



# Introduction to Disaster Preparedness

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# Indigenous Land Acknowledgement

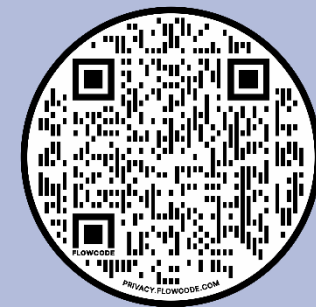
- We respectfully acknowledge that we live and work in territories where indigenous nations and tribal groups are traditional stewards of the land. Our California office resides in Tongva territory.
- Please join us in supporting efforts to affirm tribal sovereignty across what is now known as California and in displaying respect, honor, and gratitude for all indigenous people.

## Whose land are you on?

Option 1: Text your ZIP code to 1-907-312-5085

Option 2: Enter your location at [Native Land CA](#)

Option 3: Access Native Land website via QR Code



# Community Agreements

- Be present and be an active listener.
- Remember: One mic, one voice.
- Practice inclusivity.
- Honor pronouns and gender identity.
- Show respect. (This may look different for each person.)
- Allow conflicting perspectives to exist.
- Assume best intentions.
- Take space, make space.
- Share what you are comfortable sharing.
- Protect individual privacy.
- Practice self-care.
- Encourage growth of self and for others.
- Support resource sharing.



# Presenters



**Kathleen M. West, Dr.P.H.**

Senior Program Director



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Program Associate II

# Today's Learning Objectives



1. Describe the disaster cycle and types of disasters that we should be prepared for in California.
2. List the items that should be included in your personal and your household's "go bags."
3. Explain how to develop an emergency/disaster preparedness action plan for your organization.
4. Identify organizations/agencies that your organization can partner with to support your community in preparedness, mitigation, and recovery efforts.
5. Describe the key elements of disaster recovery: communication, coordination, continuity, and cooperation.
6. Explain the special risks and how to support persons recovering from behavioral health challenges following a disaster.

# Types of Disasters

## Natural Disasters

- **Acute disasters:**  
earthquake, flood, tsunami, tornado, hurricane/typhoon, cyclone, wildfires, storm surge, avalanche, volcanic eruption, blizzard, extreme cold, extreme heat/heat wave
- **Gradual disasters:**  
drought, famine, desertification, deforestation, pest infestations



# POLL

**Which acute and gradual natural disasters are of most concern in California? *Select all that apply.***

- A) Hurricane**
- B) Wildfires**
- C) Flood**
- D) Earthquake**
- E) Extreme heat**
- F) Storm surge**
- G) Tsunami**

# Types of Disasters

## Technological and manmade (or exacerbated)

- Nuclear accidents, industrial explosions and accidents (e.g., mine collapse), pipeline ruptures, etc.
- Bio-terrorism, terrorism, active shooter
- Hazardous waste spills
- Bombings, war, riots
- Airplane and train crashes and derailments
- Epidemics and pandemics
- Climate change creating new natural disasters





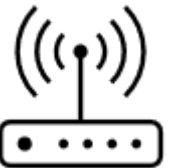
# DISASTER



Preparation

## Disaster Management Cycle

Response



Mitigation

- After Event
- Before Event

Recovery





# PREPARATION

# Please Take Care of Yourself Before Assisting Others



# Emergency Preparedness Practical Steps: “Go Bags”

**Ask:** What will I—and everyone I’m responsible for—need to be able to leave our residence for at least 3 days and survive?

1. **Water:** 1 gallon per person, per day (3-day supply for evacuation)
2. **Food:** nonperishable, easy-to-prepare without heat (3-day supply for evacuation)
3. **First aid kit and medications** (7-day supply) and self-care, hygiene, and medical items (eyeglasses, personal care products, dental care)
4. **Copies of personal documents** (medication list and pertinent medical information, proof of address, deed/lease to home or rental agreements, passports, birth certificates, insurance policies)
5. **Family and emergency contact information**
6. **Money** in cash (small bills)
7. **Keys**
8. **Cell phone and charger, important phone numbers**
9. **Flashlight and batteries**
10. **Change of clothing and shoes/socks**

([American Red Cross](#), n.d.)

# Practical Preparedness Steps: A Personal Emergency Plan

1. **Develop an emergency plan** with your significant others, children, and family, and **talk about the plan** together, including children. Discuss how to stay in touch and reconnect if you're separated during a disaster.
2. **Give important contact information in writing** (do not rely on cell phone coverage) about whom to contact, where to go, and where you all can meet up again after the worst of the initial disaster event. Identify emergency shelters that are routinely available in advance.
3. **Designate a trusted person outside of your local area as an emergency contact** and have everyone call that person to let them know their status and where they are. This person must agree to play this role and should note the details of the contacts.
4. **A disaster can happen at any time**, so one may happen when people/family are not together. Children may be at school or after-school activity, and parents and children may be unable to communicate with or get to each other. Openly discuss how to manage this situation to help relieve worry and stress.

# Emergency & Disaster Preparedness Action Plan for Your Organization

**Who:** Convened by organization leadership with input from peer members and local stakeholders.

**What:** Action plan that specifies roles and whom to contact to help ensure your organization remains intact.

**Where:** Plan should cover your organization's catchment area and will vary by organization.

**When:** Develop a plan **now**. Can be modeled after family/personal plan but for whole organization.

**Why:** To help ensure that your organization is a known resource for your constituents, fellow peers, and community members.



# Emergency & Disaster Preparedness Action Plan for Your Organization

- 1. Contact local disaster relief organizations that provide support with emergency preparedness, mitigation, and recovery for guidance on developing an action plan.**  
*[Emergency response resources in California](#)*
- 2. Invite the local community emergency management team to address the organization and include existing stakeholders, faith-based groups, etc. to build awareness of the need for local disaster preparation.**
- 3. Establish partnerships with interested and like-minded local groups to coordinate.**
- 4. Apply for preparedness grants to prepare and protect against disasters.**  
*[Available FEMA grants](#)*
- 5. Include volunteer and donations management in your action plan.**
- 6. Use the “4 Cs” of disaster recovery now: communication, coordination, continuity, and cooperation.**

# Challenges with Disaster Preparation

Research has shown that the more experience and exposure people and communities have to disasters, the more they're interested in preparing for and accepting measures to mitigate disasters and their negative impacts.

**Do you see any problem with this?**

**Why do you think this is?**

([Jordan](#), 2022)



# Why Isn't Preparedness Popular?!

## Some reasons include:

- Emergency response and disaster recovery are less controversial than hazard mitigation (e.g., planned power outage with high winds to prevent a wildfire, reduced water use to prevent drought).
- Calling attention to potential disasters is discouraging! No one wants to hear more bad news!
- “Saving the day” *after a disaster* is good PR and ego boosting.
- We all have limited attention spans and preparation requires effort.
- Resources for issues that aren't immediate are very limited.

# Behavioral Health Challenges Following Disasters

- **Because disasters disrupt normal routines, they threaten people's physical, social, spiritual, and mental health.**
  - You can help by being the constant, reliable, consistent resource in times of crisis.
- **Disasters pose special challenges for persons in recovery to the degree that they upset balance and create issues around safety and access to care.**
  - You can help by being a trusted bridge to physical and mental health care and resources in times of crisis.
- **Lack of access to necessary medications, basic shelter, and food may become more common for more people, so persons with special behavioral health needs may be even more marginalized.**
  - You can help by establishing relationships with providers, pharmacies, clinics, etc. to ensure that their patients are able to maintain care during a disaster recovery situation.

# Elements That Help Communities Build Disaster Resilience



# Building Back in Recovery Requires Planning Up Front



**Communication**  
With Whom?  
By Whom? What?  
How?

**Coordination**  
How? Where?  
With Whom?  
Why?

**Continuity**  
Important to help  
instill sense of  
security & calm

**Cooperation**  
Important to  
avoid confusion  
& dissent

**QUESTIONS?**



# Resources

[\*The Impact of Disasters on Mental Health\* \[Video\]](#)

California Governor's Office of Emergency Services (Cal OES)

- [Planning & Preparedness](#)
- [\*\*Wireless Emergency Alerts\*\*](#)

[Federal Emergency Management Agency \(FEMA\) Training and Education > Individuals and Communities](#)

- [Organizations Preparing for Emergency Needs \(OPEN\) Training](#)
- [5 Simple Steps to Save a Life](#)
- [\*\*Community Emergency Response Team \(CERT\)\*\*](#)

[Plan Ahead for Disasters | Ready.gov](#)

[Social Media Preparedness Toolkits | Ready.gov](#)

Internal Revenue Service (IRS)

- [Tax relief in disaster situations](#)
- [\*IRS provides tax relief for victims of severe winter storms, flooding, landslides and mudslides in California\*](#)

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**Thank You**