

**BEING PREPARED IS
SMART!**



*The objective of this workshop
is to help
congregations be prepared
for a disaster or crisis!*

I. INTRODUCTIONS and OVERVIEW

II. STEPS TOWARD PREPAREDNESS

III. WHAT YOU CAN TAKE HOME

-- Some particular resources and handouts to review..

IV. DISCUSSION AND SHARING...

Mid-South District PREPAREDNESS

- The overall goal is to help congregations be prepared -- for a disaster or a crisis.
- Mid-South District is developing a Preparedness Team, resources, and a network.
- This workshop will launch our efforts to help congregations be prepared.
- This workshop will outline some of the things congregations can do, some of the resources available.
- These and other resources will be offered through the MSD web site and other educational and outreach efforts over the next year.

- The MSD "Preparedness Team" will reach out to congregations to help them prepare.
- The MSD Preparedness Team has representatives from each state/cluster and is led by MSD Vice-President Gail Sphar.
- One of the team members, Nell Cobb of Mississippi, is with us.

MSD PREPAREDNESS TEAM

COMMITTEE CHARGE

The MSD Preparedness Team is charged with assisting member congregations in creating a plan for anticipating and dealing with critical events such as natural and man-made disasters, adverse media attention, or other events that threaten the health and safety of the congregation.

The Team will act as a clearing house to gather and disseminate information about preparedness activities within the district. They will provide congregations with resource documents, training, consultation, and referrals to successful programs.

When events require the relocation of UU families or help with aftermath, the Team will serve as coordinators to match those in need with those able to help.

Crisis Planning in Congregations

Planning Makes All the Difference

The power of preparation!

*Planning really does
make a difference.*

MAIN POINTS

- PLANS AND POLICIES
- POINT PEOPLE READY
- FOLLOW PLANS AND POLICIES
- STAY CONNECTED - *You are not alone*
- ASK FOR HELP - *There is help available*
- BE HELPFUL - *Crises offer opportunities for ministry*
- BE PATIENT - *Remember that trauma has lingering effects*

“How to Survive Disaster”

TIME Magazine - June 9, 2008

Rick Rescorla, the head of security for the Morgan Stanley Dean Whitter at the World Trade Center, was responsible for getting 2687 people from the 73rd floor out to safety on September 11, 2001.

He said, “Knowing where to go was the most important thing. Because your brain - at least mine - just shuts down. When that happens you need to know what to do next.”

He was successful because he set up a plan and had his people practice it... They knew what to do.

“How to Survive Disaster” TIME - June 9, 2008

5 Disaster Survival Tips

from TIME - June 9, 2008

- **1. Learn how to text message.** Oftentimes, as in Katrina, text messages will go through when cell phone calls won't.
- **2. Expect smoke.** If you're in an airplane, know how many rows are between you and the exits. If you're at home, know your way to the door without the lights on. Most fire deaths are due to smoke.
- **3. Get to know your neighbors.** They may be your key to survival. The stronger your community is, the better equipped you will be to survive a disaster.
- **4. Practice.** Many people who survived the WTC attacks knew where the staircases were because they did lots of fire drills. Children especially should know where to go in case of emergency, and walk that route until they are familiar with it.
- **5. Keep Fit and Healthy – or at least know your limitations.** For example, overweight people often are less able to move quickly in escape situations that call for speed.

STRUCTURE FOR OUTLINING CRISIS PLANNING ACTIONS AND TASKS

Individual	Congregation	District UUA	UUA
Before	Before	Before	Before
During	During	During	During
After	After	After	After

Individual and Family Plans

BEFORE

Make a family disaster plan

Your plan should include:

How you will stay connected

What you will need to take

What you leave behind

Where you will go

How you will get there

Practice - Practice - Practice

DURING

Follow the plan

Stay connected

Be alert and aware

Be helpful

**Stay in touch with
your own needs**

AFTER

Be patient

Stay connected

**Use the Red Cross online 'Safe and Well'
page if helpful**

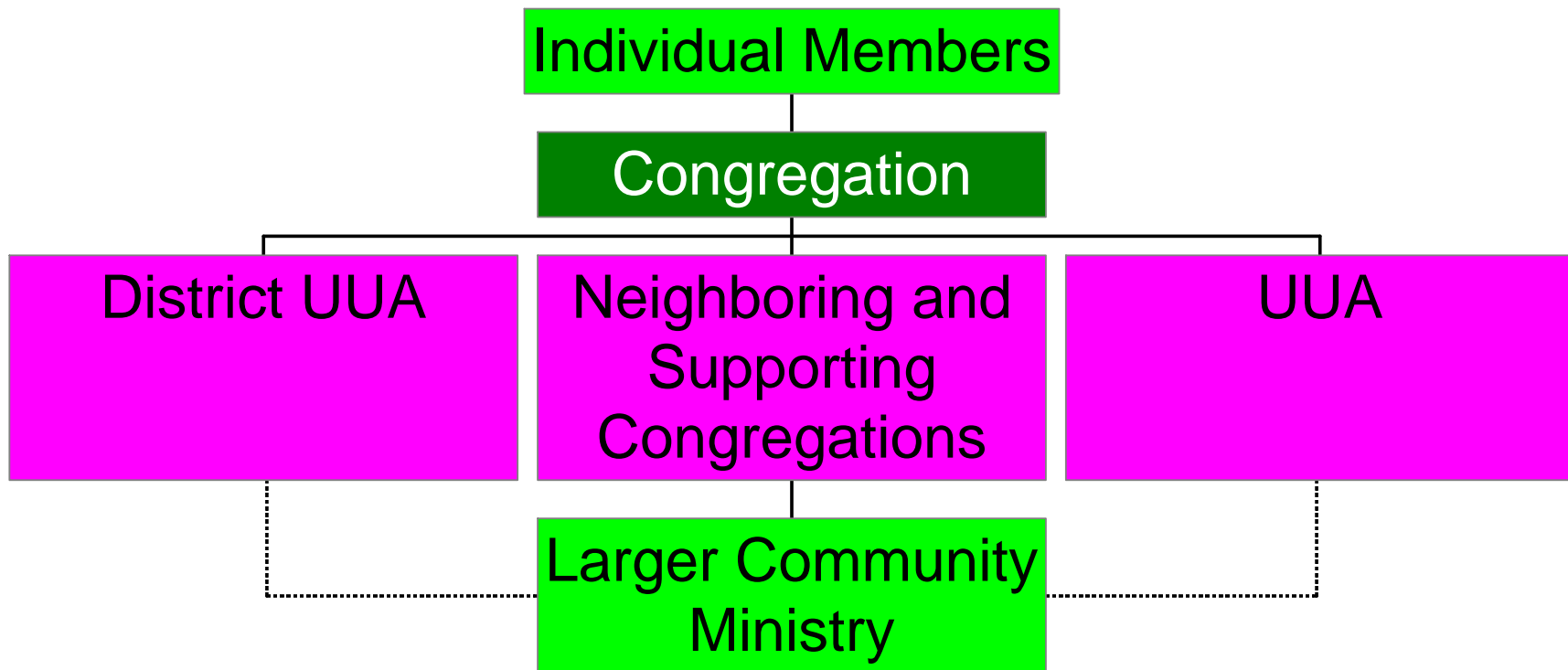
Be helpful to others

Remember everyone has been traumatized

Congregation Plans

HOW WE ARE CONNECTED

Connections Care and Support



BEFORE

- **Maintain 'Safe Congregation' policies and practices (See separate document.)**
- **Keep a file of 'Members Emergency Contact Info' (See sample documents.)**
- **Check your insurance provider's guidelines**
- **Post a 'Who to Call in a Crisis' document in numerous places**

BEFORE

- **Store important congregation documents safely !**
- **Designate a 'point people' or a 'Crisis Team' of trusted members**
- **Consider how your congregation can minister to the larger community**

DURING

Follow the plan

Apply policies

Expect emotion

Check in

Ask for help

Be helpful

Work with others

Share

AFTER

Be a good neighbor

Be patient

**Use the Red Cross online 'Safe and Well'
page if helpful**

Trauma lasts a long time

Clean up takes a long time

Care for yourself

Care for others

AFTER

Opportunities for Ministry in the larger community

- How does your congregation see its role within the larger community?
- What can the congregation do for the larger community?

AFTER

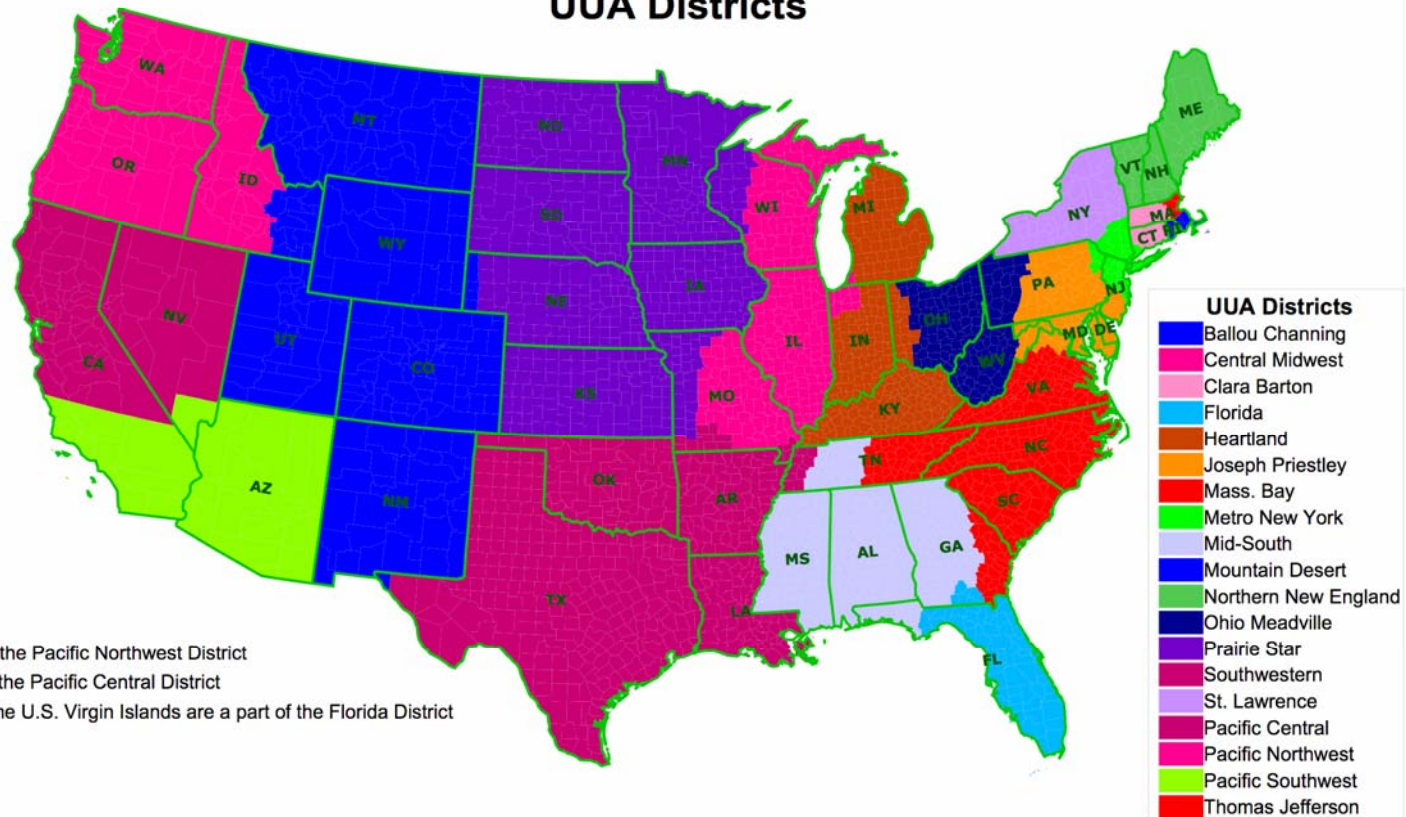
Opportunities for Ministry in the larger community

- Collection and distribution of aid
- Direct service provision
- Meeting space
- Shelter
- Volunteer Center
- Center for trauma ministry
- Interfaith and Ecumenical work
- Social justice work

UUA District Plans

Unitarian Universalist Association of Congregations

UUA Districts



Alaska is a part of the Pacific Northwest District
Hawaii is a part of the Pacific Central District
Certain islands in the U.S. Virgin Islands are a part of the Florida District

BEFORE – Your District Can...

Encourage the creation of congregational plans

Know the point people for each congregation

Hold congregational information/documents

Conduct disaster trainings

Stay connected

Offer support & advice

DURING – Your District Can...

Be a communication hub

Stay connected

Contact the UUA

Contact emergency response organizations

**Contact the UU Trauma Response Ministry
Team**

AFTER – Your District Can...

Follow up with congregational leaders

Be aware of trauma and post trauma

Companion those most affected

Celebrate recovery as it happens

Our UUA

BEFORE – The UUA Can...

- **Ready the UUA Crisis Management Team**
- **Focus on relationships and connections**
- **Encourage preparedness and offer training**

UUA Crisis Management Team

DURING – The UUA Can...

- **Offer Support**
- **Offer Service**

UUA Crisis Management Team

UUSC has a role in
domestic disasters

Unitarian Universalist

Trauma Response Ministry

Is

Available to Districts and Congregations.

AFTER – The UUA Can...

- **Offer Service**
- **Offer Care**
- **Connect with the Trauma Ministry Team**
- **Connect with UUSC**
- **Stay in relationship**
- **Offer companionship**

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Find the Information from this presentation:

<http://www.msduua.org>

<http://www.traumaministry.org/>

<http://www.uusc.org/>