

THE RAPID PULSE

June 2005

Faces and
Places

WELCOME

Buffalo, NY:

LT Chris Miller

El Paso, TX:

LT Marc Cruz

Port Isabel, TX:

CDR Coleman Palmer-
tree

Tacoma, WA:

LT Christine Chang

FAREWELL

Buffalo, NY:

LT James Patterson

El Centro, CA:

Sheryl Smith

Florence, AZ:

LT Kim Farris

Port Isabel, TX:

LCDR Melissa Nazareth
LT Jack Sibal

San Pedro, CA:

LT Aaron Smith
Ms. Stacey Braddy

THE DIRECTOR'S PERSPECTIVE

By Dr. Gene Migliaccio

Welcome to a brand new installment of *The Rapid Pulse*! I'd like to start by talking about the highly successful ribbon-cutting ceremony at the Pearsall facility. The ceremony was a tremendous success, and I want to thank everyone involved for their dedication and commitment to ensuring a first-rate ribbon-cutting ceremony.

I look forward to great things from the Pearsall facility, under the leadership of its Health Services Administrator, CDR BuJean Jenkins. CDR Jenkins has eagerly accepted roles of increased responsibility within DIHS. She arrived at the Port Isabel facility as a Nurse, was promoted to Assistant Health Services Administrator and then Acting Health Services Administrator. Now, she will lead the charge at Pearsall.

I am also excited about the upcoming leadership training in Washington, D.C. This training is designed to help prepare the next generation of DIHS leaders, an area that I am committed to. I believe it is imperative to fully prepare individuals as we ask them to assume increased responsibility and move into positions of leadership.

During the leadership training in Washington, a myriad of subjects will be discussed, including: visionary leadership, the Abilene paradox (doing the opposite of what you intend to do), finance and budget, strategic planning, operations, communications, etc. There will be special guests, and break-out sessions. I have every expectation that those in attendance will leave Washington feeling as though they have been well-equipped to be leaders in DIHS.

There is also the Commissioned Officers Association (COA) Conference to look forward to! Some of our officers will be in attendance, representing our Division. Great things are happening for DIHS, and this is an exciting time for our organization.

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Our Mission:

We protect America by providing health care and public health services in support of immigration law enforcement.

RED LAKE INDIAN RESERVATION BEGINS RECOVERY

By Dr. Nisha Robbins and Dr. John Golden

On March 21, 2005, the community of Red Lake, Minnesota was shocked and saddened when a 16 year old Native American student at Red Lake High School took the lives of 9 individuals. The student, Jeff Weise, killed his grandfather and the grandfather's girlfriend before driving to Red Lake High School. There he killed an unarmed security guard, one teacher, and five students, wounding seven other students before turning the gun on himself. In their time of need, the Indian Health Service turned to the Public Health Service Corps for assistance. For two-week deployments, a team of 10 PHS mental health professionals went to the Red Lake reservation in Minnesota to assist the community. The Division of Immigration Health Services sent Dr. John Golden (Port Isabel SPC) and Dr. Nisha Robbins (Krome SPC) on the second wave of deployments on April 10th.

In addition to Dr. Robbins and Dr. Golden, Dr. Phil McRae (BOP) completed the team that served at the Red Lake High School. The other 7 officers assisted with the mental health needs of the elementary and middle schools as well as the hospital. The students returned to school the day after our team arrived. The work at the high school was intense. It was the first time for the students and most of the faculty to return to the scene since the shooting. The wing where the shooting spree occurred had been cleaned following inspection by the FBI, but was marred by large bullet holes and broken glass as well as floor and ceiling tiles removed from the classroom where the killings occurred.

Mental health providers conducted individual visits with students and teachers, allowing them to return to the closed-off area that had marked the crime scene. It was an emotional experience for many as they returned to that scene for the first time after the shooting. For some students, there was a natural curiosity to see the scene of the crime and they did so without incident. But, for others the experience was physically and emotionally overwhelming. The team provided individual counseling to students, parents, and faculty members as they re-entered the scene. Each

person sought to put the puzzle pieces together, to understand and make sense of the tragedy and to heal their emotional wounds.

Critical Incident Stress Debriefings were conducted individually and for groups. These debriefings consisted of inviting each person to share their experience of the events, what they were doing to cope, and their predominant feeling at the time of the debriefing session. This process was followed by education on how to care for themselves during the aftermath, as well as information to inform them of typical reactions they might anticipate. The team also conducted a group debriefing for school administrators, bus drivers, and security guards to support their recovery from the incident.



From left to right: LTJG Felipe Zamaron, LCDR Jack Martinez, LCDR John Golden, CAPT Richard Whitmire, LCDR Andy Hunt, CDR Phil Mcrae, LT Nisha Robbins, LCDR Dave Morrissette, LCDR Janet Hawkins and CDR Lynn Kaufman

During the second week, students began to show signs of adjustment to the trauma. A series of open attendance debriefings were implemented for them. Strong attendance and willingness to participate fully made these debriefings powerful for the students. Some students even progressed to the point of readiness to forgive the boy who was responsible for the shootings, while others were still unable to muster the courage to return to school.

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Red Lake- From Page 2

The mental health team also visited classrooms to educate students on the after effects they might anticipate following such a trauma. Problems such as nightmares, feeling emotionally numb, hypervigilance, and being easily startled were all “normalized” for the students. Lastly, additional individual counseling sessions were conducted for students who requested them. Many of these sessions were for students who were in the classroom where the shootings occurred or for individuals who had befriended the shooter and were dealing with conflicting feelings.

A greater outpouring of love has never been revealed than the genuine love and concern shown for the students at Red Lake by teachers, administrators and the entire community. There was an amazing spirit of unity and expression of heartfelt support that created a foundation for individual and collective healing. The entire community came together in a truly amazing way to support each other.

The incident in Red Lake clearly demonstrated how the impact of violence radiates out into all parts of a community, permeates every structure and affects every individual. The blow of the violence left waves of shock and grief pulsing throughout the entire community. The fact that this incident happened in a relatively small community is a reminder that it can happen in any community, that the issue of violence is relevant to everyone.

Since that tragic day on March 21, 2005, the students, faculty and community of Red Lake have demonstrated the remarkable inner resiliency that helps all of us to overcome challenging and traumatic experiences. Their innate ability to bounce-back and recover from adversity was clearly observed during our deployment to Red Lake and it has continued to grow since our departure.

On April 30, 2005, the students and faculty of Red Lake High School held their annual prom, an event that was expanded to include the entire student body. Normally, a school prom might not seem like such a significant event. However, it is evidence of progress the students and faculty have made by being able to attend school events and resume activities of everyday life. Just a short time ago, they ex-

perienced the horror and loss of one of their own tribe who violated their trust and inflicted unimaginable fatal violence in a place that was considered safe. After experiencing an extremely abnormal event that will leave its mark in the hearts and minds of everyone in the community, their resiliency and unity is allowing them to find a new “normal.”

SUMMER & THE SUN

By Dr. Luzviminda Peredo-Berger

Summer is here and it’s time to protect your skin from the harmful effects of too much sun exposure. Remember, Skin Type I always burns and never tans. These individuals are Irish, Scots or redheads. Skin Type II always burns but tans slightly. These individuals are usually blue-eyed and fair skinned Caucasians. Remember even dark skin has a risk for sunburn.



Here are 11 ways to protect your skin from the sun’s harmful rays.

- Avoid outdoor activities between 10 am and 2 pm in the summer months. Try to do outside activities in the early morning or late afternoon.
- If you get mild sunburn in the middle of the day, beware of further exposure. The burn may be made worse by further UV exposure late in the afternoon.
- Sand, snow, and concrete can reflect significant amounts of UV light onto the skin, so protect yourself.

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Our Spirit.

We add dignity to a necessary process of alien detention, serving without fanfare at the forefront of public health protection for the American populace.

Our Vision:

By 2008, we will be the benchmark for detention health care systems and will be recognized as having the most prestigious, dynamic and rewarding workplace within the United States Government.

Sun- From Page 3

- Beware that some drugs (tetracyclines) and cosmetics may increase your susceptibility to sunburn.
- Wear a hat and long sleeves whenever possible in the summer.
- Use sunscreen on your face at all times during the summer, even if you wear a hat. It will protect you from scattered UV light that is reflected into your face.
- Increased UV exposure can occur during high altitude activities such as mountain climbing or snow skiing. Use a sunscreen.
- Use a sunscreen with an Sun Protection Factor (SPF) recommended for your skin type. For maximum effectiveness apply it at least one hour before exposure.
- Always reapply sunscreens after swimming or perspiring.
- Men are at greater risk for sun exposure to the tops of their ears and for that reason should apply sunscreen to that very vulnerable area.
- Individuals who are at risk for skin cancer and degenerative skin changes (outdoor workers and persons who have already had skin cancer) should apply skin sunscreens daily.

Pearsall Ribbon Cutting Ceremony—In Pictures

