

Dr. Sandra Burns, Chiropractic Physician, 10175 SW Barbur Blvd., Ste. 212B, Portland,  
Oregon, 97219, email: [skbchiro@involved.com](mailto:skbchiro@involved.com), on behalf of Citizens for the Humane  
Treatment of the Homeless, Mentally Ill

**CITIZENS FOR THE HUMANITARIAN**  
**TREATMENT OF THE HOMELESS MENTALLY**  
**ILL**

We understand that we are our brothers' and sisters' keepers. We also know that we have not walked in the shoes of the homeless, mentally ill. But, we do know that we have a responsibility to treat them humanely.

**THE IDEA BEING PRESENTED IS BASED ON PRACTICAL**  
**APPLICATIONS THAT HAVE BEEN EFFECTIVE IN THE**  
**PAST.**

---

NAME SIGNED AND PRINTED

HOME BUSINESS

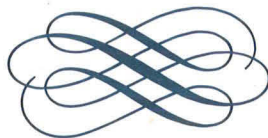
---

---

---

---

---



## **SYNOPSIS OF THE IDEA**

When 911 is called and there is any indication that there is suicidal intent or a person “out of control” who can not reason or listen or control himself or herself, send a fire truck from the fire department as well as the police. A triage would be conducted to determine if the symptoms of the person warranted the use of the tool best used by the firemen. If so, cold water would then be sprayed onto the person, who would then be immediately wrapped into a cocoon shape with a sheet or blanket and delivered to the nearest emergency room.

## **HISTORY OF THE IDEA**

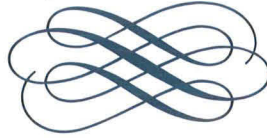
The use of cold water is an old, practical application that was used in the mental hospitals to help the persons who were “out of control”. The application has also been used in many other situations. The “cocoon” wrap has been taught to many nurses and works very effectively.

## **THE NEUROLOGY OF THE IDEA**

The use of cold water affects the sympathetic nervous system. An “out of control” person is usually in the “fight or flight” mode of the nervous system. They do not hear commands or cannot hear commands due to “other voices”. When cold water is applied to the individual, the sympathetic nervous system is shut off and the parasympathetic nervous system has a chance to “settle the person down”.

**Presented by: Dr. Sandra Burns, Chiropractic Physician, 10175 SW Barbur Blvd. Ste. 212B, Portland, Oregon, 97219, email: [skbchiro@involved.com](mailto:skbchiro@involved.com). On behalf of the Citizens for the Humane Treatment of the Homeless, Mentally Ill.**





## **PROCEDURAL DETAILS OF THE IDEA**

- 1) Fire-fighters are known to be “life-savers”. They are very strong, physically fit people. They practice any scenario that may befall them. When offered this assignment, they no doubt will be using their methods to determine distance and strength of cold water coming from their hoses. They do know how to “triage” a situation.
- 2) The technique known as “cocooning” is an old method used by male nurses. But, if this knowledge was not imparted to the training of the fire-fighters or to the EMT people, then nurses could be employed to demonstrate the technique. Again, fire-fighters and EMT’s would be trained and practiced in this technique.
- 3) After the “wrap”, the cocooning process, the person would be transported to the closest emergency room for further evaluation and treatment. Each hospital has a ward for mentally disturbed people.

## **DISCUSSIONS**

The use of COLD WATER has been used in athletics for as long as there have been competitions. Players are usually in the hyperactive, alert state that is indeed a “fight or flight” state of nerves. After a game, coaches teach their young players to go “take a shower”. Usually, it is a warm shower to help get rid of the lactic acid in the muscles. But, more often than not, they are also advised to take a cold shower, usually to “close the pores of the skin, before going out into the cold”. Parents have also given this advice and called it “common sense”. This cold water calms the nervous system down, as mentioned in the neurology workup. This is not new.

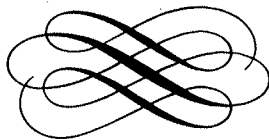
For those of you who are technologically inclined, the brain has been likened to a computer software. When the computer software goes awry, we take the computer to the computer fix-it person. We do not kick the computer hardware, nor do we shoot it. The homeless mentally ill have a computer software problem. It is our job to take them to the medical doctor to help them with their mental “software” functions.

The cocoon wrap reminds one of a fetal position in which a human being feels **safe**. You may have had this experience after a visit to a hot springs in which this cocoon wrap is offered.

I submit to you that the use of cold water and the cocoon wrap by the fire-fighters is a **tool** that can be used to not only save a life, but to calm down an “out of control” person who may simply be homeless and mentally ill and in need of medical attention.

The whole of our Portland, Multnomah County and neighbouring communities would be well served with the use of this technique.

**On behalf of the Citizens for the Humane Treatment of the Homeless, Mentally Ill.  
Dr. Sandra Burns, D.C., 10175 SW Barbur Blvd. Ste. 212B, Portland, 97219.**



Dr. Sandra Burns, Chiropractic Physician, 10175 SW Barbur Blvd., Ste. 212B, Portland,  
Oregon, 97219, email: [skbchiro@involved.com](mailto:skbchiro@involved.com), on behalf of Citizens for the Humane  
Treatment of the Homeless, Mentally Ill

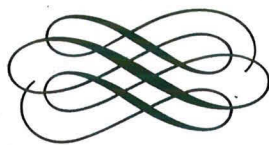
**CITIZENS FOR THE HUMANITARIAN  
TREATMENT OF THE HOMELESS MENTALLY  
ILL**

We understand that we are our brothers' and sisters' keepers. We also know that we have not walked in the shoes of the homeless, mentally ill. But, we do know that we have a responsibility to treat them humanely.

**THE IDEA BEING PRESENTED IS BASED ON PRACTICAL  
APPLICATIONS THAT HAVE BEEN EFFECTIVE IN THE  
PAST.**

NAME	SIGNED AND PRINTED	HOME BUSINESS
Dr. Jan Gagnon	Dr. Jan Gagnon	Portland 97239
Karen Wong	Karen Wong MT, ASCP	Portland 97217
Marlo Bendan	Marlo Bendan	Portland 97210
Tanisha Smith	Tanisha Smith	PDX 97219
JANICE JUSTICE	JANICE JUSTICE	PDX 97224
Ruby Mantz		97211 / PDX 97219





NAME	SIGNED AND PRINTED	HOME BUSINESS
<i>Shondale Friedman</i>	Shondale Friedman	Tual. 97062
<i>Yvonne J. Kreger, ND</i>	Yvonne J. Kreger, ND	Pdx 97219
<i>Patricia Kreger</i>	Patricia Kreger	Pdx 97221
<i>Margaret England</i>	Margaret England	PDX 97221
<i>Marian Darg</i>	Marian Darg, MTHW & Portland	97210
<i>Kate Grogan, RN</i>	KATE GROGAN, RN	PDX/MILWAUKIE 97222
<i>Charlotte Burke</i>	CHARLOTTE BURKE	PDX 97202
<i>Eilene Manning</i>	Eilene Manning	PDX 97219
<i>Alene Rogers</i>	Alene Rogers	PPX 97219
<i>Pange Pugh</i>	Pange Pugh	PDX 97035
<i>Leo Gordon</i>	Leo Gordon	PDX 97221
<i>Tema Goldberg</i>	Tema Goldberg	PDX 97213
<i>Shirli Cohen</i>	Shirli Cohen	97219
<i>Orlee Cohen</i>	Orlee Cohen	97219
<i>John Brundin</i>	John Brundin	97221
<i>Pat Myles</i>	Pat Myles	97219
<i>Margaret A. Frieze</i>	Margaret A. Frieze	97005
<i>Melina Richards</i>	Melina Richards	97219
<i>Kane Brown</i>	Kane Brown	97219
<i>Robert L. Howells</i>	Robert L. Howells	97219
<i>Jodi L. Howells</i>	Jodi L. Howells	97219
<i>Todd Pennington</i>	Todd Pennington	Pdx 97219 503-244-4427
<i>Susan M. Brenard</i>	Susan M. Brenard	97219



**Parsons, Susan**

---

**From:** Dr. Sandra K Burns, DC [skbchiro@involved.com]  
**Sent:** Sunday, April 18, 2010 12:59 PM  
**To:** Parsons, Susan  
**Subject:** Request to speak to Mayor and Councilmen May 5 10

Good Morning, Susan,

My name is Sandra Burns, D.C. I am requesting a time to speak with the Mayor and the Commissioners about an idea.

The idea came about in response to my hearing about "inhumane treatment" to the homeless, mentally ill.

It involves the fire department and the use of cold water. In addition, it involves a wrap, similar to the cocoon wrap that used to be used by the mental health workers in mental health hospitals. Nurses know this wrap. And then, delivery to any emergency department.

A few weeks ago, I was very privileged to see the play, "The Chosen". It encouraged me to speak up with a solution.

My background: College: Linfield, major Physical Education, 3 years, Transfer to Eastern Washington University, Major, Biology, Graduated, BA, August 1966. Entered Medical Technology School in Spokane, Deaconess Hospital, 12 month program, Graduated, August 1967. Began Medical Technology practice at Portland VA Hospital October 1968. Have worked in every west side hospital since. Now, I am employed by Legacy Good Samaritan Hospital Laboratory. In 1975, I began masters degree courses at PSU in regeneration. I am 6 hours and a thesis short of my MA in Biology. Began Western States Chiropractic college in September, 1979. Graduated, August, 1985. Board Certified, January 1986. Practicing as a Chiropractic Physician to this day. May 1st, 2010, I will begin a 3 year Masters Degree in Neurology to become board certified.

Thank you for this opportunity. Sandra Burns

Please email back my confirmation: date and time.

605

Request of Sandra Burns to address Council regarding inhumane treatment to the  
homeless and mentally ill (Communication)

MAY 05 2010

PLACED ON FILE

Filed APR 29 2010

**LaVonne Griffin-Valade**  
Auditor of the City of Portland

By 

COMMISSIONERS VOTED  
AS FOLLOWS:

	YEAS	NAYS
1. Fritz		
2. Fish		
3. Saltzman		
4. Leonard		
Adams		