RESILIENT FAMILIES
RESILIENT COMMUNITIES

HOW A LITTLE PLANNING AND PREPARATION FOR THE UNTHINKABLE CAN HELP OUR FAMILIES, OUR BUSINESSES, AND OUR COMMUNITIES

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CASE STUDY: LESLEY

- Hurricane Katrina
- Caught without a plan
- Having enough awareness to know you need a plan and actually taking the actions to develop one are two completely different things.
WHY PLAN?

- Disasters don’t wait until you’re prepared.
- It’s like insurance.
- Personal responsibility
TRADITIONAL PARADIGM: RESPONSE

Harvey rescuers can't keep up with calls for help

The scenes recalled Hurricane Katrina, with helicopters landing near flooded freeways and airboats and high-wheel vehicles plowing through streets.

As much as 50 inches of rain »
In Houston, Hurricane Harvey Aid Has Been First Responders, 'Texans Helping Texans'
NEW PARADIGM: RESILIENCY

“The capacity to prepare for disruptions, to recover from shocks and stresses, and to adapt and grow from a disruptive experience.”

~ Judith Rodin, author

The Resilience Dividend
RESILIENCY

Resilient homes and businesses lead to resilient communities.

40% of businesses that close during a disaster never reopen.

Greater demand on unemployment and social services.

Decrease in revenue for local and state government.

We are all in this together.
RESILIENCE BEGINS WITH PREPAREDNESS

We have to be prepared to be self-sufficient for 3-5 days.

Power outages

No water

No climate control

No wi-fi

No one to help
HOW CAN YOU MAKE YOUR HOME MORE RESILIENT?

- Family emergency plan
- Practice your plan
- Family preparedness kit
- Flood insurance
- Tornado saferoom
- Fortified Homes
FAMILY PREPAREDNESS PLAN

• Communication is key
• Be realistic about the risks you face
• Children and disasters
• Discuss plans for specific emergencies (evacuate, stay put, etc.)
FAMILY PREPAREDNESS PLAN

• Discuss how you and your family will communicate during an emergency. Plan meeting places and relatives to call for check in.
  • Social media
  • Apps
FAMILY PREPAREDNESS PLAN

• Keep a list of emergency numbers in several easy-to-access places; each family member’s contact information, as well as school, work, doctor, hospital, and insurance agent numbers.

• Get to know your neighbors. Check in on the elderly and those who may need your assistance. Include them in your plans.
FAMILY PREPAREDNESS PLAN

• Medical and insurance information
• Social security numbers
• Safety deposit box information
• Financial information (insurance, bank accounts, investment accounts, credit card information)
FAMILY PREPAREDNESS PLAN

- Employer disaster plan
- School disaster plan
  - Parent/child reconciliation plans
- Basic First Aid and CPR classes
PRACTICE YOUR PLAN

• Why practice?
  • New information/old information
  • Even just thinking about the possibilities helps.
• Have regular drills
PRACTICE YOUR PLAN

• Fun for kids
  • Stop, drop, and roll
  • Drop, cover, and hold on
  • Race to see who can get to the designated outside meeting place first.
FAMILY PREPAREDNESS PLAN

- Make sure your children know how and when to dial 911
- Know the outdoor warning siren system.
  - Tornado/Chemical Release—3 minute steady tone; one note
  - Nuclear Attack—3 minute wavering tone, similar to police and fire
  - Flooding tone – 3 minute high-lo tone, similar to European police and fire

Tulsa tests every Wednesday at noon.

See handout for more details.
DON’T FORGET OUR FURRY FRIENDS!

- Find out in advance what potential shelters allow family pets. If there are none, make advance arrangements for your pets.

- Have your pet microchipped. Keep info current, and include emergency contact info from outside your area.

- Pet kit
  - ID collar and rabies tag
  - Carrier or cage
  - Medications (keep current)
  - Leash
DON’T FORGET OUR FURRY FRIENDS!

- Pet kit continued:
  - Plastic bags for handling waste
  - Food bowls and at least a two week supply of food and water
  - Veterinary records
- If you must leave your pets behind
  - access to food and water
  - sign on the door for responders
FAMILY PREPAREDNESS KIT

• Your kit can be as thorough as you like.

• Basic kit:
  - 3-5 day supply of water (1 gallon per person per day)
  - 3-5 day supply of nonperishable food (don’t forget the can opener!)
FAMILY PREPAREDNESS KIT

- Change of clothing: rain gear, heavy shoes
- Bedding
- First aid kit, prescription medications (keep current)
- Baby items (diapers, formula, etc.)
FAMILY PREPAREDNESS KIT

• Special items for family members with special needs
• Battery powered radio, flashlight, batteries
• Tools (screwdrivers, cutters, scissors, duct tape, fire extinguisher, flares)
• Cash
FAMILY PREPAREDNESS KIT

Add to this basic kit pet food, toys/games/books for children, etc. A thorough kit can take time and money to build up. Add a little at a time. Remember to change out water and food every six months.
FORTIFIED HOMES

- The Insurance Institute for Business and Home Safety (IBHS) created the FORTIFIED Home program to help strengthen homes from hurricanes, high winds, hail, and severe thunderstorms.

- FORTIFIED provides a uniform, voluntary, superior set of standards to upgrade the home and help improve its resilience by adding system-specific upgrades to minimum code requirements.
FORTIFIED HOMES

• Reduce potential for property damage
• Protect the building and contents.
• Make your home more sustainable and energy-efficient.
FORTIFIED HOMES

• Mitigate against loss of life and property; increase your chances of a more rapid recovery and return to normal.

• Studies show that every $1 spent on disaster mitigation saves $4 in community disaster recovery expenses.
FORTIFIED HOMES

- Apply
- Schedule a FORTIFIED evaluation
- Current Condition Report (analysis of home’s condition and list of improvements required to achieve FORTIFIED designation)
- Complete FORTIFIED upgrades
- Designation

EASY PEASY!

FORTIFIED Home Designation lasts five years.
OTHER THINGS TO DO OR THINK ABOUT IN ADVANCE

- Purchase a generator and know how to operate it
  - Generator fuel
- Tornado safe room or designated safe place
- Keep extra fuel for your car in case fuel becomes hard to get.
OTHER THINGS TO DO OR THINK ABOUT IN ADVANCE

- Phone chargers
- Flood insurance/NFIP
- Shelters
RESOURCES

- Ready.gov
  - National Preparedness Month [https://www.ready.gov/september](https://www.ready.gov/september)
  - Ready kids [https://www.ready.gov/september](https://www.ready.gov/september)
- National Storm Shelter Association [http://nssa.cc/](http://nssa.cc/)
- IBHS Fortified Homes [https://disastersafety.org/fortified/fortified-home/](https://disastersafety.org/fortified/fortified-home/)
RESOURCES

- “Disaster Preparedness: A Living Free Guide” by Crystal Kline and Rod Brouhard
- “The Resilience Dividend: Being Strong in a World Where Things Go Wrong” by Judith Rodin
- “The Unthinkable: Who Survives When Disaster Strikes and Why” by Amanda Ripley
USEFUL APPS

• Tulsa Ready (Tulsa Area Emergency Management Agency) Google Play

• NWS NOW (National Weather Service) Google Play

• Find Me Tornado http://www.findmetornado.com/
QUESTIONS?

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