

Welcome!

ECA Public Sector Committee Community Engagement Webinar #6

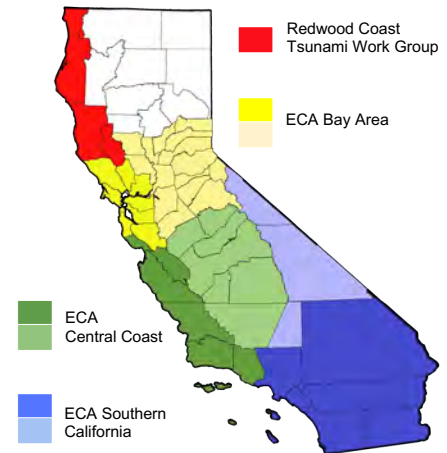


EarthquakeCountry.org/community

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Earthquake Country Alliance

- 4000+ *Public-Private-Grassroots* leaders
- Statewide *committees* develop resources and deliver programs
- *Regional Alliances* organize meetings and outreach activities
- California's Office of Emergency Services provides NEHRP funding for ECA earthquake mitigation activities
- USC's Southern California Earthquake Center (SCEC.org) administers ECA



Join: EarthquakeCountry.org/join



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National Earthquake Hazards Reduction Program (NEHRP)

- Cal OES applies to FEMA for NEHRP funding, which is then subawarded to USC for SCEC to administer ECA’s earthquake education, outreach, and mitigation activities.
- NEHRP is a partnership of four federal agencies that provide resources to mitigate and reduce losses caused by earthquakes in the U.S., including support for:
 - Research on the causes and effects of earthquakes
 - Building design recommendations to reduce earthquake damage and disruption
 - Activities that advocate earthquake risk reduction awareness and practices
- ECA also receives funding from NSF and USGS via their support of SCEC.



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ECA Statewide Activities

Develop Messaging and Resources:

- EarthquakeCountry.org
- EarthquakeCountry.org/resources
- Terremotos.org



Support Tsunami Preparedness Week:

- TsunamiZone.org/california



**March
25-31
2023**

Created and Coordinate
The Great California ShakeOut:

- ShakeOut.org/california



**Oct. 19
in 2023!**

Webinars & other events

- EarthquakeCountry.org/calendar

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ECA Sector-Based Outreach Committees

- Public Sector
- Businesses
- Accessibility
- Non-Profit & Faith-Based Organizations
- Healthcare
- Higher Education
- PreK-12 Education
- EPIcenters (Museums, parks, libraries, etc.)

Each meets bimonthly; Join us!

EarthquakeCountry.org/committees

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ECA Outreach Bureaus (Regional & Statewide)

- **Events Bureau**
 - Speakers for online/in-person events
 - Booths and tables at events
 - Request presenter or information table:
EarthquakeCountry.org/events
- **Participation Bureau**
 - ShakeOut and Tsunami Week recruitment and communications
 - County/City Partners for local engagement
- **Media Bureau**
 - Statewide and local coordination
 - Media event planning
 - Year-round messaging / news releases
 - Post-earthquake shared messaging




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Seven Steps To Earthquake Safety

BEFORE


1. Secure Your Space




2. Plan To Be Safe



3. Organize Supplies




4. Minimize Financial Hardship




DURING


5. Drop, Cover, and Hold On



6. Improve Safety



AFTER



EarthquakeCountry.org/sevensteps Terremotos.org/sietepasos

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Updated Materials in 15 Languages









EarthquakeCountry.org/languages

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Welcome!

ECA Public Sector Committee
Community Engagement Webinar #6



EarthquakeCountry.org/community

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Chair, ECA Public Sector Committee

Crisanta Gonzalez

Community Preparedness and Engagement

Los Angeles City Emergency Management Department

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ECA Community Engagement Webinars

#1 (May 13, 2021):

Inyo County TEEN CERT & Topanga Coalition for Emerg. Prep. (TCEP)

#2 (July 28, 2021):

City of L.A. RYLAN program & Humboldt County CERT

#3 (September 22, 2021):

City of San Francisco Neighborhood Empowerment Network

#4 (November 16, 2021):

Martinez Area CERT (Bay Area) & Health Center Partners (So. Cal.)

#5 (May 17, 2022):

Coachella Valley Disaster Preparedness Network

Learn more and view previous webinars at
EarthquakeCountry.org/community

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Today's Agenda

Presentation:

Prepare U

Lars Eric Holm and Ron Halog

Q&A

Open Discussion

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“Prepare U”

History, Format, and Future

18 Apr 2023



Introductions



How we introduce ourselves to our students



LET'S GET PERSONAL!

- Who are we?
- A bit about your co-instructors for this series.



A fast bit about Lars Eric Holm

“My first name is rather like Joe Bob, but Swedish”

Childhood in Alaska; learned the Yupik phrase “*Upterrlainarluta*” which translates as “always getting ready”.

“I am told that being ever prepared, *Upterrlainarluta*, is a common caution from Yup’ik elders to young people, whether they are preparing for fishing or a trip to the city. Implicit is the understanding that one must be wise in knowing what to prepare for and equally wise in being prepared for the unknowable.”



Always Getting Ready - Upterrlainarluta
Yup’ik Eskimo Subsistence in Southwest Alaska
James H. Barker



Relevant Background

- Backup software from Dantz Development
– support for seven years!



- CARD – Collaborating Agencies Responding to Disasters for eight years, helping nonprofits “Prepare to Prosper!”

- Continuing to offer CARD’s innovative curriculum as Eden I&R’s Disaster Preparedness Coordinator.





Relevant Background

Current chair of
ALCO VOAD (Alameda County Voluntary Organizations Active In Disaster)

"A humanitarian association of
independent voluntary organizations
active in emergency disaster relief."



Alameda County
Voluntary Organizations Active in Disaster
COOPERATION | COMMUNICATION | COORDINATION | COLLABORATION

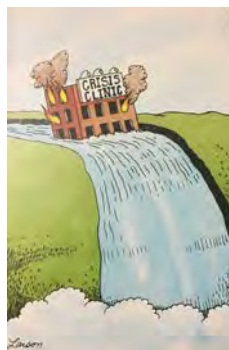
The Four C's: Cooperation | Coordination | Communications | Collaboration



Preparedness Geek

Yes...

I am a bit of a nerd about this
topic!





A fast bit about Ron Halog

“My first name is actually... Ronaldo Augustine Cataga Halog”

Growing up in a California small agricultural town was a special treat for me – we were always around live animals. But some of the animals that I really liked, were in cartoons. One character especially resonated with me, and that was “Tigger” from the Winnie the Pooh cartoons.



Relevant Background

- Many years ago - 7 years as a Lifeguard



- Instructor Trainer and a Corporate Instructor teaching First Aid, CPR, Water Safety, Lifeguarding, and other classes

- Extensive non-profit work supporting people with disabilities and seniors with access function needs.

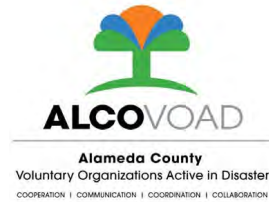




Relevant Background

Vice chair

ALCO VOAD (Alameda County Voluntary Organizations Active In Disaster)



FAST Member

Alameda County Functional Assessment Service Team

Member

Hayward CERT (Community Emergency Response Team)



Making Preparedness Fun

Yes...

If you enjoy what you're doing, you will most likely repeat it!





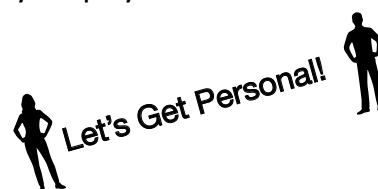
Why personal introductions are useful:



Let's Get Personal!

- Besides letting you know who you are in for...
- ... I'd like you to now think about your *own* biographies
 - What are your skills?
 - Interests?
 - Passions?
 - Hobbies?
 - Backgrounds?

And ponder a bit about how *your* own personal story helps you with your own personal preparedness





How it started



First, a bit of background...
...what's the motivation?
...what's the history?

Bay Area UASIS Security Initiative

Member Jurisdictions

Member jurisdictions of the Bay Area UASI include the major cities of [Oakland](#), [San Francisco](#), and [San Jose](#). Additionally, the Bay Area UASI encompasses the following Counties:



- Alameda ← **East Hub**
- Contra Costa ← **East Hub**
- Marin ← **North Hub**
- Monterey ← **North Hub**
- Napa ← **North Hub**
- San Benito ← **West Hub**
- San Francisco ← **West Hub**
- San Mateo ← **West Hub**
- Santa Clara ← **South Hub**
- Santa Cruz ← **South Hub**
- Solano ← **South Hub**
- Sonoma ← **South Hub**

How this approach evolved

How did “Prepare U” come to be?



- BAUASI had a suggested outline called *Key Points for all Trainings*, as part of the agreements with each of the four hubs.
- This specified topics and durations, and suggested content. Everyone followed these outlines, adapting the curriculum already in their possession.
- For example:
 - The curriculum Lars Eric, with Eden I&R / Alameda County 211 inherited from *CARD - Collaborating Agencies Responding to Disasters* and
 - The “Prepare to Prosper!” Curriculum used by Ron Halog, with CRIL (Community Resources for Independent Living)
 - Both of these already covered the “key points” for AEP, PEP, ICS, and others.

How this approach evolved

How did “Prepare U” come to be?



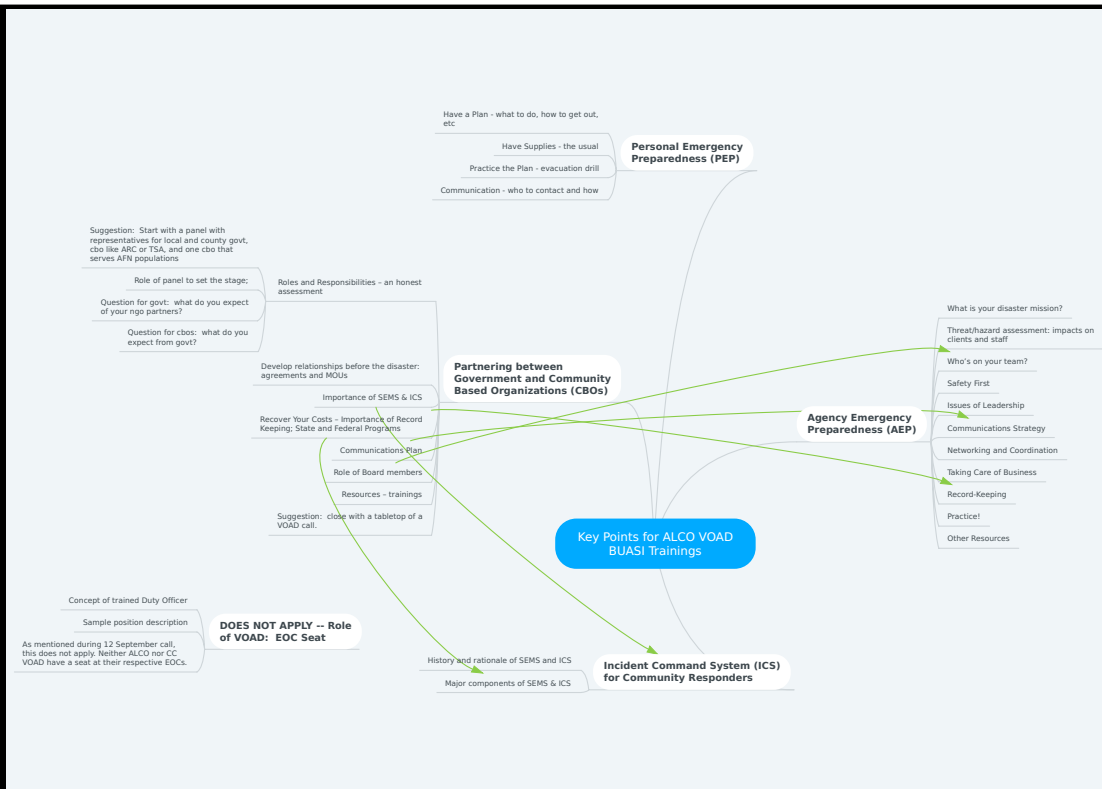
- I was experimenting with a “mind map”, mapping this Key Points for all Trainings outline led making a series of more tightly linked classes, rather than independent, “floating” classes.
- We want to help folks make connections. The idea being “Circles of Preparedness”, the innermost circle being “personal”, and then moving outwards to include more.
- This actually is more efficient, because some of the “free standing” classes require discussion of topics that are already covered, and in more detail, using this more mapped approach.
- Thus came our Summits, which were focused one-day events: One in Alameda County, and the other in Contra Costa County.
 - Pretty much all of the topics are general and are presented such that it’s not Hub or County specific.
 - The exception to this is the “Government / CBO Panel”

Connections

Making connections

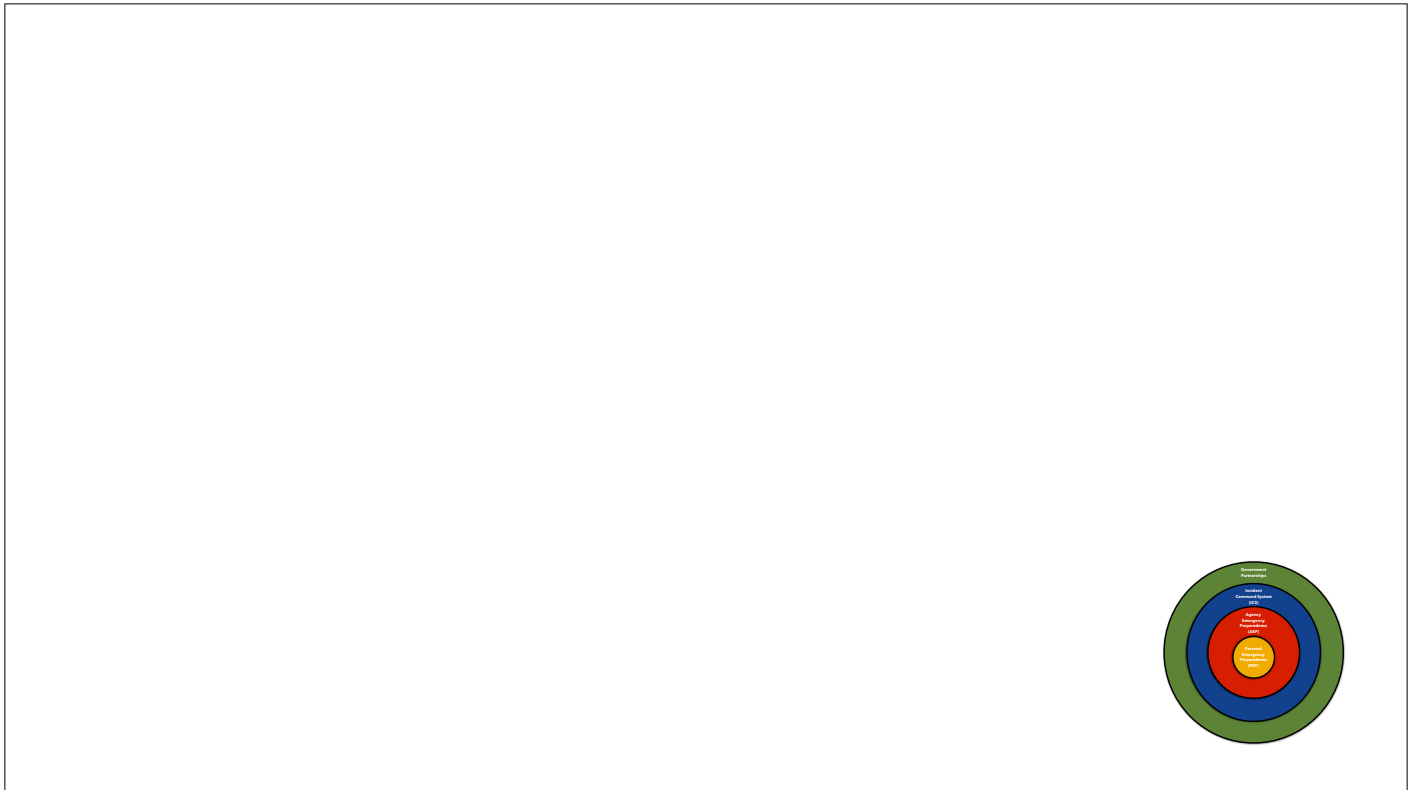
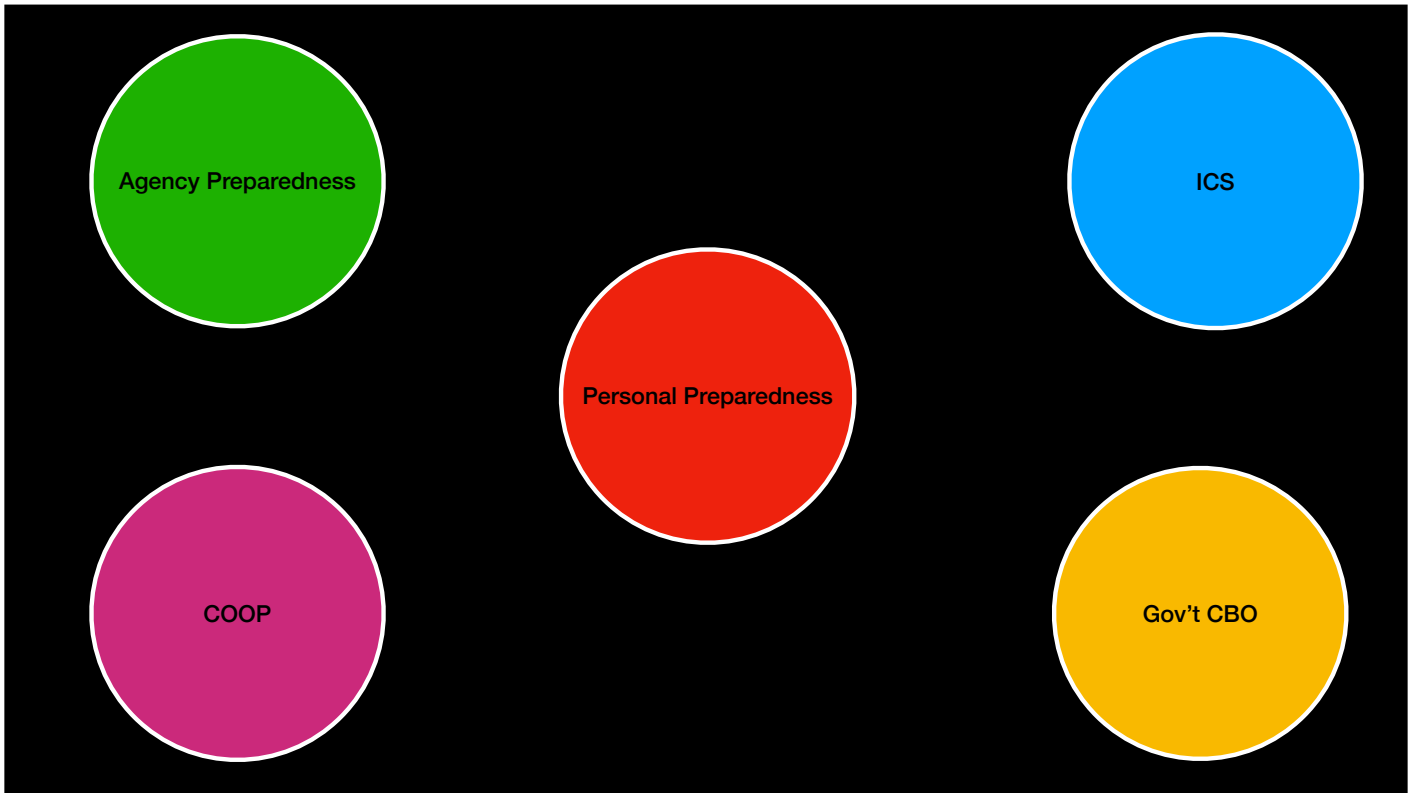
- These topics are often presented separately
- But we saw an opportunity to create connections





Linking the Rings of Preparedness

By Ron Halog





Where *this* specific curriculum came from

- This was originally developed a number of years ago during my time with *CARD - Collaborating Agencies Responding to Disasters*
- Remember that CARD was created BY local community agencies, FOR local community agencies, and works WITH community agencies and committed partners to fulfill on a vision of a prepared, inclusive, resilient, humane society.

Lessons Learned By CARD:

- “The language of fear and threat and prioritizing tomorrow’s traditional disasters over today’s community needs is not compatible with the cultures, structures and missions of nonprofit, faith, and service agencies.”

Our mottos

CARD’s philosophy – **Prepare to Prosper!**

Have everyday brilliance be your disaster resilience.

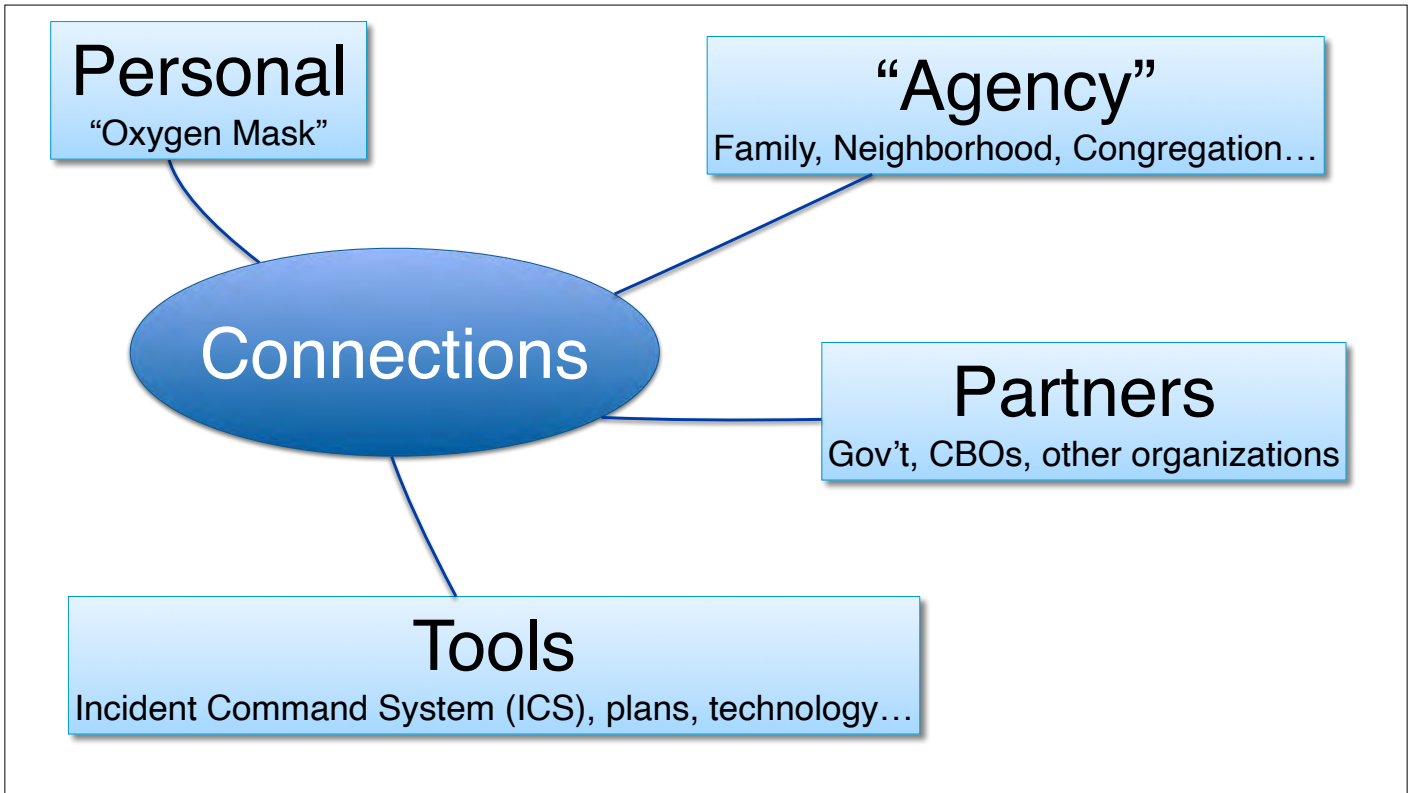
- I’m now using CARD’s curriculum in my role at Eden I&R, since 2016.
- This approach to COOP was developed from funding provided by *TSFF - The San Francisco Foundation*, as part of a cohort project, that identified key agencies in various counties. One of these key agencies just happened to be Eden I&R / Alameda County 211.



Weaving it together

- Just to reinforce one point, this time in words:
- We are working to **weave** these concepts together into a more unified whole.
- These are often presented as standalone topics, but we are going to try to make connections!
- Will this training series apply to you? Probably yes! And let us know any specific needs or concerns; none of these presentations are set in stone.
- Ron and I often, frequently pivot and adapt.





What we've done



What we've done

Every year, different cadence and rhythms

- 2019: All day summits, two of them.
- 2020: Late afternoon sessions, twice a week.
- 2021: Brown bag lunchtime sessions, twice a week.
- 2022: Early evening sessions, once a week.



2019 Summits

Before it was “Prepare U”, it was the “Preparedness Summits”

- First year on this project
- Two all-day summits, for both counties in the East Hub
 - Alameda County
 - Contra Costa County



The trainings are designed for Community-and Faith Based Organizations, Community Preparedness Groups and Members of Health Care Coalitions.



This training is designed for Community and Faith Based Organizations, Community Preparedness Groups and Members of Health Care Coalitions



Neighborhoods and Counties

Thank you to [redacted] for partnership!

FREE DISASTER SUMMIT!
TRAINING FOR NONPROFITS AND COMMUNITY BASED ORGANIZATIONS

Be on target with your preparedness efforts! Learn to navigate the "Circles of Preparedness," starting with your own personal preparedness and safety, then moving outwards to your agency's preparedness, then learn how to form an awesome response team using the fundamentals of Incident Command System (ICS) for Community Responders, and finally see a panel about how to partner with government agencies to form a powerful whole community response. There will be focus will be on preparedness for Access and Functional Needs (AFN) populations, because preparedness is for everyone!

DECEMBER 2, 2019 | 8:30 am – 5:00 pm
Regional Center of the East Bay, San Leandro
Creekside Plaza 500 Davis Street, Suite 100, San Leandro, CA 94577

Schedule: 8:30 am – 9:00 am – Check in and networking
9:00 am – 10:00 am - Personal Emergency Preparedness (PEP)
10:15 am – 12:15 pm - Agency Emergency Preparedness (AEP)
12:15 pm – 1:15 pm – Lunch Break
1:15 pm – 3:15 pm - Incident Command System (ICS)
3:30 pm – 5:00 pm - Partnering with Government Panel

While we encourage attending the entire day, you are welcome to attend individual sessions. Light refreshments will be provided, but please brown bag your lunch or be ready to visit a nearby restaurant or store.

Space is Limited!
To register go to: <https://alameda-county-disaster-summit.eventbrite.com>

These trainings are funded by the Bay Area Urban Areas Security Initiative.

FREE DISASTER SUMMIT!
TRAINING FOR NONPROFITS AND COMMUNITY BASED ORGANIZATIONS

Be on target with your preparedness efforts! Learn to navigate the "Circles of Preparedness," starting with your own personal preparedness and safety, then moving outwards to your agency's preparedness, then learn how to form an awesome response team using the fundamentals of Incident Command System (ICS) for Community Responders, and finally see a panel about how to partner with government agencies to form a powerful whole community response. There will be focus will be on preparedness for Access and Functional Needs (AFN) populations, because preparedness is for everyone!


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3:30 pm – 5:00 pm - Partnering with Government Panel

While we encourage attending the entire day, you are also welcome to attend individual sessions. Light refreshments and a light lunch will be provided.

Space is Limited! Registration Deadline is January 27
To register go to: <https://cc-voad-disaster-summit.eventbrite.com>

This training is funded by the Bay Area Urban Areas Security Initiative.



2020 Sessions

COVID-19 requires a shift

- First year of COVID, and we had to pivot.
- An Eden I&R staff member was taking an on-line language class...
- ...and this lead to the first session being called "Prepare U".
- Eden I&R's executive director coined the name.

Prepare U 2020

First by this name

- Seven weeks
- Late August, September, and into early October.
- 14 sessions, each 1 and a half hours, twice a week.
- This is also the first year we shifted to the Listos “4-step” outline for Personal Preparedness.



Dates and Location

- Tuesdays & Thursdays
- August 25 – October 8, 2020
- 3:30 – 5 pm
- Online training

Tuition and Registration

There is no cost for attending this course. The course has been funded by the Bay Area Urban Areas Security Initiative (BAUASI). Class maximum is 100 students.

Registration is through the Bay Area Training and Exercise Program (BATEP) Portal:

www.batep.org

For More Information

Please contact us at:
2PrepareU@gmail.com
or 510 727-9516.

Please note the following: This course is designed with nonprofit employees and volunteers, and other interested community members in mind. People with Access and Functional Needs are encouraged to participate because preparedness is for everyone!

Accommodation Request

Prepare U. is committed to providing access and reasonable accommodation in its training. Accommodation requests related to a disability should be made by 72 hours before the scheduled class to 2PrepareU@gmail.com or 510 727-9516.

PREPARE U.

7-Week Course on Preparing for Disasters & Emergencies

Join us for free, interactive courses to learn about disaster preparedness needs specific to the East Bay. This it's open to everyone living in the bay area. This series is designed to be appropriate for everyone, and will focus on personal preparedness, organizational preparedness, government & organizational coordination, and much more. Each course topic is designed to work independently, however we encourage participants to attend all sessions, if possible.

Topics/sessions include:

Personal & Organizational Preparedness (101 – Segment 1)
Tuesday, August 25 & Thursday, August 27

Alameda County Government / CBO Coordination
Tuesday, September 1 & Thursday, September 3

Incident Command System (ICS) for Community Responders
Tuesday, September 8 & Thursday, September 10

Volunteer Management
Tuesday, September 15 & Thursday, September 17

Personal & Organizational Preparedness (102 - Segment 2)
Tuesday, September 22 & Thursday, September 24

Donations Management
Tuesday, September 29 & Thursday, October 1

Continuity of Operations (COOP)
Tuesday, October 6 & Thursday, October 8

Lead trainers are Lars Eric Holm, the Disaster Preparedness Coordinator for Eden I&R/ 211Alameda County and Ron Halog, Instructor Trainer, of the RiHT Team, along with special guest trainers for specific topics. Ron Halog has been in the non-profit world for over 35 years, and has been a trainer / instructor for over 30 years, training First Aid, CPR, Water Safety Instruction, Lifeguarding and Emergency Preparedness. Lars Eric Holm has been involved in disaster preparedness since 2008, previously serving as the Senior Community Educator and IT Specialist, for CARD - Collaborating Agencies Responding to Disasters, a nonprofit based in Oakland California.

A full course syllabus is available upon request.



2021 Sessions

Prepare U adapts and expands

- We decided to make this year be a bit more concise, by having only one hour sessions, and following a “Brown Bag University” model.
- “Post Graduate” Prepare U happens for the first time



Prepare U 2021

“Hour of Preparedness Power”

- Also seven weeks
- This time through September and October
- 14 sessions, each 1 hour twice a week.
- Topics and format similar, just a shorter total number of hours.



PREPARE U 2

7-Week Course on Preparing for Disasters & Emergencies



Join us for free, interactive courses to learn about disaster preparedness needs specific to Alameda and Contra Costa Counties. This course is designed to be appropriate for everyone and will focus on personal preparedness, organizational preparedness, government & organization coordination, and much more. While each course topic can work independently, we encourage participants to attend as many sessions as possible, as this series is designed to build connection between the various aspects of preparedness. Join us for an “Hour of Preparedness Power”. Training dates may change.

Topics/sessions include:

- Personal & Agency Emergency Preparedness**
Tuesday, September 7 & Thursday, September 9
- Access and Function Needs Preparedness (Regional Course)**
Tuesday, September 14 & Thursday, September 16
- Incident Command System (ICS)**
Tuesday, September 21 & Thursday, September 23
- County Government / CBO Coordination**
Alameda County - Tuesday, September 28
Alameda County - Thursday, September 30
- Volunteer Management**
Tuesday, October 5 & Thursday, October 7
- Technical Assistance**
Tuesday, October 12 & Thursday, October 14
- Continuity of Operations Plan (COOP)**
Tuesday, October 19 & Thursday, October 21

Lead trainers are Lars Eric Holm, the Disaster Preparedness Coordinator for Eden I&R/ 211 Alameda County and Ron Halog, Emergency Preparedness Coordinator for ILR Solano & Contra Costa Counties, along with special guest trainers for specific topics. Ron Halog has been in the non-profit world for over 35 years, and a trainer / instructor for over 30 years. Lars Eric Holm has been involved in disaster preparedness since 2008, previously serving as the Senior Community Educator and IT Specialist, for CARD - Collaborating Agencies Responding to Disasters, a nonprofit based in Oakland California.

A full course syllabus is available upon request.

Dates and Location

- Tuesdays & Thursdays
- September 7 – October 21, 2021
- 12:00 noon – 1:00 pm
- Online training

Tuition and Registration

There is no cost for attending this Prepare U 2021. The course has been funded by the Bay Area Urban Areas Security Initiative (BAUASI).

Registration:
<https://bit.ly/3xcpsWH>

For More Information

Please contact Lars Eric Holm at laholm@edenir.org / 510-727-9516 or Ron Halog at ronh@irsc.org / 925-421-9246.

Please note the following: This course is designed with nonprofit employees and volunteers, and other interested community members in mind. People with Access and Functional Needs are encouraged to participate because preparedness is for everyone!

Prerequisites

No prerequisites required.



“Post Graduate Prepare U”

“Pop Up” special topics occurred after this session



- Essentially “Pop up” sessions on special and specific timely topics.
- Referred to as “Post Graduate Prepare U”.
- Two special topics:
 - First was for the Reeve Foundation, on “Preparedness for Those with Paralysis and Mobility Impairment”
 - Second was for National Association for Mental Illness (NAMI), on Emotional Preparedness.

Preparedness for Those with Paralysis and Mobility Impairment For the Reeve Foundation

- for the Reeve Foundation, on “Preparedness for Those with Paralysis and Mobility Impairment”
- Offered as two independent and standalone sessions



**CHRISTOPHER & DANA REEVE FOUNDATION
PARALYSIS RESOURCE CENTER**

PREPAREDNESS FOR THOSE WITH PARALYSIS AND MOBILITY IMPAIRMENT

**“Post-Graduate Prepare U”:
Preparedness for Paralysis and Mobility Impaired**

Building off of the *Prepare U* training series, which concludes 21 October, this is a special topic preparedness training.

While this will be similar to what was covered during the Access and Functional Needs (AFN) classes for *Prepare U*, it is focused *specifically* on the needs of those with “some degree of paralysis” or their caregivers. This also applies to *anyone* with any degree of mobility impairment, and is open to all.

More details
This class will be offered twice, and will be the same class each day. Feel free to attend either or both.

Topics to be covered will include:

- Evacuation Planning
- Power Based Medical Needs
- Contents of an Emergency Kit
- Alerts and Notifications
- Communicating Needs
- Organizations with additional resources

Lead trainers are Lars Eric Holm, the Disaster Preparedness Coordinator for Eden R&R 211 Alameda County and Ron Halog, Emergency Preparedness Coordinator for *LR Solano & Contra Costa Counties*. Ron Halog has been in the non-profit world for over 35 years, and a trainer / instructor for over 30 years. Lars Eric Holm has been involved in disaster preparedness since 2008, previously serving as the Senior Community Educator and IT Specialist, for *CARD - Collaborating Agencies Responding to Disasters*, a nonprofit based in Oakland California.

This Training can also be offered on demand; please contact us to arrange any additional trainings.

Dates and Location
Tuesday & Thursday
26 and 28 October 2021
12:00 noon – 1:00 pm
Online training

Tuition and Registration
There is no cost for attending this Post Graduate Prepare U 2021 class. The course has been funded by the Christopher and Dana Reeve Foundation.
Registration is through:

Session 1 or Session 2

For More Information
Please contact Lars Eric Holm at leholm@edcnr.org / 510-727-9516 or Ron Halog at ronh@lrsc.org / 925-421-9246.


Please note the following: This course is designed to meet the needs of community members, nonprofit employees and volunteers, and other interested community members. People with any sorts of Access and Functional Needs are encouraged to participate because preparedness is for everyone!

Prerequisites
No prerequisites required.



Emotional Preparedness National Association for Mental Illness (NAMI)

- A “Prepare U” alum, who was with National Association for Mental Illness (NAMI), offered to run a session.
- This was so popular, we did it twice!
 - First was December 2021
 - Second was March of 2022



Date, Time and Location

- Tuesday, December 7, 2021
- 12:00 noon – 1:00 pm
- Online training

Tuition and Registration
There is no cost for attending this Post Graduate Prepare U 2021 class.


Register here:
<https://bit.ly/3HM8JQv>

For More Information
Please contact Lars Eric Holm at leholm@edcnr.org / 510-727-9516 or Ron Halog at ronh@lrsc.org / 925-421-9246.

Please note the following: This training is designed to meet the needs of community members, nonprofit employees and volunteers, and other interested community members. Everyone is invited to attend this FREE Training.

Prerequisites
No prerequisites required.

Prepare U Partners:



Mental Health Resources Preparedness Training

Post-Graduate Prepare U Training: Mental Health Resources

Building off of the *Prepare U* training series, this special topic preparedness training is brought to you by NAMI California.

With the past year’s multiple disasters like COVID 19 guidelines & restrictions, wildfires, power shut-offs and civil unrest, Prepare U is happy to host this training.

Prepare U would like to introduce you to our Guest Instructor, Syd Abdella from NAMI California (National Alliance on Mental Illness). Syd is a CCP Peer Counselor of NAMI CA. Syd also attended many of the Prepare U classes. We are honored to have Syd Abdella as a Prepare U Instructor.



More details

This is a 1 time online virtual class through Zoom. The training is adapted from the World Health Organization and NCTSN Guidebooks

Topics to be covered will include:

- Psychological First Aid
- Common Stress Reactions
- Coping Strategies
- Practical To-Do Lists
- Additional Resources

Parking Lot Graduation!

Back in person again!

- COVID Guidelines this year allowed for outdoor gatherings, so we did an outdoor “Parking Lot Graduation”!
- This was held at Eden I&R World Headquarters in Hayward, outside, and allowed us to give away physical items that had been accumulated, especially those from the 2020 “Listos California for All” program.





2022 Sessions

Prepare U shifts and downsizes a bit

- We went for fewer, but longer, sessions.
- There was a directive to look into covering “CERT and CERT-like organizations.”
- This helped “Prepare U” broaden some definitions, in particular making “agency preparedness” wider and more inclusive and less about formally having an agency.

Prepare U 2022

The “early evening audience”

- Seven sessions, once per week, each two hours.
- Some of the prior topics, such as “volunteer management” or “donations management” didn’t happen this time around.
- Instead, the focus was on the core topics of personal, agency, ICS, and COOP.
- Broader inclusion of a wider range of groups.



PREPARE U - 2022



7-Week Course on Preparing for Disasters & Emergencies

Join us for free, interactive courses to learn about disaster preparedness, building from the basics. This is open to the entire community. Prepare U 2022 is designed to be appropriate for everyone, and will focus on personal preparedness, organizational preparedness, government & organizational coordination, and much more. While this is designed to build and tie topics together – we encourage participants to attend all sessions, if possible – each course topic can also work independently.

Topics/sessions include:

Personal Emergency Preparedness
Tuesday, August 2

Agency Emergency Preparedness
Tuesday, August 9

“Your Name Here” - Preparedness for Community Groups
Tuesday, August 16

Incident Command System (ICS) for Community Responders
Tuesday, August 23

Continuity of Operations Planning (COOP) – Two Days
Tuesday, August 30 & Tuesday, September 6

Alameda County Government / CBO Coordination
Tuesday, September 13

Lead trainers are Lars Eric Holm, the Disaster Preparedness Coordinator for Eden I&R/ 211Alameda County and Ron Halog, Emergency Preparedness Coordinator, ILRSCC (Independent Living Resources of Solano & Contra Costa Counties). There will also be Special Guest Panelist be presenting on specific topics. Ron Halog has been in the nonprofit world for over 35 years, and has been a trainer / instructor for over 30 years, training First Aid, CPR, Water Safety Instruction, Lifeguarding and Emergency Preparedness. Lars Eric Holm has been involved in disaster preparedness since 2008, previously serving as the Senior Community Educator and IT Specialist, for CARD – Collaborating Agencies Responding to Disasters, a nonprofit based in Oakland California.

A full course syllabus is available upon request.

Dates and Location

- Tuesday
August 2 – September 13, 2022
- 6:00 pm – 8:00 pm
- Online training

Tuition

FREE - There is no cost for attending this course. The course has been funded by the Bay Area Urban Areas Security Initiative (BAUASI)

Registration

By registering once, you will have access to all Prepare U 2022 courses. Simply save and use the confirmation link for each class.

<https://www.eventbrite.com/e/prepare-u-2022-tickets-363711249677>

For More Information

Please contact us at:
2PrepareU@gmail.com
or 510 727-9516.

Please note the following: This course is designed with nonprofit employees and volunteers, and other interested community members in mind. The entire community is invited, preparedness is for everyone!

Questions:

If you have any questions about Prepare U 2022, please reach out to us:
2PrepareU@gmail.com or 510 727-9516.

Post Graduate 2022 Topic was “Targeted Violence”

- Both instructors had been certified in the “*Targeted Violence: Community Awareness and Prevention Strategies*” curriculum earlier in the year.
- This was offered “as is”, in two parts, on two successive evenings.



POSTGRADUATE PREPARE U 2022
Targeted Violence: Community Awareness and Prevention Strategies



This is a “Post Graduate Prepare U”, a special topic being presented after the recent “Prepare U” sessions that occurred August and September of 2022.

“Targeted Violence” is any incident of violence where an individual or group selects a specific target, prior to an attack, regardless of motive. Violence is preventable. Prevention is better than reaction. Prevention is less expensive, less stressful, more compassionate, and more effective.

The “Bay Area Targeted Violence and Terrorism Prevention Program”, one of the many Bay Area Urban Areas Security Initiative (BAUASI) programs, developed this curriculum, which takes a Public Health approach to violence prevention: evidence-based, multi-disciplinary, diverse, and focused on taking collective action using input from a wide range of stakeholders, including health, education, social services, justice, policy and the private sector.

The goal of this training is to help those in need, preventing violence, and taking them off of the path to extremism.

This training covers the current threat landscape, teaches the basics of behavioral analysis, how to look for pre-attack indicators, the details of the radicalization process that leads to targeted violence, the increasing role of social media in extremism, prevention tactics and strategies, reporting, and local programs.

This is a very pertinent topic for community and faith based organizations, educational institutions, workplace settings, and any general community locations.

Learn how to empower communities to help those in need, before a problem occurs, while still supporting privacy, civil rights and liberties. There are always warning signs; learn how to identify and prevent problems before they happen.

Lead trainers are Lars Eric Holm, the Disaster Preparedness Coordinator for Eden I&R; 211 Alameda County and Ron Halog, Emergency Preparedness Coordinator, ILRSCC (Independent Living Resources of Solano & Contra Costa Counties). Ron Halog has been in the non-profit world for over 35 years, and has been a trainer / instructor for over 30 years, training First Aid, CPR, Water Safety Instruction, Lifeguarding and Emergency Preparedness. Lars Eric Holm has been involved in disaster preparedness since 2005, previously serving as the Senior Community Educator and IT Specialist, for CARD - Collaborating Agencies Responding to Disasters, a nonprofit based in Oakland California.

Dates and location

- Tuesday-Wednesday
November 8-9, 2022
(Parts One and Two)
- 6:00 pm – 8:00 pm
- Online training

Tuition
FREE - There is no cost for attending this course.

Registration
By registering once, you will have access to both sessions, using the same link.
<https://www.eventbrite.com/e/targeted-violence-community-awareness-and-prevention-strategies-tickets-432164073377>

For More Information
Please contact us at:
2PprepareU@gmail.com
or 510 727-9516.

Please note the following: This course is designed with nonprofit employees and volunteers, and other interested community members in mind. The entire community is invited; preparedness is for everyone!

Questions:
If you have any questions about Prepare U 2022, please reach out to us:
2PprepareU@gmail.com or 510 727-9516.

What we’ve covered



Personal Emergency Preparedness (PEP)

Agency Emergency Preparedness (AEP)

Incident Command System (ICS) for Community Responders

Continuity of Operations (COOP) Planning

Donations Management

Volunteer Management

Building a Culture of Preparedness Access and Functional Needs Preparedness

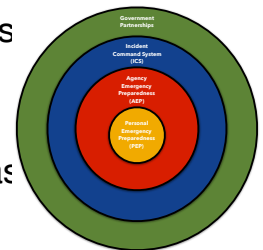
Government, Community and Faith Based Organizations: Roles and Expectations

“Your Name Here”: Expanding the Definition of ‘Agency’

Overall List of topics covered

What “Prepare U” has included

- Always, the “**Core Topics**”, as from the original requirements of the BAUASI project, and as reflected in the “Circles of Preparedness:
 - Personal Emergency Preparedness (PEP)
 - Agency Emergency Preparedness (AEP)
 - Incident Command System (ICS) for Community Responders
 - Continuity of Operations (COOP) Planning
 - Government and CBOs and FBOs (Community and Faith Based Organizations) panels





Overall List of topics covered

What “Prepare U” has included

- The other “**Special Topics**”, which reflect and support the core.
- These usually involved wonderful and knowledgeable guest instructors, on topics such as:
 - Volunteer Management (both from the general agency and faith-based specific perspectives).
 - Donations Management
 - Building a Culture of Preparedness for your Agency
 - “Your Name Here” — expanding the definition ‘Agency’



Overall List of topics covered

“Post Graduate” Prepare U

- Essentially “Pop Ups”, contacting the existing audience of “Prepare U” alumni, covering timely topics, and maintaining awareness of “Prepare U” between the regular sessions.
- So far:
 - Preparedness for Mobility Impaired
 - Mental health and emotional self-care
 - Targeted Violence: Community Awareness and Prevention Strategies
 - One of our students did a short presentation about tornado safety in the midwest.
 - “Winter Preparedness/Driving” was planned, but the guest instructor was called away



The Future of “Prepare U”



The Future of “Prepare U”

Next steps and what we hope to do for future sessions

- Hybrid, perhaps at an actual school or actual “U”.
- Why hybrid, and not solely in-person?
 - Because the borders have been crossed, and the walls have come down, and we want to keep those borders left open, and those walls tumbled down.
- There are options to consider, such as set of sessions that focuses more on neighborhoods and individuals, but not attempting to be CERT.
- Small businesses and districts could have sessions focussing on their needs.
- There could be sessions focusing on specific populations, such as Access and Functional Needs (AFN).



How we've presented



Thoughts and Models

“Training-the-Trainer”: A few thoughts about pedagogy

- About “The CARD approach”, which is very much an interactive and engaged approach.
- CARD’s “Community Educator Best Practices” are document that can be shared.
- This is how we do it, but be like Bruce Lee: “Absorb what is useful. Discard what is not. Add what is uniquely your own.”



Community Educator Best Practices

The “Prepare To Prosper” Model

- Developed and used by *CARD - Collaborating Agencies Responding to Disasters*
- This is the foundation for the curriculum used by both Ron and Lars Eric
- Won't go into deep detail here, but important to mention, as this approach is probably a key reason for the success of “Prepare U”.



Community Educator Best Practices

The Key Points



- Use No Fear or Threat-Based Messages
- Actively Engage the Audience
- Champion Jargon-Free, Simple, Intuitive, Accessible Materials
- Create and Tailor Information Specifically for the Audience
- Provide Immediate Benefits
- Play to Strengths
- Fill a Need/Close a Gap
- Make It Visual
- Acknowledge History and the Experiences of the Community
- Stay Aligned With Your Vision and Mission



Community Educator Best Practices

Example: “Actively Engage the Audience”

Much emergency preparedness education is delivered in the “lecture” style – assuming that the audience will be a willing, passive recipient of all the advice you have to offer.

To really empower the audience – to address their needs and to motivate action – it is vital that you are able to connect to them and draw them into an **active participation** in the training.



BASIC STRATEGIES

- Use open questions to solicit input from participants.
- Use easy, closed questions to warm them up (such as “raise your hand if you have ever ...”).
- Invite participants to offer answers or suggestions to each other when appropriate.
- Validate participants' contributions, whether questions or comments. Repeat them if necessary so everyone can hear.
- Don't let engagement get out of hand. Sometimes you will have to limit contributions just to stay on track.



Community Educator Best Practices

FACE: Facilitate - Acknowledge - Clarify - Enhance

- FACE:
 - Facilitate
 - Acknowledge
 - Clarify
 - Enhance



In Closing



Thank You!



Thank you all for being here today
and for all that you do for
your families, organizations,
neighborhoods and
the community!

Instructors



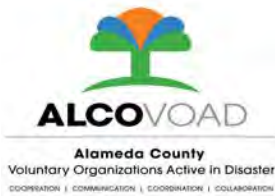
Ron Halog

Emergency Preparedness Coordinator
ILR Solano & Contra Costa Counties
925-536-9553
ronh@ilrsc.org



Lars Eric Holm

Disaster Preparedness Coordinator
Eden I&R / Alameda County 211
510-727-9516
leholm@edenir.org



ALCOVOAD (Alameda County Voluntary Organizations Active In Disaster) can be found online at:

alcovoid.wordpress.com
<https://www.facebook.com/ALCOVOAD/>
twitter.com/AlcoVoad



This presentation is curriculum originally developed by *CARD - Collaborating Agencies Responding to Disasters*

Q&A

The recording of today's webinar will be available next week at:

EarthquakeCountry.org/community

To be notified of future events and recordings, join ECA (free!):

EarthquakeCountry.org/join

Please take our survey:

surveymonkey.com/r/NNDSNQY

Questions?

info@earthquakecountry.org

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