

ECA's Safer at Home Webinar Series

Step 7: Reconnect and Restore



**Earthquake
Country
Alliance**
We're all in this together.





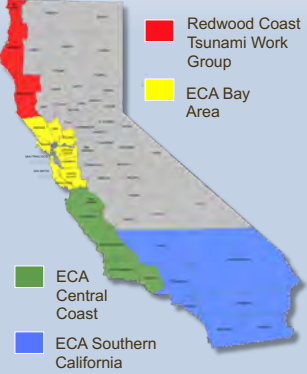
EarthquakeCountry.org/step7

Terremotos.org/paso7

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Earthquake Country Alliance

- 3000+ *Public-Private-Grassroots* leaders
- Statewide *Sector-based committees* and *Outreach Bureaus* develop resources and deliver programs
- Local *Regional Alliances* organize meetings and outreach activities
- California's Office of Emergency Services provides FEMA funding for ECA activities
- USC's Southern California Earthquake Center administers ECA



Join Us: EarthquakeCountry.org/alliance

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Seven Steps To Earthquake Safety

	<p>1. Secure Your Space</p> 	<p>2. Plan To Be Safe</p> 	<p>3. Organize Supplies</p> 	<p>4. Minimize Financial Hardship</p> 
BEFORE				
	<p>5. Drop, Cover, and Hold On</p> 	<p>6. Improve Safety</p> 		<p>7. Reconnect and Restore</p> 
DURING			AFTER	
EarthquakeCountry.org/sevensteps			Terremotos.org/sietepasos	

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Safer at Home Webinar Series

Step 1 – Secure Your Space:	June 30
Step 2 – Plan to Be Safe:	August 19
Step 3 – Organize Disaster Supplies:	September 2
Step 4 – Minimize Financial Hardship:	September 23
Step 5 – Drop, Cover, and Hold On:	September 30
Step 6 – Improve Safety:	October 28
Step 7 – Reconnect & Restore:	November 17

EarthquakeCountry.org/SaferAtHome

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Step 7: Reconnect and Restore Webinar Team

Host

- **Mark Benthien** (Associate Director, So. California Earthquake Center (SCEC) @ USC & Executive Director, Earthquake Country Alliance)

Presenters

- **Jeffrey Snoddy** (Emergency Services Manager, City of Torrance Fire Department & Communications Coordinator, Earthquake Country Alliance Southern California)
- **Candace Powell** (Disaster Program Manager, American Red Cross Southern California Region)
- **Nick Arnett** (Critical Incident Stress Management and resilience leader, instructor, and author)

Moderators

- **Sharon Sandow de Groot** (Director for Strategic Partnerships, SCEC @ USC & Deputy Director, ECA)
- **Jason Ballmann** (Communications Manager, SCEC @ USC & Media/Participation Bureaus Liaison, ECA)

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Step 7 Webinar Agenda

11:00 Introduction

11:05 **Key actions during first few *days* after an earthquake**

11:15 Q&A

11:20 **Guidance for the first few *weeks* after an earthquake**

11:30 Q&A

11:35 **Stress + Renewal = Resilience**

11:50 Q&A

11:55 Reminders, announcements, and Open Q&A

12:15 Adjourn

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Key Actions in the First Few Days after an Earthquake



Jeffrey Snoddy

Emergency Services Manager
City of Torrance Fire Dept.
ECA SoCal



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Priority

Focus on the safety of
people and pets **FIRST**

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Post-actions

- Expect aftershocks to follow the main shock of an earthquake.
- Do not enter damaged buildings.
- Access your pre-uploaded insurance information

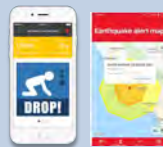


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Earthquake Early Warning Options

Download from App Store:

- MyShake
- ShakeAlertLA
- QuakeAlertUSA



earthquake.ca.gov

Wireless Emergency Alerts (WEA)



Google Android OS (built in)



ShakeAlert.org

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Aftershocks

What **NOT** to do during an Earthquake

DO NOT run outside or to other rooms during shaking:

The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to collapse.



DO NOT stand in a doorway:

Doorways are no stronger than any other part of the house, and does not protect you from the most likely source of injury > falling or flying objects.

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Be Ready for Aftershocks!

Protect Yourself During Earthquakes!



EarthquakeCountry.org/step5

EarthquakeCountry.org/ssstep5

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Connecting with Family and Others



- Act on the plan with your family and relatives at your Rally Point
- Double check contact information as phones may have been lost

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Assessing Your Situation

- Return to your home as soon it is safe to do so (and allowed)
- Take Pictures of Damage
- Contact your insurance provider
- Talk to the Claims department (LAC)



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Beginning Your Recovery



- Wait to clean
- Keep all receipts
- Get in writing from your insurance company before you contract someone
- Watch out for Scam artists

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Other Alert Types



- Mass emergency early warning notification
- When the City needs to inform of a “call to action”
- CalAlerts.org/signup.html

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Resources - Red Cross



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Resources - Salvation Army



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Local Resources - Area Disaster Centers

- Focal Points of Communication for the Community to and from the emergency Operations Center
- Volunteer check-in
- Emergency Communications

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Local Resources – City Shelters

The graphic is a white rectangular box with a thin black border. At the top, it features the City of Torrance logo on the left and right. The text 'City of Torrance' is centered above 'Mass Care Shelters' in a large, bold, red font. Below this, there are two columns of information. The left column features a yellow location pin icon, the name 'Ken Miller Recreation Center' in blue, and the address '3341 Torrance Blvd, Torrance, CA 90503'. Below the text is a photograph of the Ken Miller Recreation Center, a large, modern building with a curved roof and large windows. The right column features a yellow location pin icon, the name 'Dee Hardison Sports Center' in blue, and the address '2400 Jefferson St, Torrance, CA 90501'. Below the text is a photograph of the Dee Hardison Sports Center, a large, modern building with a curved roof and large windows. At the bottom of the graphic, the text 'City of Torrance Office of Emergency Services' is centered.

City of Torrance
Mass Care Shelters

Ken Miller Recreation Center
3341 Torrance Blvd,
Torrance, CA 90503

Dee Hardison Sports Center
2400 Jefferson St,
Torrance, CA 90501

City of Torrance Office of Emergency Services

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Q&A

Please type your questions into the “Q&A” tool.

We will try to answer all questions, either in writing or via discussion “live”

The recording of today’s webinar will be available by early next week at:

EarthquakeCountry.org/SaferAtHome

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Guidance for the first few weeks after an earthquake



Candace Powell
Disaster Program Manager
American Red Cross of
Southern California



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First Weeks after an Earthquake



If able to remain at home:

Connect with family & friends

Red Cross Safe & Well

Resume utility service

Locate critical documents



American
Red Cross

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If unable to remain at home



- Red Cross Emergency Shelter

- What to take when evacuating

- What not to bring to shelter

- Pet shelters



American
Red Cross

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Recovery Resources

- Either at home or not:
 - Insurance
 - Federal assistance
 - DisasterAssistance.gov
 - FEMA, SBA
 - State assistance
 - Local assistance
 - City or County may open Local Assistance Centers



- Beware of Fraud – Contractors Licensing Board – cslb.ca.gov

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Stress + Renewal = Resilience



Nick Arnett

Firefighter, Instructor, Author

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Stress

**When your heart
beats faster.**

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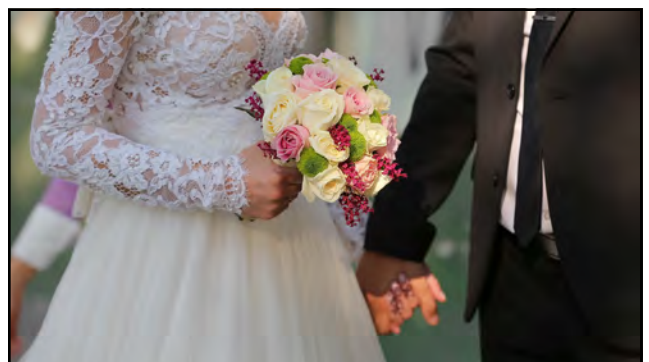
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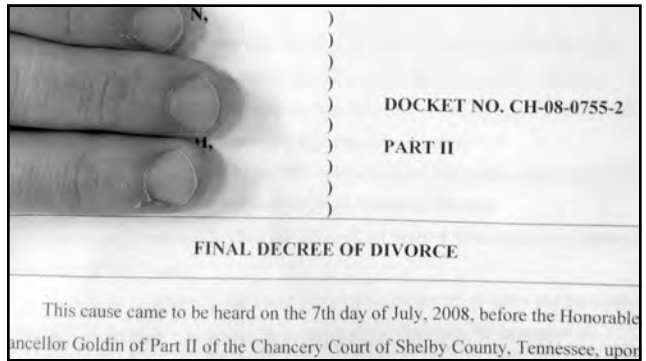
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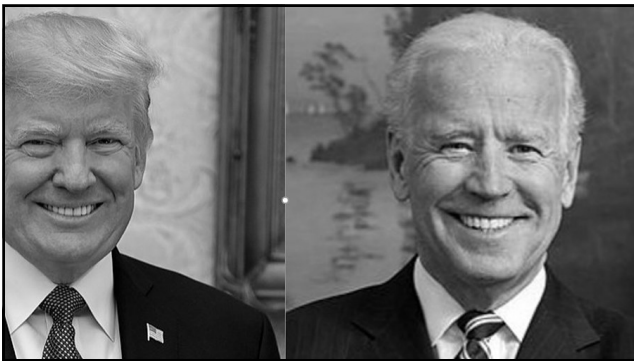
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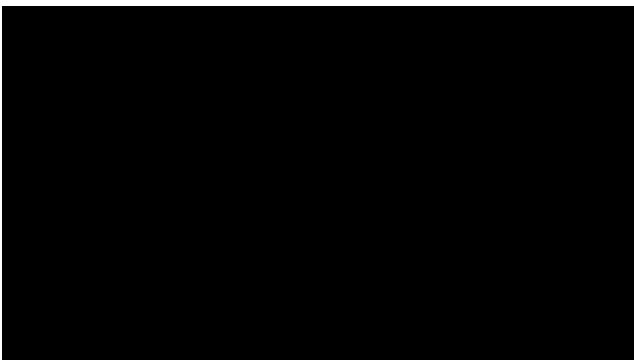
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The Missing Half

Renewal

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Stress + Renewal = Resilience

The right kinds and amounts of stress.

+

The right kinds and amounts of renewal.

@

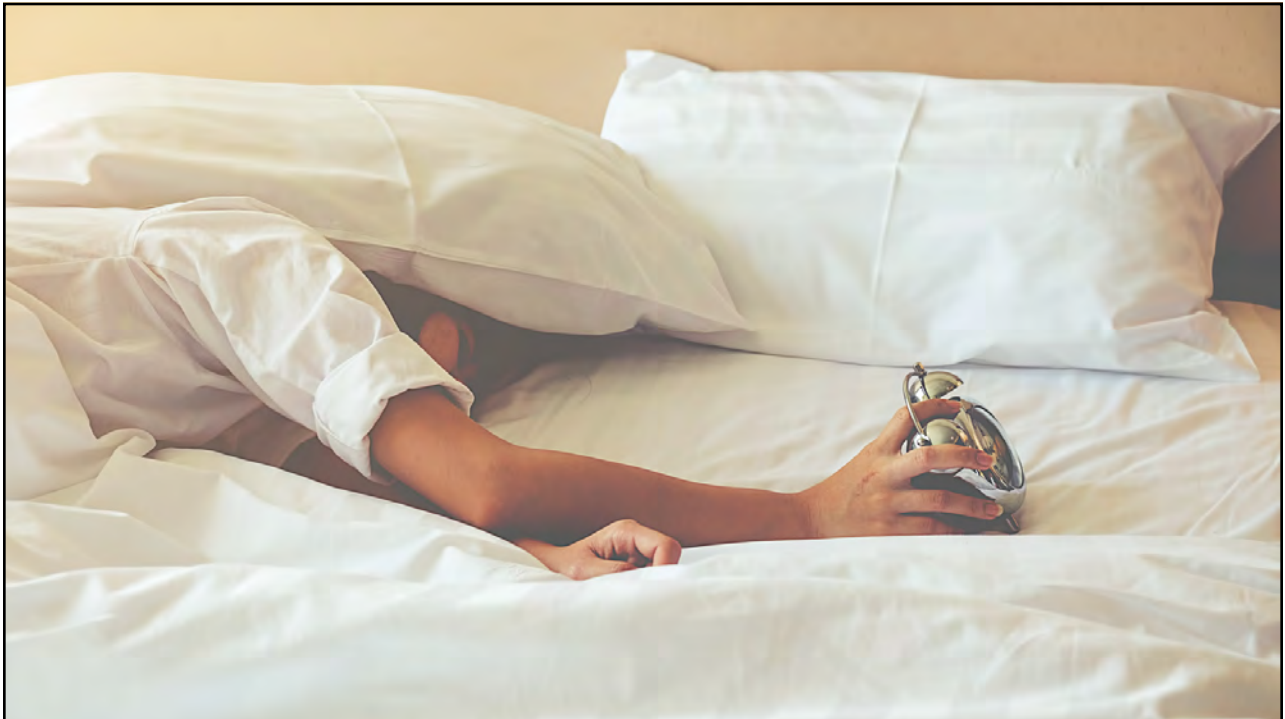
The right intervals and rhythm.

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Renewal

**When your heart
beats slower.**

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Things That Slow Your Heartbeat

**Connection
Commitment
Experience**

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Resilience Routines Build Flexibility

**Opportunities, challenges and
threats to raise your heart rate.**

Plus

**Connection, commitment and
experience to slow your heart rate.**

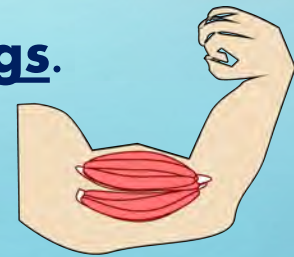
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Physical Strength and Resilience

“Fight or flight” + “Rest and digest”

=

Strength for doing things.



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Physical Effects

Stress

- **Adrenaline – immediate energy.**
- **Cortisol – short-term energy**
- **Muscle damage – “micro tears.”**

Renewal

- **Oxytocin – heals and repairs many kinds of damage.**
- **Androgens, HGH, DHEA – growth.**

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Mental Effects

Stress

- **Short-term focus.**
- **Binary – this or that.**
- **Realistic.**
- **Disconnection.**

Renewal

- **Bigger picture.**
- **Flexibility.**
- **Optimistic.**
- **Reconnection.**

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Stress Can Hurt You (Trauma), Like Weightlifting

- **Lift too much weight.**
- **Lift too often.**
- **Fail to get enough rest and nutrition.**
- **Lifting other's weights for them isn't helping.**
 - **They fail to gain strength.**
 - **You end up lifting too much.**

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Physical (Body & Nature)

**Stress reaction:
Fight or Flight**



**Renewal reaction:
Rest and digest**

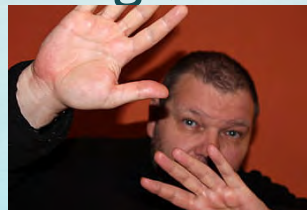


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Social (Thoughts & Feelings)

**Stress reaction:
Defend or Distance**



**Renewal reaction:
Tend and Befriend**



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Spiritual (Priorities & Purpose)

**Stress reaction:
Selfish or Survivalist**



**Renewal reaction:
Pause and Plan**



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Don't Confuse Rewards with the Journey!

- **Resilient people have more motivation.**
- **Resilient people have greater self-discipline.**
- **These are the *results* of "Resilience Routines," not the way you get there.**

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Activating Physical Stress & Renewal

- **Controlled breathing exercises, yoga, Pilates, etc.**
- **Exercise, “muscle memory,” practice**
- **Managing possessions – not too few or too many**
- **Nourishment – anti-inflammatory diet**
- **Nature**
- **Sleep hygiene is *critical*.**

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Mental/Emotional Resilience

“Defend or distance”

+

“Tend and befriend”

=

Strength for thinking and feeling.



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Choosing Social Stress

- **Risk transparency and vulnerability (with safe people). Get real.**
- **Let trusted friends see the real you (no rush; build trust).**
- ***Get out of your comfort zone (a little).***

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Animals!



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Spiritual Resilience

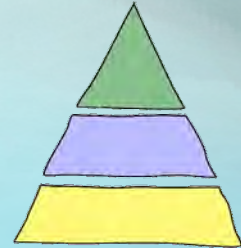
“Selfish or survivalist”

+

“Pause and Plan”

=

Strength for priorities and purpose.



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Priorities and Purpose

- **Learn and live out a set of values.**
- **Know your “why.”**
- **Cultivate a sense of wonder and awe.**

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Start Small, Start Over

- **Give yourself unlimited permission to fail and begin again.**
- **Don't "should" on yourself.**
 - E.g. "*I shouldn't touch my face.*"
 - Instead: "**By not touching my face, I'm reducing the chance of infection.**"

 - "*I should stay home.*"
 - Instead: "**Staying home helps keep our family healthy.**"

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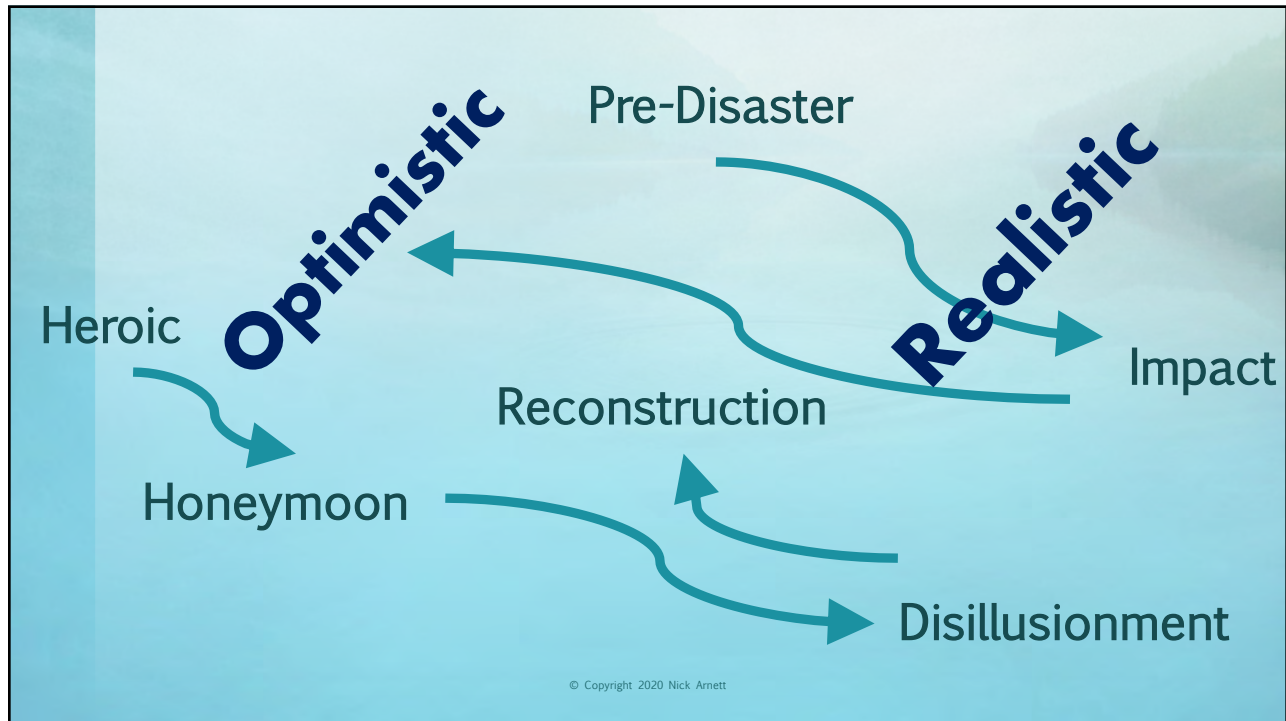
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What Resilience Looks and Feels Like

**Realistic
Optimism**

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Practice Gratitude & Generosity

- **Builds optimism.**
- **Positive thinking.**
- **Gets your brain out of negative “default mode.”**

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ECA's Safer at Home Webinar Series

Step 7: Reconnect and Restore



Thank you!



Please take our survey:

surveymonkey.com/r/RGJFKQ8

Questions?

info@earthquakecountry.org

Look for the Survey (now) and Webinar Recording (next week) at
EarthquakeCountry.org/SaferAtHome

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