



MRC VOLUNTEER CORE COMPETENCIES

Volunteer Self-Assessment

How to Complete This Competency Assessment:

- 1) Read each task/activity statement listed within the competency.
- 2) For each competency, and for each corresponding task/activity statement, think about the level at which you are currently able to perform the skill. Then rate your level of proficiency on each statement by selecting the number on the continuum from “None” (1) to “Proficient” (4) that best describes your self-reported level of expertise for that statement. **Note:** The task/activity statements listed for each competency should be interpreted as broadly as possible to apply to your position and principal setting in your MRC Unit. In the example below, you would select number “4” for “Proficient” if you think you are excelling at this competency or select “1” for “None” if you feel you need a great deal of improvement.

To what degree are you able to effectively	
1 = None	I am unaware or have very little knowledge of the skill
2 = Aware	I have heard of, but have limited knowledge or ability to apply the skill
3 = Knowledgeable	I am comfortable with my knowledge or ability to apply the skill
4 = Proficient	I am very comfortable, am an expert, or could teach this skill to others

- 3) At the end of each competency section there is a place to write any comments you have. For example, if you feel like an expert but may still want training or learning opportunities in a particular skill, please enter your comments in the comments section. You may also want to share this assessment with your supervisor, colleagues, or others and ask them to add comments as well. These comments may be helpful to you and your supervisor in planning for your leadership development within your MRC Unit.
-

Learning Path: Volunteer Preparedness

Competency	1.0 Demonstrate personal and family preparedness for disasters and public health emergencies				
Performance Qualification Checklist	<input type="checkbox"/> I have completed personal and family preparedness plans. <input type="checkbox"/> I can describe how MRC supports community resiliency.				
Corresponding Tasks/Activities	I prepared a personal/family preparedness plan.	1	2	3	4
	I gathered disaster supplies/equipment consistent with my personal/family plan.	1	2	3	4
	I practice my personal/family disaster plan annually.	1	2	3	4
	I can describe methods for enhancing personal resilience, including physical and mental health and well-being, as part of disaster preparation and planning.	1	2	3	4
Comments/ Trainings Completed					

Competency	5.0 Demonstrate knowledge of personal safety measures that can be implemented in a disaster or public health emergency				
Performance Qualification Checklist	<input type="checkbox"/> I demonstrate safe behaviors during MRC activities.				
Corresponding Tasks/Activities	I can explain general health, safety, and security risks associated with disasters and public health emergencies.	1	2	3	4
	I can describe risk reduction measures that can be implemented to mitigate or prevent hazardous exposures in a disaster or public health emergency.	1	2	3	4
Comments/ Trainings Completed					

Learning Path: Volunteer Response

Competency	2.0 Demonstrate knowledge of one's expected role(s) in organizational and community response plans activated during a disaster or public health emergency				
Performance Qualification Checklist	<input type="checkbox"/> I follow procedures to successfully activate, report, and demobilize. <input type="checkbox"/> I follow policies and procedures related to professional and ethical representation of the MRC. <input type="checkbox"/> I can describe the chain of command (e.g. NIMS, ICS, EMS) during MRC activities.				
Corresponding Tasks/Activities	I can explain my role within the incident management hierarchy and chain of command established within my organization/agency in a disaster or public health emergency.	1	2	3	4
	I prepared a personal professional disaster plan consistent with my overall agency, organizational, and/or jurisdictional plan.	1	2	3	4
	I can explain mechanisms for reporting actual and potential health threats through the chain of command/authority established in a disaster or public health emergency.	1	2	3	4
	I practice my personal professional disaster plan in regular exercises and drills.	1	2	3	4

Comments/ Trainings Completed	
Competency	4.0 Communicate effectively with others in a disaster or public health emergency
Performance Qualification Checklist	<input type="checkbox"/> I can describe my communication responsibilities and procedures.
Corresponding Tasks/Activities	I can explain principles of crisis and emergency risk communication to meet the needs of all ages and populations in a disaster or public health emergency. 1 2 3 4
	I can identify authoritative sources for information in a disaster or public health emergency. 1 2 3 4
	Identify strategies for appropriate sharing of information in a disaster or public health emergency. 1 2 3 4
	I can identify cultural issues and challenges in the development and dissemination of risk communication in a disaster or public health emergency. 1 2 3 4

Comments/ Trainings Completed					
Competency	6.0 Demonstrate knowledge of surge capacity assets, consistent with one's role in organizational, agency, and/or community response plans				
Performance Qualification Checklist	<input type="checkbox"/> I can describe how MRC serves the community.				
Corresponding Tasks/Activities	I can describe the potential impact of a mass casualty incident on access to and availability of clinical and public health resources in a disaster or public health emergency. <table border="0" style="float: right; margin-left: 20px;"> <tr> <td style="padding: 0 15px;">1</td> <td style="padding: 0 15px;">2</td> <td style="padding: 0 15px;">3</td> <td style="padding: 0 15px;">4</td> </tr> </table>	1	2	3	4
	1	2	3	4	
Identify existing surge capacity assets which could be deployed in a disaster or public health emergency. <table border="0" style="float: right; margin-left: 20px;"> <tr> <td style="padding: 0 15px;">1</td> <td style="padding: 0 15px;">2</td> <td style="padding: 0 15px;">3</td> <td style="padding: 0 15px;">4</td> </tr> </table>	1	2	3	4	
1	2	3	4		
Comments/ Trainings Completed					

Competency	7.0 Demonstrate knowledge of principles and practices for the clinical management of all ages and populations affected by disasters and public health emergencies, in accordance with professional scope of practice				
Performance Qualification Checklist	<input type="checkbox"/> I can describe how MRC serves the community. <input type="checkbox"/> I can identify the impact of an event on the behavioral health of myself and my family, team, and community. <input type="checkbox"/> I demonstrate cultural humility during MRC activities.				
Corresponding Tasks/Activities	I can discuss common physical and mental health consequences for all ages and populations affected by a disaster or public health emergency.	1	2	3	4
	I can explain the role of triage as a basis for prioritizing or rationing health care services for all ages and populations affected by a disaster or public health emergency.	1	2	3	4
	I can discuss basic lifesaving and support principles and procedures that can be utilized at a disaster scene.	1	2	3	4
Comments/ Trainings Completed					

Learning Path: Volunteer Resiliency

Competency	3.0 Demonstrate situational awareness of actual/potential health hazards before, during, and after a disaster or public health emergency				
Performance Qualification Checklist	<input type="checkbox"/> I can describe how MRC serves the community.				
Corresponding Tasks/Activities	Identify general indicators and epidemiological clues that may signal the onset or exacerbation of a disaster or public health emergency.	1	2	3	4
	I can describe measures to maintain situational awareness before, during, and after a disaster or public health emergency.	1	2	3	4
Comments/ Trainings Completed					
Competency	8.0 Demonstrate knowledge of public health principles and practices for the management of all ages and populations affected by disasters and public health emergencies				

Performance Qualification Checklist	<input type="checkbox"/> I demonstrate cultural humility during MRC activities. <input type="checkbox"/> I can describe how MRC serves the community. <input type="checkbox"/> I can identify the role of public health in the community. <input type="checkbox"/> I can describe how MRC supports community resiliency.				
Corresponding Tasks/Activities	I can discuss public health consequences frequently seen in disasters and public health emergencies.	1	2	3	4
	I can identify strategies to address functional and access needs to mitigate adverse health effects of disasters and public health emergencies.	1	2	3	4
	I can describe common public health interventions to protect the health of all ages and populations affected by a disaster or public health emergency.	1	2	3	4
Comments/ Trainings Completed					

Learning Path: Volunteer Support for Community Resiliency

Competency	9.0 Demonstrate knowledge of ethical principles to protect the health and safety of all ages, populations, and communities affected by a disaster or public health emergency.				
Performance Qualification Checklist	<input type="checkbox"/> I follow policies and procedures related to professional and ethical representation of the MRC. <input type="checkbox"/> I demonstrate cultural humility during MRC activities.				
Corresponding Tasks/Activities	I can discuss ethical issues likely to be encountered in disasters and public health emergencies.	1	2	3	4
	I can describe ethical issues and challenges associated with crisis standards of care in a disaster or public health emergency.	1	2	3	4
	I can describe ethical issues and challenges associated with allocation of scarce resources implemented in a disaster or public health emergency.	1	2	3	4
Comments/ Trainings Completed					
Competency	10.0 Demonstrate knowledge of legal principles to protect the health and safety of all ages, populations, and communities affected by a disaster or public health emergency.				

Performance Qualification Checklist	<input type="checkbox"/> I demonstrate safe behaviors during MRC activities. <input type="checkbox"/> I follow policies and procedures related to professional and ethical representation of the MRC. <input type="checkbox"/> I demonstrate cultural humility during MRC activities.
Corresponding Tasks/Activities	I can describe legal and regulatory issues likely to be encountered in disasters and public health emergencies. <div style="float: right; text-align: center;"> 1 2 3 4 </div>
	I can describe legal issues and challenges associated with crisis standards of care in a disaster or public health emergency. <div style="float: right; text-align: center;"> 1 2 3 4 </div>
	I can describe legal issues and challenges associated with allocation of scarce resources implemented in a disaster or public health emergency. <div style="float: right; text-align: center;"> 1 2 3 4 </div>
	I can describe legal statutes related to health care delivery that may be activated or modified under a state or federal declaration of disaster or public health emergency. <div style="float: right; text-align: center;"> 1 2 3 4 </div>
Comments/ Trainings Completed	
Competency	11.0 Demonstrate knowledge of short- and long-term considerations for recovery of all ages, populations, and communities affected by a disaster or public health emergency

Performance Qualification Checklist	<input type="checkbox"/> I can identify the impact of an event on the behavioral health of myself and my family, team, and community. <input type="checkbox"/> I demonstrate cultural humility during MRC activities.
Corresponding Tasks/Activities	I can describe clinical considerations for the recovery of all ages and populations affected by a disaster or public health emergency. <div style="text-align: right; margin-right: 20px;"> 1 2 3 4 </div>
	I can discuss public health considerations for the recovery of all ages and populations affected by a disaster or public health emergency. <div style="text-align: right; margin-right: 20px;"> 1 2 3 4 </div>
	I can identify strategies for increasing the resilience of individuals and communities affected by a disaster or public health emergency. <div style="text-align: right; margin-right: 20px;"> 1 2 3 4 </div>
	I can discuss the importance of monitoring the mental and physical health impacts of disasters and public health emergencies on responders and their families. <div style="text-align: right; margin-right: 20px;"> 1 2 3 4 </div>
Comments/ Trainings Completed	