



December 5, 2025

Weekly Situational Awareness Brief

Awareness Topics

How Gratitude Transforms Our Physical and Mental Health

"We are living through a sustained mental-health crisis. Anxiety, depression, and burnout have reached levels unseen in modern surveys, and the effects are rippling through workplaces, classrooms, and homes."

This dangerous cough threat is already surging ahead of winter

"Public health officials are sounding the alarm over the rise of whooping cough."

Why Do Some People Feel Cold When Others Don't?

"People show different sensitivities to low temperature because of variations in body mass, muscle mass, and genetics."

Chrome, Edge Extensions Caught Tracking Users, Creating Backdoors

"The extensions were seen profiling users, reading cookie data to create unique identifiers, and executing payloads with browser API access."

Early Alert: Glucose Monitor Sensor Issue from Abbott Diabetes Care

"The FDA is aware that Abbott Diabetes Care has issued a letter to distributors, health care providers, and affected customers recommending certain glucose monitor sensors be removed from where they are used or sold."

Smartphone Ownership, Age of Smartphone Acquisition, and Health Outcomes in Early Adolescence

"Given concerns regarding health implications of adolescent smartphone use, we tested associations of smartphone ownership and age of smartphone acquisition with depression, obesity, and insufficient sleep in early adolescence."

Upcoming MESH Educational Offerings

Talk Save Lives

"Talk Saves Lives: An Introduction to Suicide Prevention" is a one-hour, evidence-based education program created by the American Foundation for Suicide Prevention. In this powerful and informative session, you'll gain a deeper understanding of suicide as a public health issue, and more importantly, how to prevent it.

January 20, 2026 | 7-8pm EST | Virtual Via Zoom | Complimentary

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Setting Down What Isn't Yours: A Workshop on Vicarious Trauma

Every day, you show up for others. You listen. You witness pain. You hold space. But you don't have to carry the burden of someone else's trauma anymore —
you have the power to set it down.

January 27, 2026 | 1-4pm EST | Virtual via Zoom | \$30.00 + Eventbrite Fee

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Naloxone Administration | Opioid Overdose Prevention Training

YOU can learn how to save a life in just one hour!

January 29, 2026 | Virtual Via Zoom | Complimentary

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Emergency Preparedness & Resilience Coach

It doesn't take a hurricane to disrupt a life. When resources are already limited, even small disruptions can have big consequences. This course helps you understand where real needs begin—with everyday vulnerabilities—and how to meet them through simple, powerful steps. **This isn't just disaster training. It's people training—practical, human-centered, & real.**

Five cohorts offered between February & June 2026 | 4-week program | One 3-hour session per week | Virtual via Zoom | Free, Grant Funded

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Q1 MESH Grand Rounds | Water Woes: A Hospital's Response to the Immediate Loss of Water

This presentation will:

- Provide participants with an approach to regional water distribution that impacts multiple healthcare and healthcare support locations across a coalition.
- Discuss key considerations for facilities to mitigate water disruptions and impacts to key systems within the campus.
- Share lessons learned on overcoming local challenges within healthcare during a water outage.

February 17, 2026 | 1-2pm EST | Virtual Via Zoom | Free & Open to the Public

[Visit our Website](#)

Upcoming MESH Conference Presentations

Coming Soon

Events

[Click Here for Current and Upcoming Events List](#)

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MESH serves as the designated Medical Multi-Agency Coordination Center for Marion County, Indiana. The MESH Intelligence Program is a joint-effort between the City of Indianapolis Emergency Management Agency and the Marion County Public Health Department designed to provide real-time information and support to the healthcare sector in the Indianapolis area. Assistance with info or questions at: MESHintel@meshcoalition.org

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