participants noted increased confidence in applying tourniquets, applying pressure and wound dressings, packing wounds etc.
- Instructors were rated as very knowledgeable and the participants said that real-life scenarios clarified the importance of this class.
- The participants said that the PowerPoint/audiovisuals/slides were very powerful and clear.

When participants were asked to respond to the prompt “Now I am going to” they responded as follows:



Additional feedback included 80% of all participants expressing interest in receiving additional hands-on training to include using Tactical Emergency Casualty Care. Ninety percent of all participants support Arlington County purchasing and installing Emergency Casualty Care kits in County buildings.

**Model for Other Localities:**

The National Capital Region (NCR) has looked to Arlington County's *Until Help Arrives* program as a success that it hopes to replicate. The Metropolitan Washington Council of Governments has formed a working group, which Arlington is leading, to establish a Train the Trainer program in the NCR. This program hopes to offer three Train the Trainer classes, one each in

DC, Maryland, and Virginia where Emergency Management personnel and their Emergency Medical Services (EMS) colleagues can attend a session to learn how to teach the class. Participants in the Train the Trainer program will receive a packet of materials including an editable PowerPoint presentation, instructor guide, and a box of training materials to use in the class. Trained instructors will then go back to one of the 24 jurisdictions in the NCR and establish their own Train the Trainer program, further carrying out the goal to make our region safer by better preparing our communities to be the help Until Help Arrives.

Arlington County has also created a Program Launch Kit of distributable materials for any jurisdiction that is interested in establishing its own program. The Program Launch Kit includes a one page program overview and an editable PowerPoint so jurisdictions can add their own logos, applicable pictures and examples etc.

**Executive Summary:**

During incidents such as the Las Vegas shootings or the Boston Marathon bombings, citizens can play an important role in saving lives in the minutes following the attack. When we provide the knowledge and skills training necessary, our community members can save lives until our professional responders arrive. In this class students learn how to recognize violent activities, respond safely, provide immediate rescue and emergency care to the injured, and report to 9-1-1 efficiently. The skills that are taught in the class are transferable to countless situations involving traumatic injury, which include car crashes, household injuries, or an active shooter. The objective of this class is to make Arlington County safer by better preparing our community to be the help *Until Help Arrives.*



## **Brief Overview of Program:**

During incidents such as the Las Vegas shootings or the Boston Marathon bombings, citizens can play an important role in saving lives in the minutes following the attack. When we provide the knowledge and skills training necessary, our community members can save lives until our professional responders arrive. In this class students learn how to recognize violent activities, respond safely, provide immediate rescue and emergency care to the injured, and report to 9-1-1 efficiently. The skills that are taught in the class are transferable to countless situations involving traumatic injury, which include car crashes, household injuries, or an active shooter. The objective of this class is to make Arlington County safer by better preparing our community to be the help Until Help Arrives.

The Arlington County *Until Help Arrives* program was developed in 2017 with the goal of making Arlington County safer by better preparing our community to be the help *Until Help Arrives*. This course is offered externally to the public on a bi-monthly basis and internally to County employees on a quarterly basis. In 2018 Arlington is offering approximately 18 classes and hopes to train over 500 people who work, or live in Arlington. The program has been widely hailed as a success and more importantly, students leave the class with confidence that they can make a difference during an emergency.