



**Governor's Traffic Safety Advisory Commission
 Michigan Traffic Incident Management (TIM) Action Team
 Meeting Minutes
 April 3, 2019
 9:30 AM
 MDOT Horatio Earle Learning Center, Lansing, MI**

Attendance	
Name	Agency
Allison Balogh	Michigan Department of Transportation - WMTOC
Matt Beauchamp	Comstock Fire Department
Brian Dardzinski	AECOM - MDOT SEMTOC
Jon Deming	Otsego County EMS
Pete Fimbinger	Michigan State Police - Rockford
Bobby Gwizdz	Michigan Department of State
Carissa McQuiston	Michigan Department of Transportation - Traffic & Safety
Dawn Miller	Michigan Department of Transportation - Operations
Dave Morena	Federal Highway Administration
David Rapacz	Michigan APCO
Ben Schimberg	Michigan Department of Transportation - Operations
Heidi Spangler	Michigan Department of Transportation - Traffic & Safety
Jack Snyder	Alma Fire Dept/Michigan State Firemen's Association
Barbara Swan	AECOM - MDOT SEMTOC
Ron Tennant Sr.	Grand Rapids Fire Department

Agenda Item: "Mental Health Awareness for Responders" - Kathy Ginebaugh, Psy.D., Western Michigan University
Discussion:
<ul style="list-style-type: none"> • Culture has changed; stressors impact human beings. • Stress is the body's response to real or perceived events. • Eustress is good: within our capability & allows accomplishment of challenges; lasts short term; exciting; increases focus & performance; emotional and health benefits. • Distress is bad: perceived as surpassing our coping ability; can be short and long term (such as stress levels elevated over period of time). • Burn out is bad: bad stress becomes chronic; involves reduced sense of accomplishment and loss of personal identity. • Traumatic stress is bad: exposure to terrible event that usually involves physical harm, including loss of life. • Bad stress, burn out, and traumatic stress are difficult to tease apart because symptoms are same or similar. • Symptoms of stress: distant; irritable; lack of patience; tired; low productivity; isolation; insomnia; gastrointestinal issues; and crying. • Stress impacts us in many ways: behaviorally, physically, emotionally, spiritually, relationally.

Agenda Item: “Mental Health Awareness for Responders” - Kathy Ginebaugh, Psy.D., Western Michigan University

Discussion: (continued)

- Many people will not admit they need help and ask for help.
- Very important to have social support when under stress.
- People react similar and different to traumatic stress.
- Critical incident stress factors: type of trauma (children involved, serious injury/fatality); personal history of trauma in life (such as child abuse); meaning of the traumatic event in relation to past stressors; event may activate past traumas; persons with mental illness have increased risk to traumatic stress
- People that experienced a traumatic event need: help with concrete needs/tasks with a focus on structure of “what needs to get done”; routine inserted into life; ways to relax identified; to face situations, people and places that remind of the event; to receive sensitive support from other people.
- How to support: listen & encourage people to talk when ready which helps them process the event; validate that emotional reactions to the event are normal; better to reach out and connect rather than avoid the person; can talk about the situation without details of the event.
- People need: help and encouragement to identify and use sources of support which include family and friends; encouragement to talk about the experience and get support.
- Peer support groups are available to help; other people can investigate support services for the affected person; providing educational information such as posters at work help people identify the symptoms of stress and normalize the symptoms; critical incident stress management teams provide support.
- Very important over long term to follow up and check to see if affected person has used resources.

Action: N/A

Agenda Item: 2019 Traffic Safety Summit, March 19-20, 2019

Discussion:

- TIM breakout session well attended: **TIM Sampler:** TIM in Michigan; Mi-TIME update; coordination of St. Clair County responders and Blue Water Bridge Operations Center; TOC operations overview.
- Need suggestions for general/breakout sessions for 2020 Traffic Safety Summit.

Action:

Team: 1) Send suggestions for general and breakout sessions for 2020 Traffic Safety Summit to Dawn Miller at MillerD2@mMichigan.gov or Ron Tennant at ron.tennant.tim@gmail.com.

Agenda Item: TIM Action Plan & Mi-TIME Update**Discussion:**

- Visit: www.Michigan.gov/Mi-TIMEsafe for updates including to Mi-TIME training materials.
- Updated “Move Over Law” effective February 13, 2019. Dispose of all old flyers.
- TIM Action Plan & activity assignments effective 2019 – 2022.
- Coordinate traffic incident response between all responders:
 - ✓ Total first responders trained as of 3/25/19 is 7,059 which is 21.7% of first responder community in Michigan. New training goal is 50% (16,278) of Michigan first responders trained in Mi-TIME by end of 2022. Fire already has 44% trained.
 - ✓ Check Mi-TIME website to view upcoming trainings or request training.
- Ron Tennant will share his TIM PowerPoint with team to promote Mi-TIME training.
- Applications for Mi-TIME instructors available at: www.Michigan.gov/Mi-TIMEsafe. Always accepting instructor applications.
- Events & Webinars:
 - ✓ Save the Date: 2019 TIM Regional Conference, October 25, 2019 in Florence, KY.
 - ✓ Opportunity for Michigan to host 2020 TIM Regional Conference.

Action:

Team: 1) Send details for scheduled Mi-TIME trainings to post on Mi-TIME public website calendar.

Agenda Item: National Traffic Incident Response Awareness Week (NTIRAW)**Discussion:**

- Start developing activities for NTIRAW 2019 (likely November 10-16, 2019).
- Nationally, other states had press releases, TIM trainings, & mock incident demonstrations.

Action:

Team: 1) For 2019 NTIRAW, develop activities and provide advance notice to TIM and media partners to expand efforts and outreach.

Agenda Item: 2019 TIM Action Team Meetings: Future Speakers and Locations**Discussion:**

- 2019 meetings have been scheduled for: June 5, August 7, October 2, and December 4 from 9:30 a.m. – 11:30 a.m.
- Ron Tennant is working on June meeting to be held in Mackinaw City/St. Ignace area.
- Meetings for August, October and December have been scheduled in the Lake Erie room at MDOT Horatio Earle Learning Center, 7575 Crouner Dr., Dimondale, MI 48821.
- Suggestions for presentations and alternate locations around the state for 2019 meetings.

Action:

Team: 1) Contact Ron Tennant: ron.tennant.tim@gmail.com or Dawn Miller: MillerD2@Michigan.gov with suggestions for future speakers and meeting locations.

Next Meeting Date:

June 5, 2019 from 9:30 AM – 11:30 AM
Possibly in Mackinaw City/St. Ignace area. More information will be sent out.