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Objectives

- ✓ Build strong, resilient, and cohesive communities.
- ✓ Foster effective communication.
- ✓ Promote inclusivity.
- ✓ Organize community events.
- ✓ Provide education on disaster preparedness.
- ✓ Understand and address the unique needs of the community.

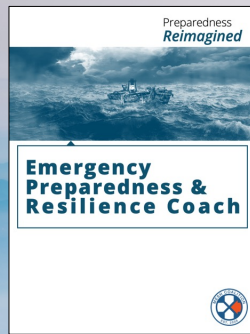
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Expectations

- ✓ Attend all modules
- ✓ Participate during modules
- ✓ Apply learning between modules and provide report outs
- ✓ Complete Pre and Post Surveys

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Learner Materials



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Module 1 Resources

www.meshcoalition.org/eprcmmitigation



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Program Syllabus

Emergency Preparedness & Resilience Coach Training Program Syllabus		
Lead Facilitator & Course Coordinator Dr. Jim Floyd, CCHW	Co-Facilitator Monica Morpew, MS, BSN, RN, CHES®	
Objectives	<ul style="list-style-type: none"> Build strong, resilient, and cohesive communities. Provide effective communication. Plan and execute. Identify and address the unique needs of the community. 	
Expectations	<ul style="list-style-type: none"> Attend all modules. To receive your 12-hour certificate credit, you must miss up to two live sessions. You may attend the week/hourly you missed during a different cohort. Watch a recording of the module you missed and complete an assessment aligned with the week. Participate during modules. Apply learning between modules and provide report data. Complete Pre and Post Surveys. 	
Course Schedule	Topic	Time
Mitigation	Introduction: The Survey Why EPRC's Mitigation (EPRC) Mitigation - Overview	1 hour
Preparedness	Report Data (Status and Risk Communication)	1 hour
Response	Report Data (Status and Risk Communication)	1 hour
Recovery	Report Data (Status and Risk Communication)	1 hour

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Instructor Bio's

About... Dr. James M. Floyd



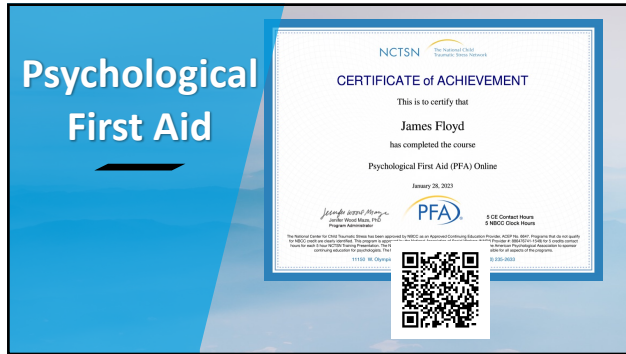
Dr. James M. Floyd is a highly skilled and dedicated leader in the healthcare professional with a proven track record of success in various roles. He has a strong background in emergency preparedness and resilience, and has been instrumental in developing and implementing comprehensive plans for his organization. Dr. Floyd is a frequent speaker at industry conferences and has published several articles on the topic of emergency preparedness and resilience. He is currently serving as the Lead Facilitator for the Emergency Preparedness & Resilience Coach training program.



About... Monica Morpew

Monica Morpew is a highly skilled and dedicated leader in the healthcare professional with a proven track record of success in various roles. She has a strong background in emergency preparedness and resilience, and has been instrumental in developing and implementing comprehensive plans for her organization. Monica is a frequent speaker at industry conferences and has published several articles on the topic of emergency preparedness and resilience. She is currently serving as the Co-Facilitator for the Emergency Preparedness & Resilience Coach training program.

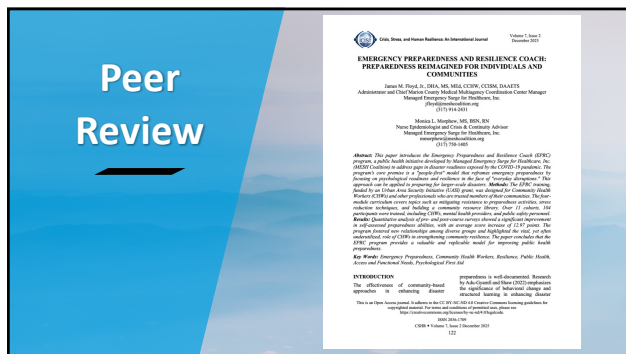
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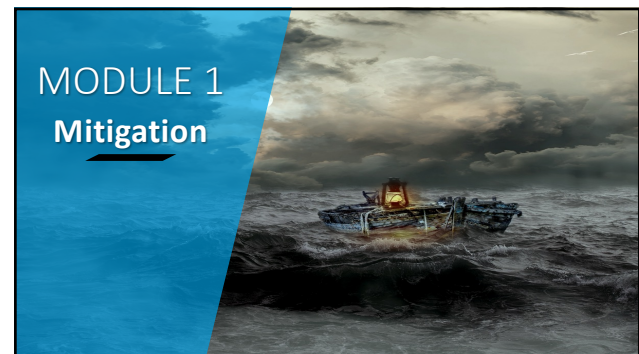
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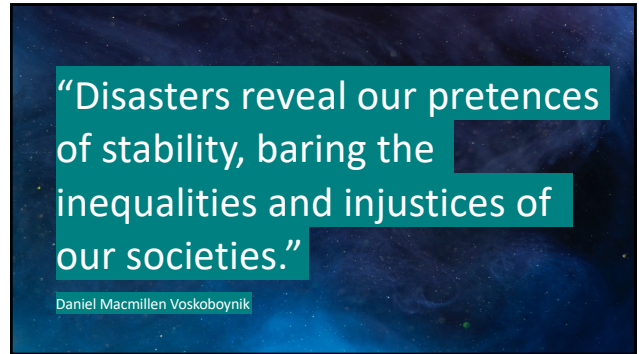
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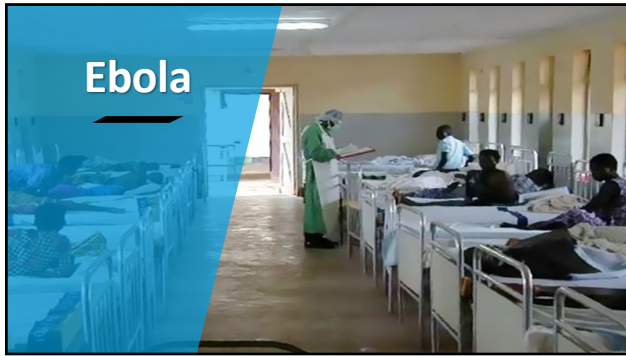
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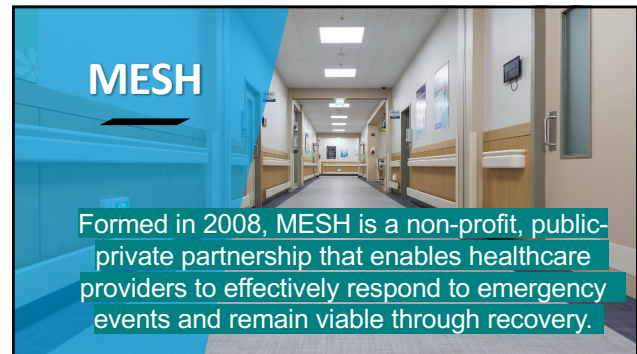
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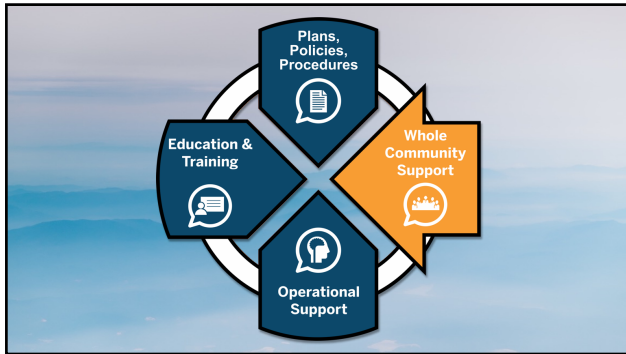
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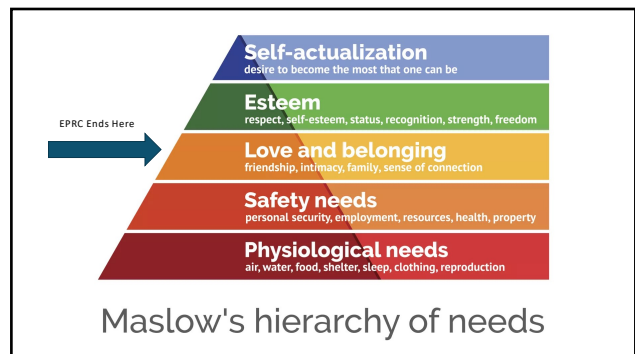
How EPRC's Mitigate

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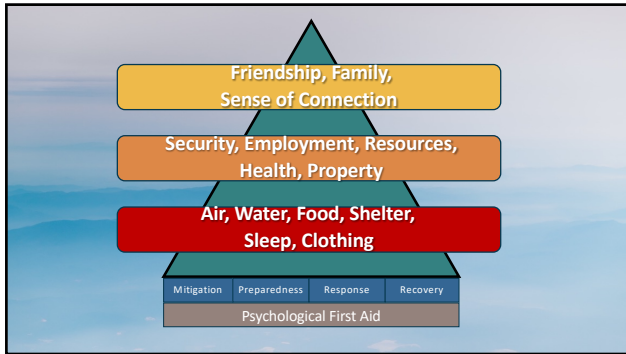
"If one is truly to succeed in leading a person to a specific place, one must first and foremost take care to find him where he is and begin there."

Søren Kierkegaard

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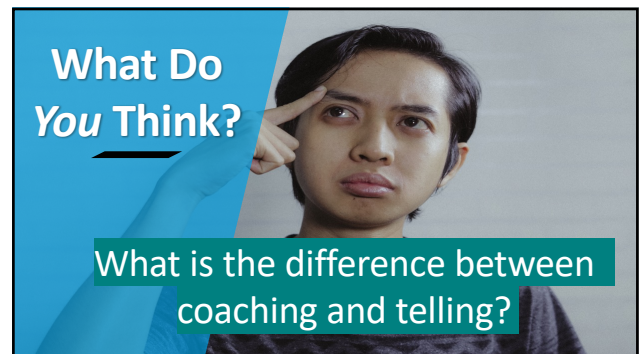
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Coaching

Collaborative facilitation
of individual development
and well-being.

33

Development
& Well-Being



Disruption
~~Emergency~~
Preparedness &
Resilience
Coach

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RESILIENCE IS AT RISK FOR THE MAJORITY OF AMERICANS SURVEYED

60%

60% OF AMERICANS DO NOT
HAVE HIGH RESILIENCE



NEARLY 2/3 OF FULL-TIME WORKERS
ARE AT RISK OF NOT BEING ABLE TO
OVERCOME CHALLENGES

5x

FULL-TIME WORKERS WITH LOW
RESILIENCE ARE 5x LESS LIKELY TO FEEL
THEY HAVE OPPORTUNITIES TO APPLY
THEIR ABILITIES IN LIFE

TODAY, AMERICAN WORKERS ARE NATURALLY FEELING THE IMPACT
OF MAJOR STRESSORS LIKE COVID-19, THE ECONOMIC DOWNTURN,
INCREASED DIVISIVENESS AND AWARENESS OF SYSTEMIC RACISM

34%

of full-time workers are
feeling pessimistic about
their company's ability to
endure COVID-19

84%

of Black full-time workers are experiencing
stress and anxiety about the recent
deaths of Black Americans like George
Floyd compared to 66% Hispanic, 64%
white, and 54% Asian workers

70%

of full-time workers say the
economic impact of COVID-19
will be worse than the
virus itself

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Resilience Continuum of Care

Resistance



Resiliency



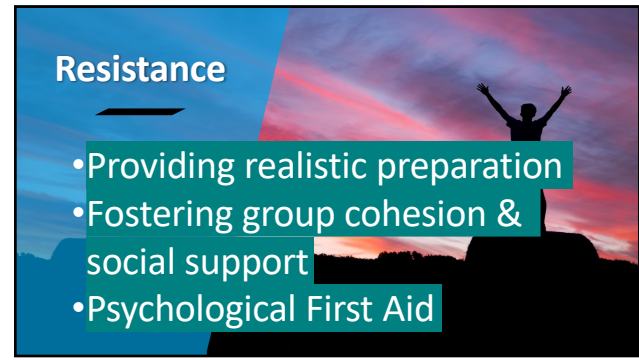
Recovery



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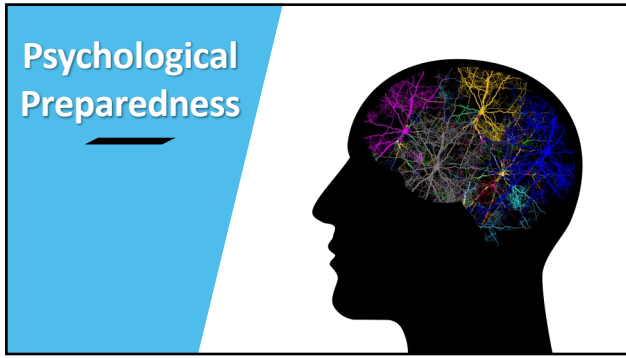
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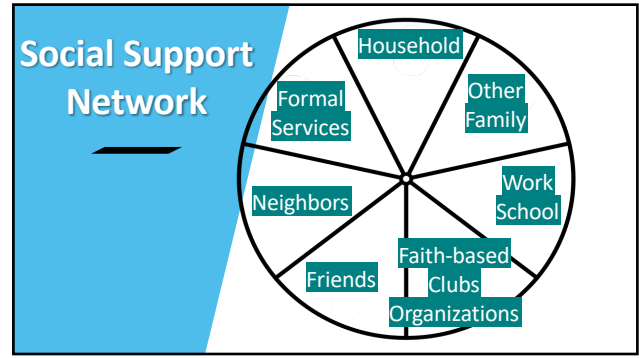
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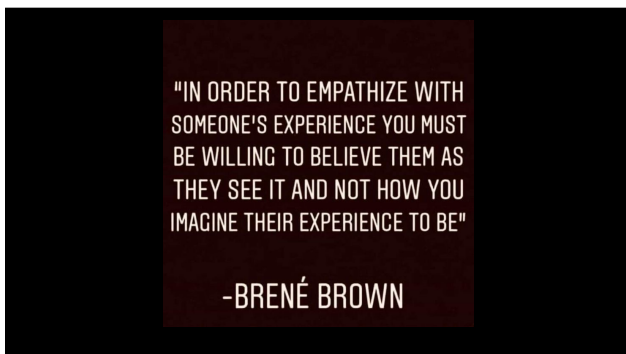
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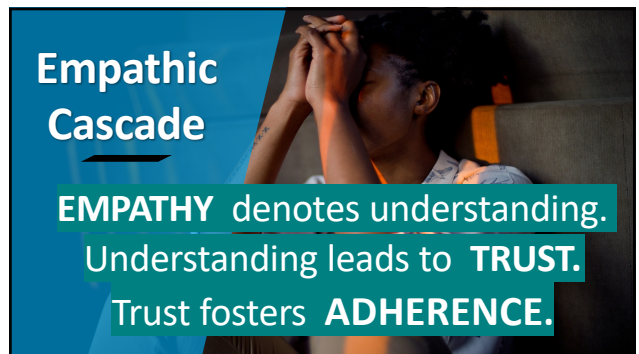
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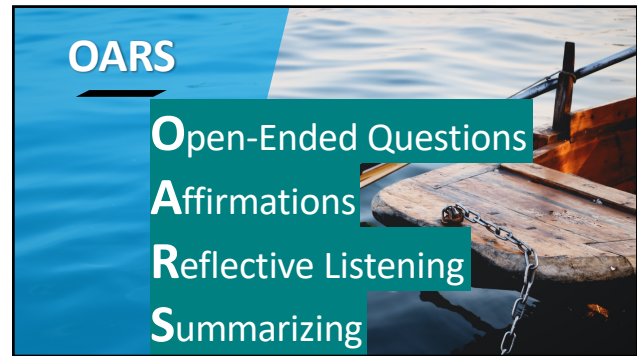
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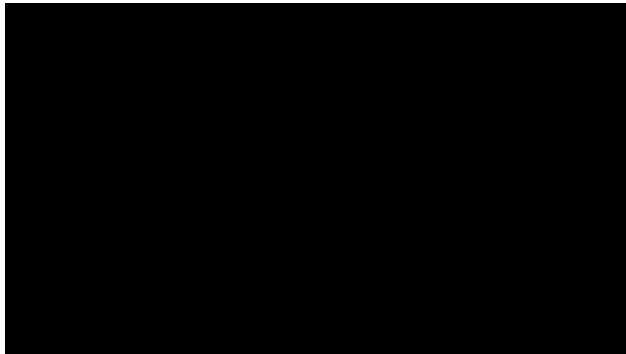
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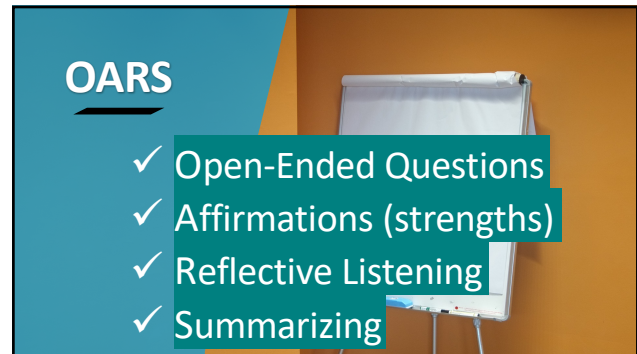
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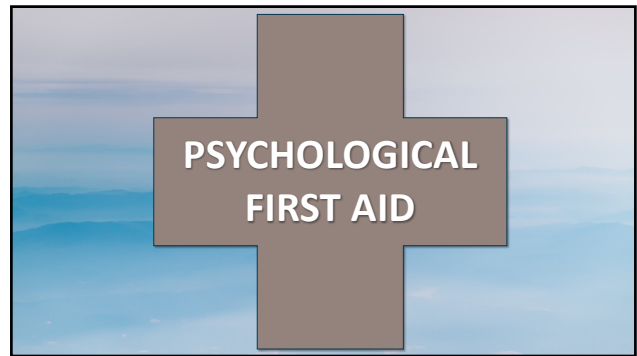
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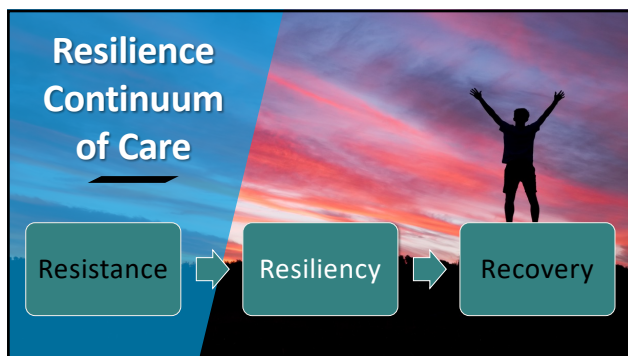
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Resiliency

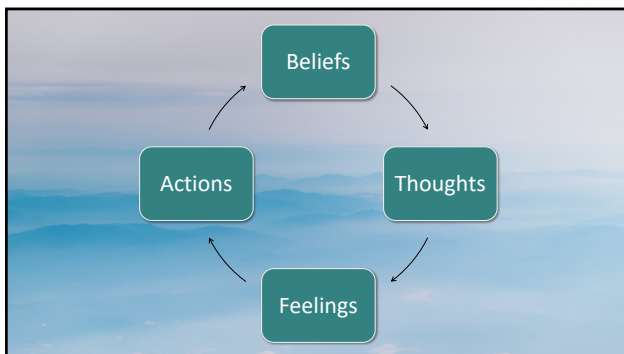
- Building self-efficacy and hardiness
- Fostering positive cognition
- Psychological First Aid

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Self-Efficacy

An individual's belief in their capacity to act in the ways necessary to reach specific goals.

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Hardiness

A constellation of attitudes, beliefs, and behavioral tendencies that consist of three components: commitment, control, and challenge.

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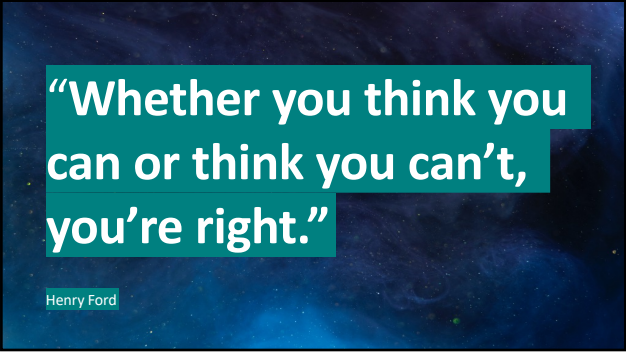
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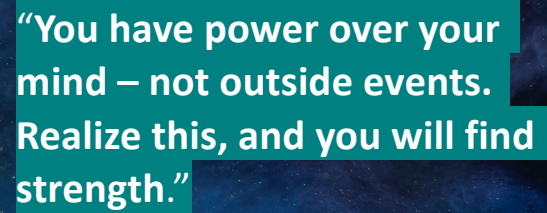
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“Whether you think you can or think you can’t, you’re right.”

Henry Ford

65



“You have power over your mind – not outside events. Realize this, and you will find strength.”

Marcus Aurelius

66



“Our life is what our thoughts make it.”

Marcus Aurelius, *Meditations*

67



**Barriers &
Assumptions**

68

Show of Hands

Believe you can
change how a person thinks?

69

Change Seasons



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People change in four different seasons:

When they hurt enough that they have to,
When they see enough that they're inspired to,
When they learn enough that they want to,
When they receive enough that they're able to...

John C. Maxwell

71

"If you want to change how a person thinks, give up. You cannot change how another thinks. Give them a tool to use of which will gradually cause them over time to think differently."

Buckminster Fuller

72

"Tools become truly developmental only in the hands of people open to their own development."

Peter Senge, et al.

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Trauma

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

74

Trauma

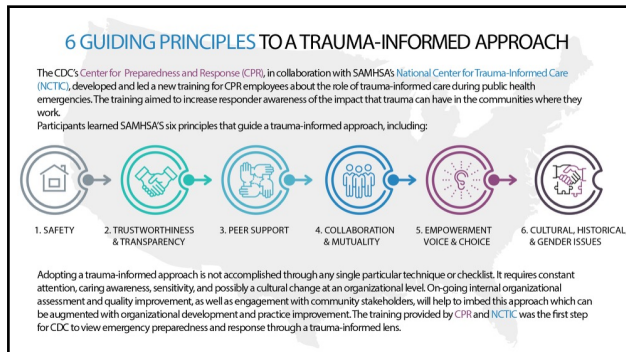
61% of men and 51% of women experience at least one traumatic event during their lifetime.

75

"It is near impossible to introduce resiliency measures on top of an already symptomatic community."

Dr. Sean Convoy, Duke University

76



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Indiana University Bloomington

Center for Rural Engagement

About | Impact | Partnerships | Resources | Give | Contact

Trauma-Informed Care Professional Development Certificate

Developed in partnership with the IU Center for Rural Engagement, IU School of Public Health–Bloomington, and the IU School of Social Work

About the training

- free of charge
- self-paced
- accessible
- entry subject
- provides continuing education units (CEUs)
- free of charge*
- includes content from 17 academics, practitioners, and community members

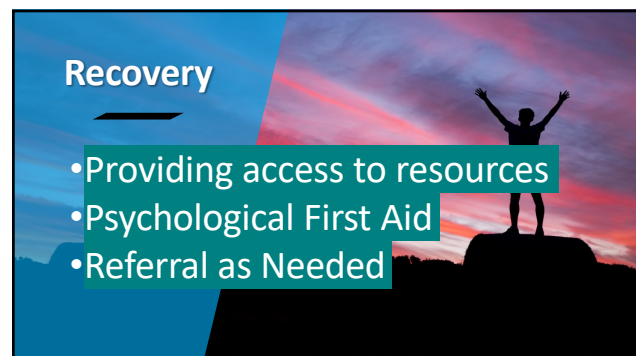
This TIC training, available through [Public Health & YOU](#), provides:

FREE TRAINING

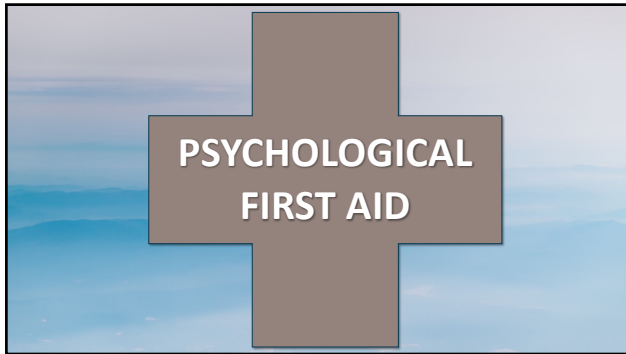
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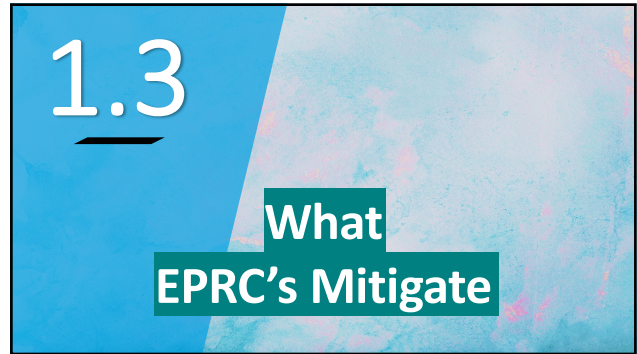
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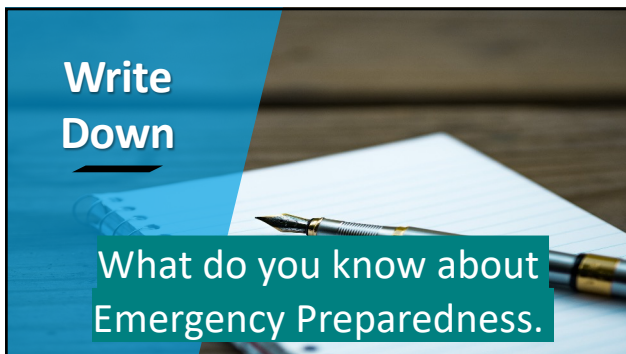
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Emergency Preparedness

The steps you take to make sure you are safe before, during and after an emergency or natural disaster.

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Phases

Mitigation

Recovery

Preparedness

Response

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Preparedness

Currently

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Disasters

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93



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Recommended Items to Include in a Basic Emergency Supply Kit:

- ☐ Water and non-perishable food for several days
- ☐ Extra cell phone battery or charger
- ☐ Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Non-sparking wrench or pliers to turn off utilities
- ☐ Can opener (if kit contains canned food)
- ☐ Local maps

FEMA's Ready Campaign
Encourages and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including those from natural hazards and man-made disasters. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and appropriate responses. Everyone should have some basic supplies on hand in order to survive several days if an emergency occurs. This list of emergency supply kit items is only a starting point. It is important that individuals review this list and consider the unique needs of their family, including pets, for items to include. Individuals should also consider having at least two emergency supply kits, one for all full-time home and another portable kit in their workplace, vehicle or other places they spend time.

Federal Emergency Management Agency
Washington, DC 20472

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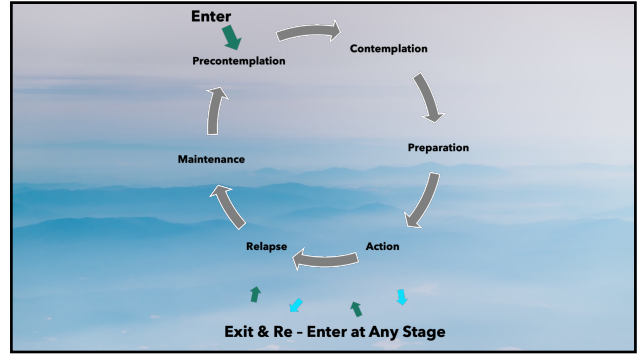
12 WAYS TO PREPARE

<input type="checkbox"/> Sign up for Alerts and Warnings	<input type="checkbox"/> Make a Plan	<input type="checkbox"/> Save for a Rainy Day	<input type="checkbox"/> Practice Emergency Drills	<input type="checkbox"/> Test Family Communication Plan	<input type="checkbox"/> Safeguard Documents
<input type="checkbox"/> Plan with Neighbors	<input type="checkbox"/> Make Your Home Safer	<input type="checkbox"/> Know Evacuation Routes	<input type="checkbox"/> Assemble or Update Supplies	<input type="checkbox"/> Get Involved in Your Community	<input type="checkbox"/> Document and Insure Property

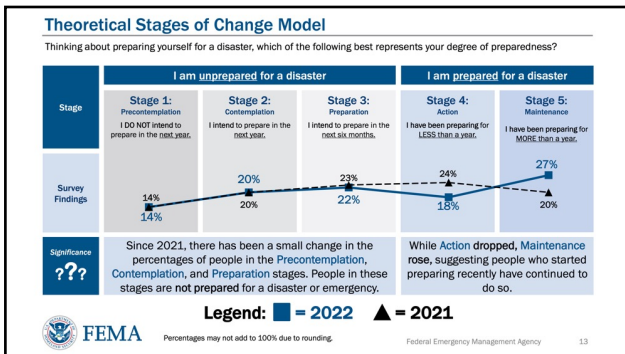
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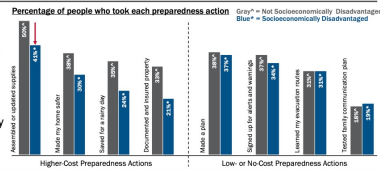
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Cost Barriers May Prevent People Who Are Socioeconomically Disadvantaged From Taking Important Preparedness Actions

People who are socioeconomically disadvantaged were **less likely** than those who are not socioeconomically disadvantaged to have taken higher-cost preparedness actions but were about as likely to have taken low- or no-cost preparedness actions.



Opportunity: Leverage community resources to help those who are socioeconomically disadvantaged overcome cost barriers to **close the gap** in taking higher-cost preparedness actions.

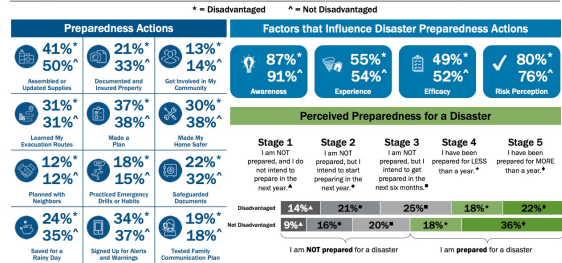


Federal Emergency Management Agency

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Preparedness Summary: Socioeconomically Disadvantaged



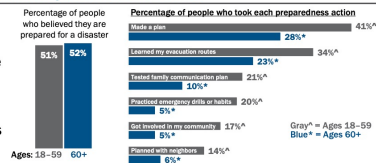
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There Was a Disconnect Between the 60+ Community's Perceived Preparedness and Their Preparedness Actions

People who are age 60 years old and over were about as likely as people 18-59 to feel prepared for a disaster but were less likely to have taken many of the twelve steps to prepare.



Opportunity: Pay attention to the unique situations and challenges of the 60+ community and develop preparedness programming that empowers them to prepare.



Federal Emergency Management Agency

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Barriers & Assumptions



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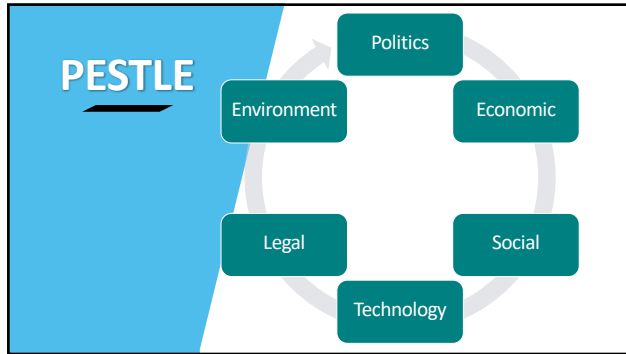
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After an emergency, you may need to survive on your own for several days.

Being prepared means having your own **food, water, and other supplies** to last for at least **72 hours**. Most of the items recommended for a disaster supply kit are inexpensive and easy to find, and any one of them could save your life.

Other items you may want to add to your emergency supply kit:

- Prescription medications and glasses.
- Infant formula and diapers.
- Pet food and extra water for your pet.
- Important family documents.

mobility, and the local climate. For additional resources, please visit [Ready.gov](https://www.ready.gov).

Since you do not know where you will be when an emergency happens, prepare supplies for home, work, and vehicles. Have separate, smaller sets of emergency supplies for your vehicle and workplace to last at least 24 hours in case you need to stay where you are. Include any essential medications in all supply kits.

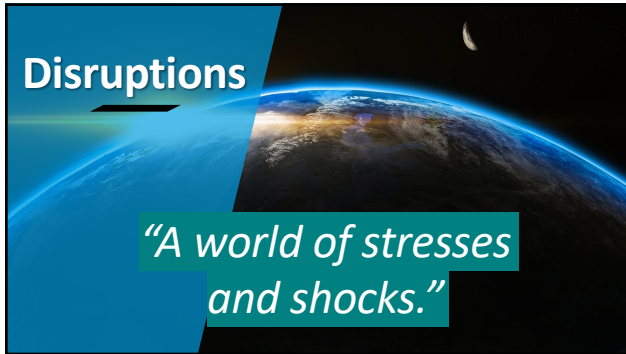
Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

Office: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water,

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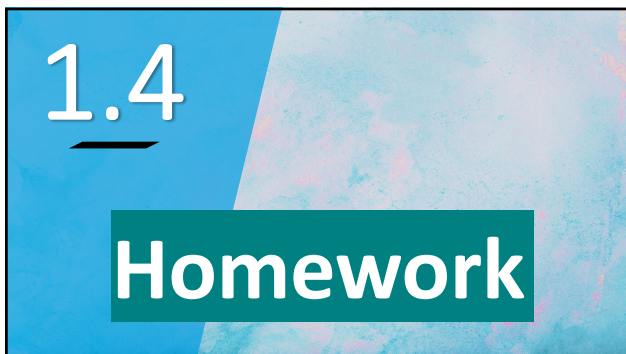
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