

Grassroots Neighbourhood Emergency Preparedness Workshop: For neighbours by neighbours

Angie Dedrick, Colleen Lamble, Vanessa Steinke
2020 Emergency Management Stakeholder Summit



Welcome & Session Objectives

At the end of this presentation, we hope you will be able to:

- Start planning for an Emergency Kit building workshop in your community
- Effectively engage and equip residents in emergency preparedness one household at a time
- Find creative ways to seek support and sponsorship

Changing Times

Incredible scale and pace of change that is occurring in the world:

- Increase in urban population
- Aging population accelerating
- People on the move – increased cultural diversity

Impacts how we deliver emergency preparedness education in our own community

Building Cultures of Preparedness



Report: We've Failed Miserably at Preparedness

“A review of the last couple of decades of the federal government's approach to developing more disaster-resilient communities yielded the stark affirmation that those efforts have failed because of a **top-down, one-size-fits-all approach that *doesn't* reach most communities.**

A better approach...is to develop **individual cultures of preparedness from the bottom up** that could eventually lead to a more resilient nation.”

The Power of Neighbours



Image credit: Steven Jensen, 2019. Woolsey Fire north of Los Angeles, California.



Neighbourhood Connectors

About St. Albert

- NW of Edmonton, Alberta
- Population of 65,590 (2016)
- 19 residential neighbourhoods



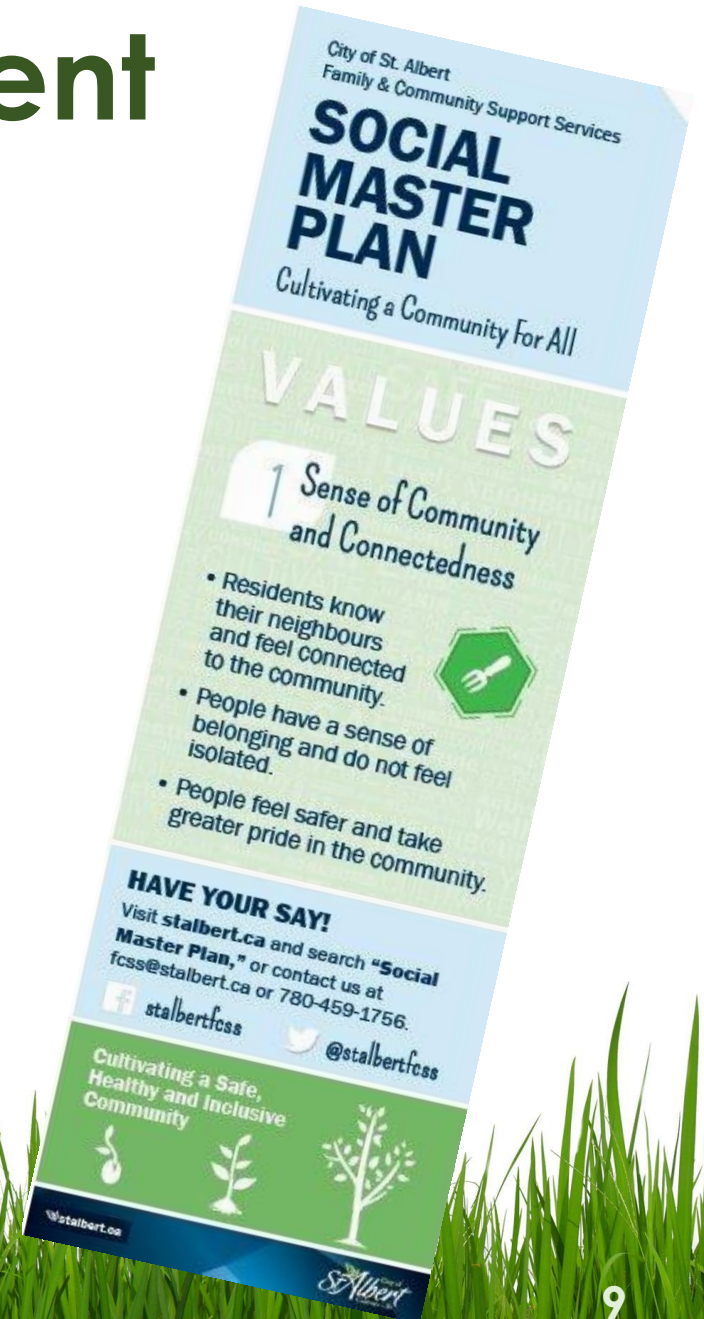
#1 Best City to Live in Canada
— MoneySense, 2014

#1 Healthiest Community in Canada
— Reader's Digest, 2013

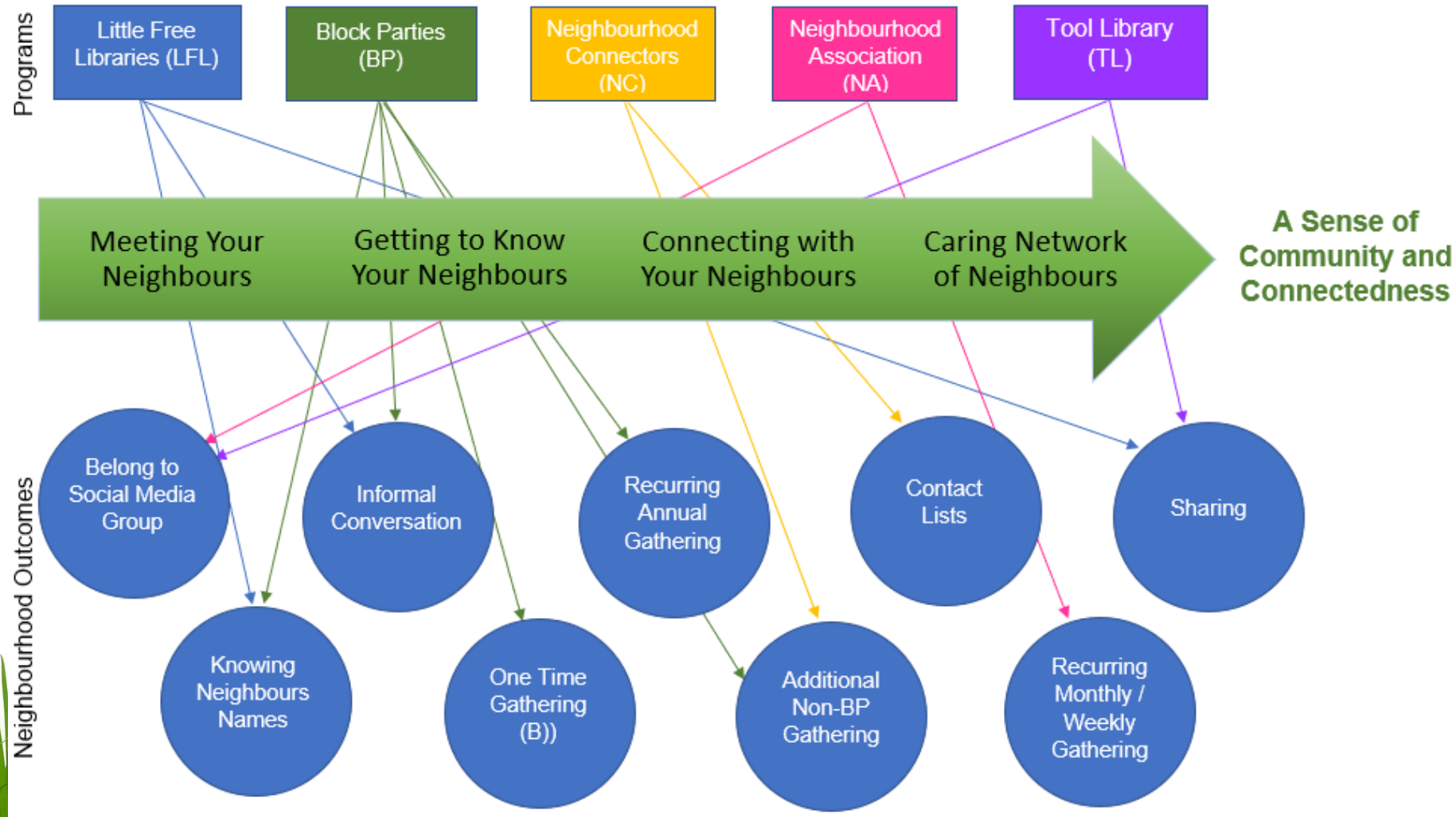
#1 Place to Raise a Family
— Today's Parent, 2011

Neighbourhood Development Driven by our community!

- Social Master Plan (2013)
 - 600 residents
 - 150 service providers
- 5 values emerged



Path to Neighbourhood Connection



St. Albert residents are engaged!

Making great strides toward building a **sense of community and connectedness** for everyone!

- 129 Block Parties
- 73 Neighbourhood Connectors
- 35 Little Free Libraries



NEIGHBOURHOOD CONNECTORS

Creating a sense of community in St. Albert

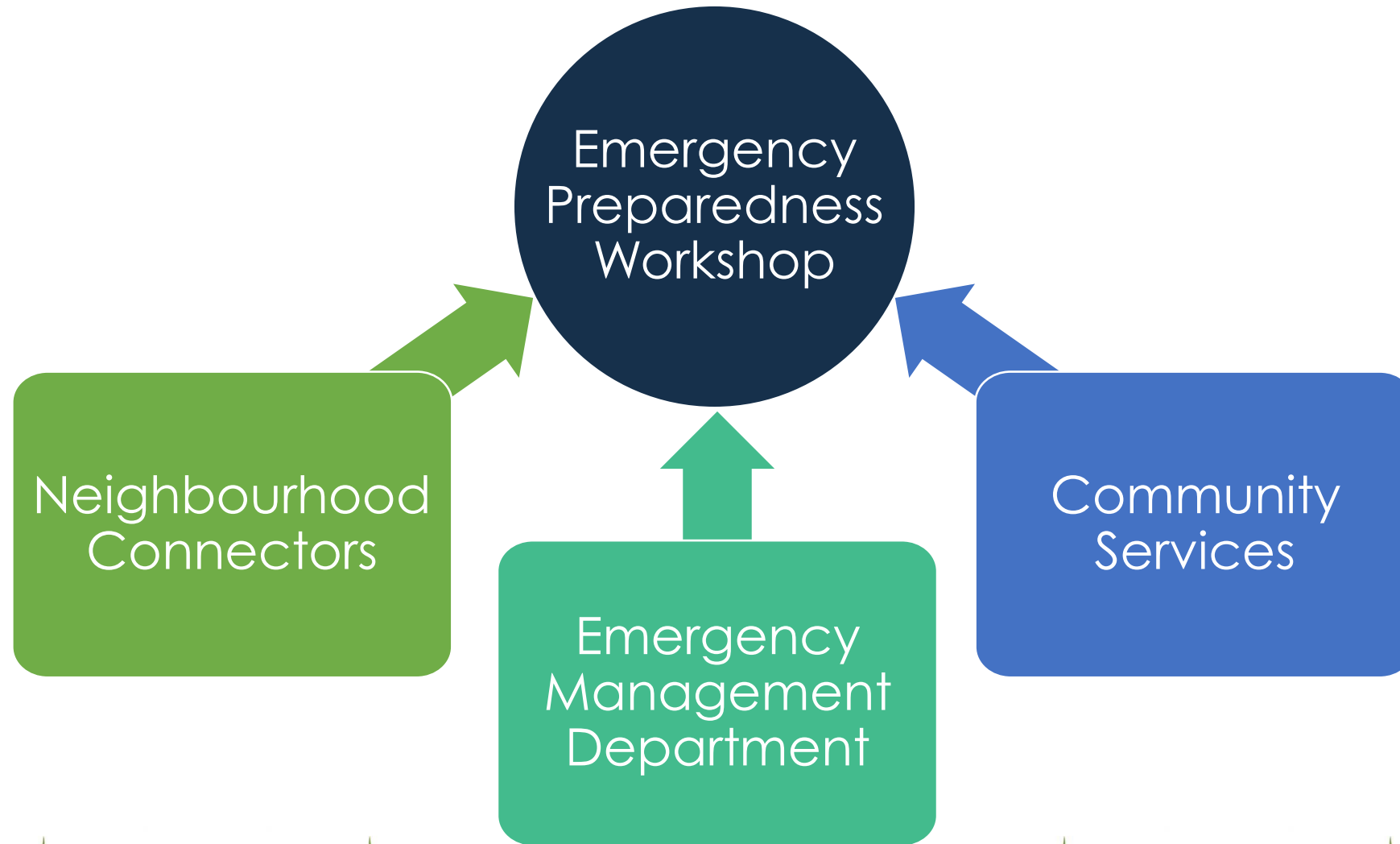
Community & Social Development • csd@stalbert.ca • 780-459-1756

- People who naturally seek and build relationships with their neighbours.
- Know some or most of your neighbours.
- Host social gatherings such as Block Parties.
- Act as a contact person for your street, apartment or condo complex.
- Share your neighbourhood building ideas with others.

Ready for More!

- Neighbourhood Connectors have their finger on the pulse of their street, apartment or condo.
- Know what their neighbours interests are and how to be in touch.
- Help them be successful Make it easy!

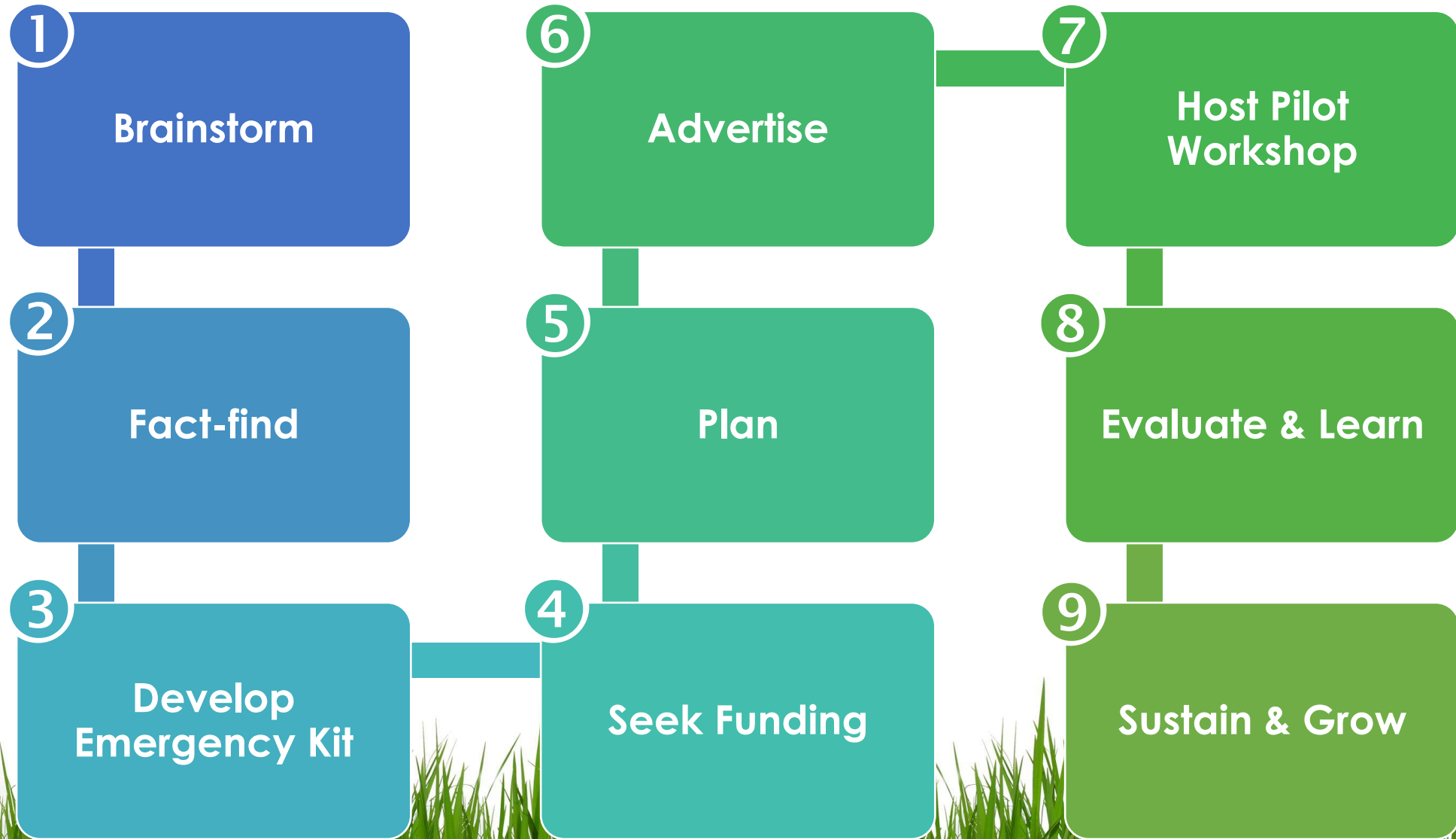




Benefits

- ✓ Builds community
- ✓ Increases awareness & education
- ✓ Improves household preparedness & peace of mind
- ✓ Enhances emergency response capacity
- ✓ Opportunity to partner with local business(es)
- ✓ Removes barriers

Steps



1 Brainstorm

Workshop Logistics:

- Pilot project
- Location & Time
- Cost

Content:

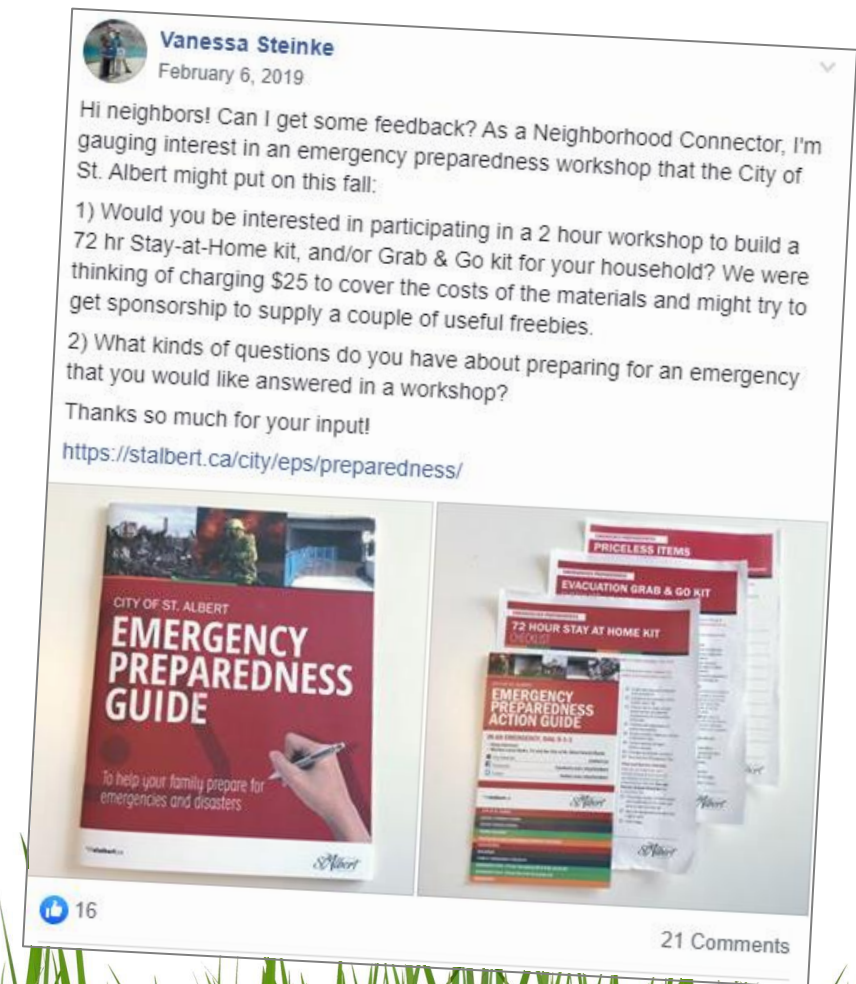
- Hands-on workshop
- Build on existing initiatives

Target Population:

- Neighbourhood → Quadrant

② Fact-find

- Itemized Cost
- Neighbourhood market research using Social Media



3 Develop Emergency Kit

- Consolidated list of 'essentials'
- Developed sample kit & workbook



EMERGENCY PREPAREDNESS EMERGENCY KIT ESSENTIALS

Personalize your kit to suit the needs of your family

Tools and Supplies

<input type="checkbox"/> Crank / Battery-operated radio, flashlight and extra batteries	<input type="checkbox"/> Manual can opener
<input type="checkbox"/> Candles & a deep can	<input type="checkbox"/> Garbage bags
<input type="checkbox"/> Waterproof matches	<input type="checkbox"/> Pen & Paper
<input type="checkbox"/> Pocket knife or multi-tool	<input type="checkbox"/> Water treatment supplies (purification tablets, filters or bleach)
<input type="checkbox"/> Duct tape	<input type="checkbox"/>
<input type="checkbox"/> Whistle to attract attention	<input type="checkbox"/>
<input type="checkbox"/> City map for locating shelters	<input type="checkbox"/>

First Aid & Hygiene

<input type="checkbox"/> First aid kit & manual	<input type="checkbox"/> Hand sanitizer
<input type="checkbox"/> Medication (prescription & non-prescription)	<input type="checkbox"/> Personal hygiene products
<input type="checkbox"/> Toilet paper	<input type="checkbox"/>

Family Members with Special Needs
Additional items to consider for children, elderly and/or disabled persons:

<input type="checkbox"/> Denture needs	<input type="checkbox"/>
<input type="checkbox"/> Hearing aids and batteries	<input type="checkbox"/>
<input type="checkbox"/> Extra supplies (e.g. oxygen, catheters)	<input type="checkbox"/>

Pets and Service Animals
See the **Pet and Service Animal Checklist**

Additional Items for Staying at Home

Non-perishable Food

☐ At least a 3-day supply per person. Select foods that require no refrigeration, preparation or cooking, and little or no water.

☐ Specialty food items for those with an allergy/intolerance

☐ Baby food/formula

☐ Alternate cooking source

Water
Children, nursing mothers and people who are ill require more water.

☐ Two litres per person for drinking

☐ Two litres per person for washing, hygiene and food preparation

Information courtesy of the City of St. Albert
For more information: <https://stalbert.ca/beprepared>

4 Seek Funding

Canadian Tire donation

50L tote
2PK emergency candles
First aid kit
Whistle
Duct Tape
Waterproof Matches
Can Opener
Garbage Bags
Aqua tabs

Retail: \$70/kit, (At cost: \$46/kit)

\$25 Registration Fee

Emergency Radio:

- ✓ Charging: Hand Crank, Solar powered, & USB
- ✓ AM/FM & NOAA weather radio
- ✓ LED flashlight
- ✓ Cellphone charger





5 Plan

- Agenda & Presentation
- Materials
- Volunteers

AGENDA	
6:00pm	Doors Open – Registration
6:30pm	Introduction & Welcome <ul style="list-style-type: none">• Welcome, Housekeeping and Introductions• Role of Neighbours in an Emergency• Emergency Preparedness 101 - overview Emergency Preparedness Kits <ul style="list-style-type: none">• Why have a kit? What To Do in an Emergency <ul style="list-style-type: none">• Shelter in Place vs. Evacuation• Reception Centre
7:15pm	Overview of Emergency Kit & Booklet: <ul style="list-style-type: none">• Show sample kit & booklet• “Block Buddies” Build Plans Summary: What To Do in an Emergency
8:00pm	Evaluation & Thank You Emergency Kit Assembly <ul style="list-style-type: none">• Review stations• Assemble Kits
8:25pm	Collect Evaluations

⑥ Advertise



- Eventbrite
- Facebook & Email
- Neighbour-to-Neighbour



Build Your Emergency Kit

Tuesday, September 24, 2019 | 6:30 - 8:30PM

Fire Station No. 3, St. Albert

Cost: \$25 per household (kit valued at over \$75)

Workshop limited to 25 residents from NW St. Albert

SEP
24

Build Your Emergency Kit - A Neighbourhood Connectors Initiative

by City of St. Albert, Community Services

[Follow](#)

\$25

SOLD OUT

Build an emergency kit for your household and prepare a plan so that you are ready in the event of an emergency.

About this Event

Preparing a household Emergency Kit can seem time consuming or like a big job with some essential items being costly or difficult to find. St. Albert Neighborhood Connectors, Community Services, and Emergency Management are partnering to deliver a hands-on workshop for residents to build a household Emergency Kit and personalized plan. As well, a generous donation from Canadian Tire is helping to keep the costs of this workshop low!

Audience: Capacity allows for 25 residents from northwest St. Albert to participate in the workshop. **Only 1 member per household to

Date And Time

Tue, 24 September 2019
6:30 PM – 8:30 PM MDT

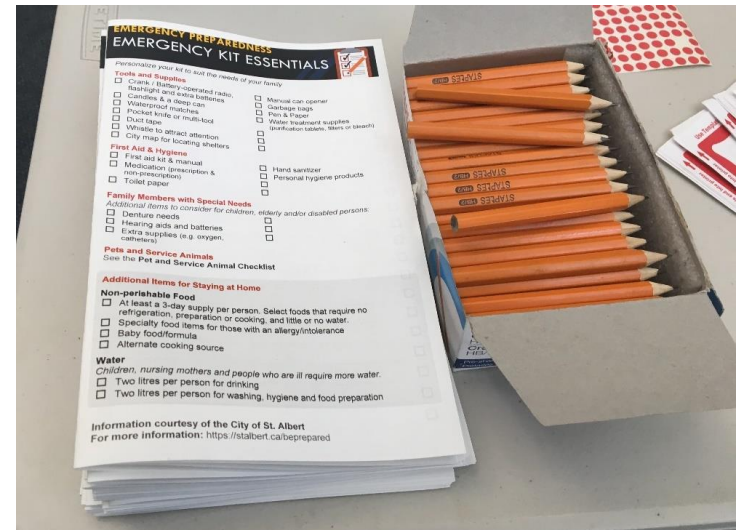
[Add to Calendar](#)

Location

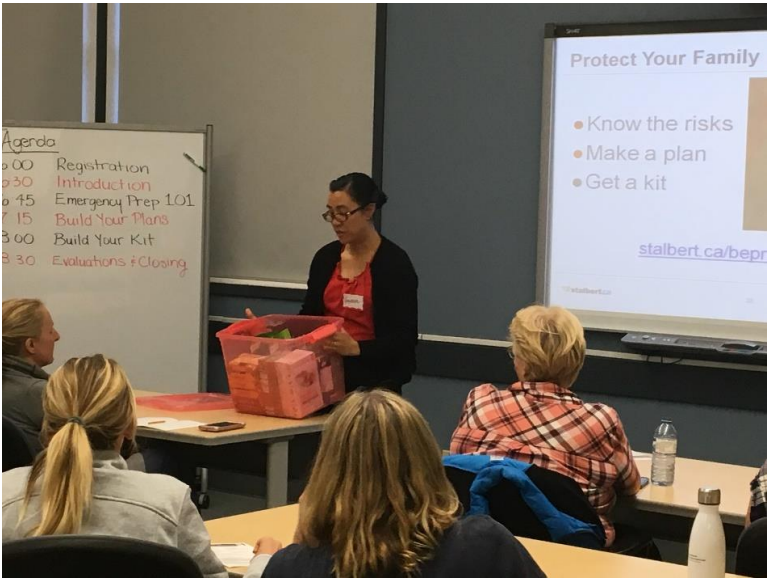
Fire Station No. 3
100 Giroux Road
St. Albert, AB T8N 3V7

[View Map](#)

7 Host Pilot Workshop



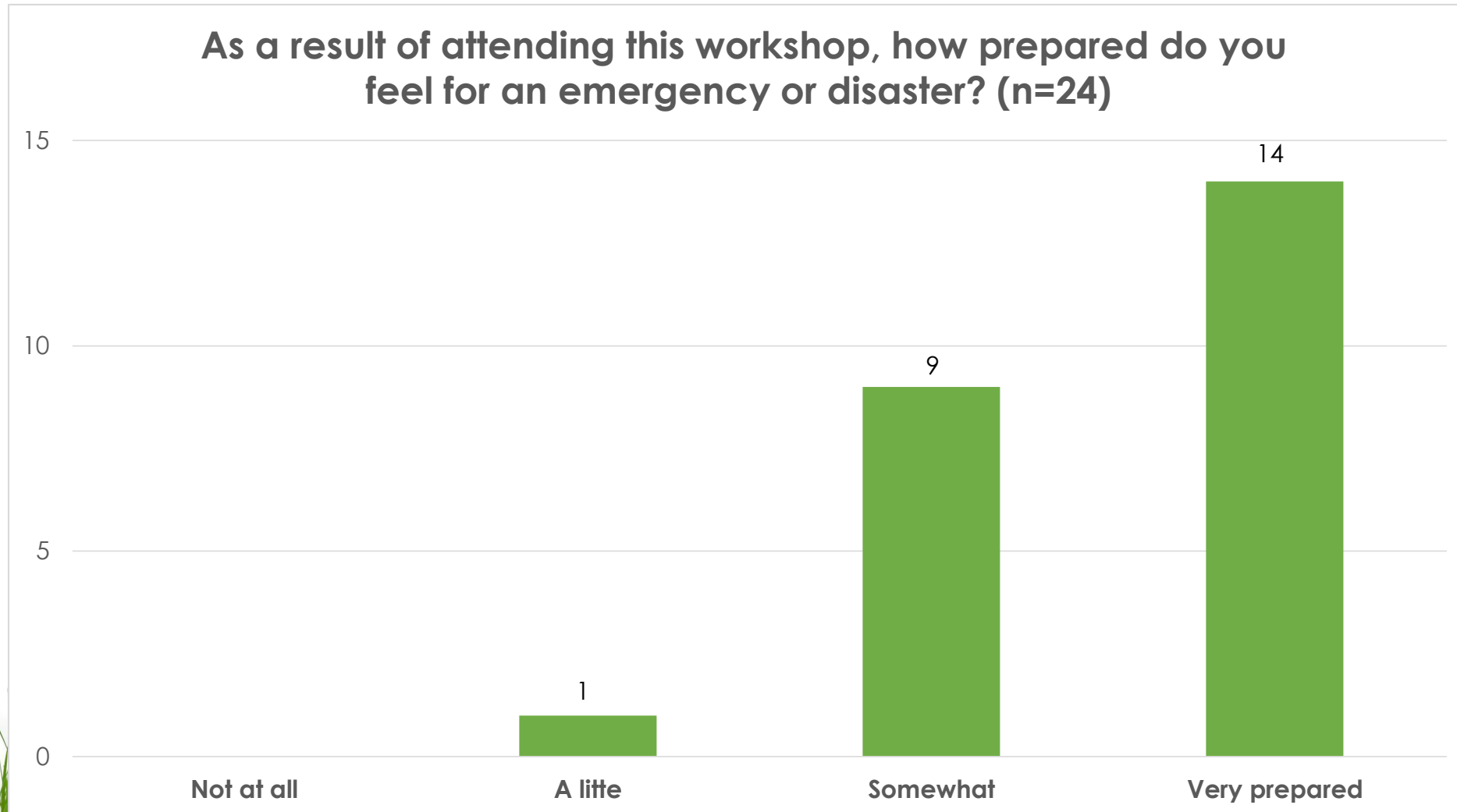
Classroom Session



Emergency Kit Building



⑧ Evaluate & Learn



8 Evaluate & Learn

Evaluation Results: What did you learn that stands out for you?

Copies of important documents need to be ready to go – all in one spot and easy to access.

Making a list to remind you of special items.

I have a lot to do to feel prepared!
I probably would have forgotten my medication and necessary pet supplies.

I must prepare from several different angles.
Items, lists, dates, people.

How easy it is to set up and be prepared. Secondly how easy it would be for us to need to use this kit.

How important being prepared truly is. Especially the Grab + Go – priceless items.

Have a plan, be prepared, update the kit.

8 Evaluate & Learn

Evaluation Results:

What do you still need to know?



Emergency plan for our condo building.



How do I get my pet if I can't get home.



What else can I do to protect.



I think it is now a matter of doing.



Nothing. Need to go home and do the extra work.

⑧ Evaluate & Learn

Evaluation Results: What ideas do you have to ensure your neighbours know one another and who might need help?

“Get to know your neighbours. Give a key/code to a trusted neighbour.

Introduce yourself to neighbours and go to block parties.

Our neighbourhood is very lucky as we know each other and take care of one person who might need help.

Block party & map of crescent with names and contacts.

Encourage people to know at least the people left and right of them and go from there.”



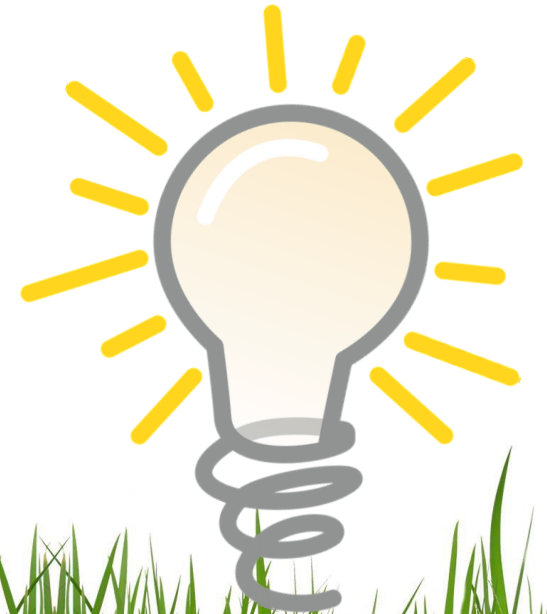
8 Evaluate & Learn

Ripple Effects:

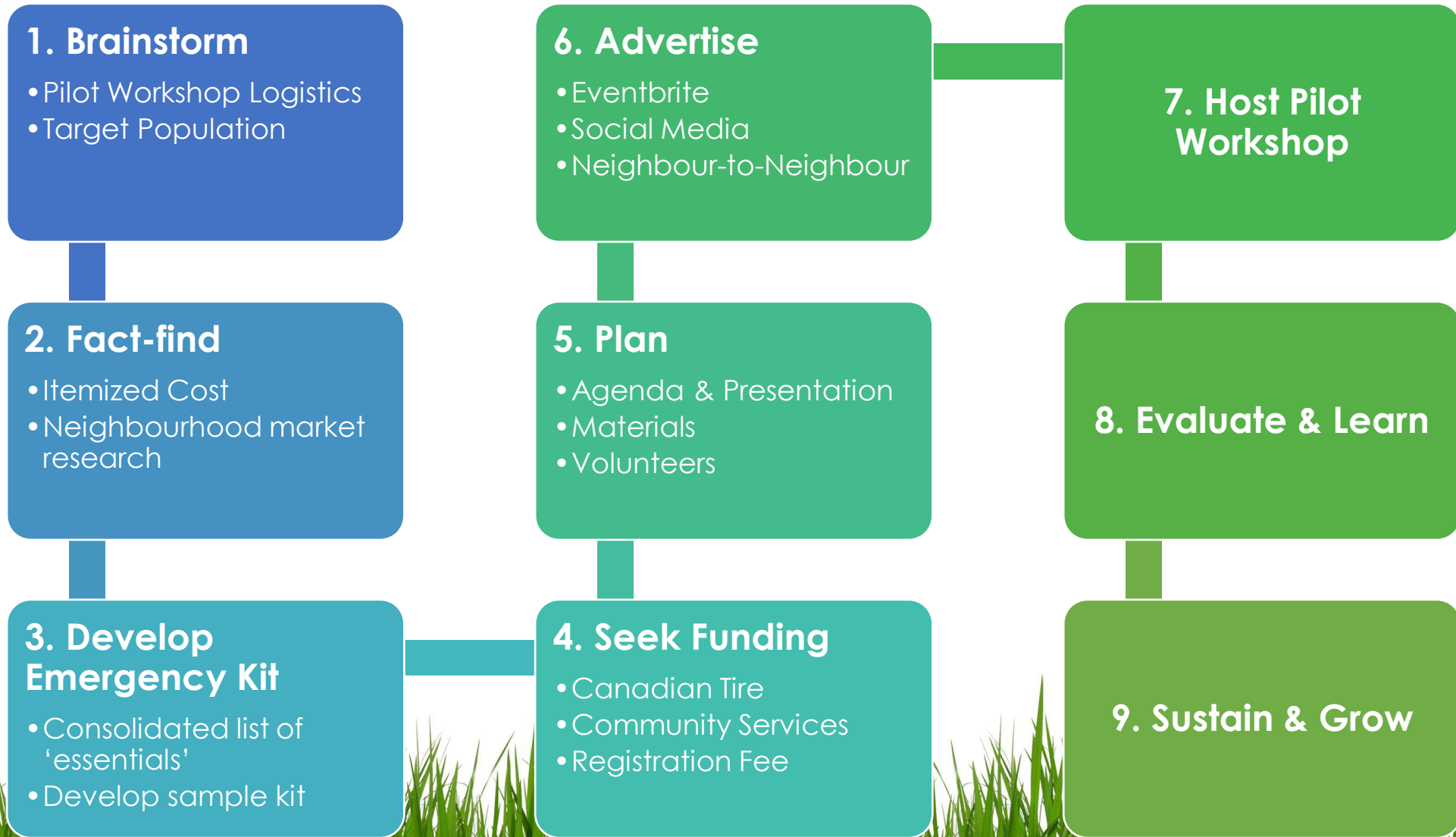


⑨ Sustain & Grow

- Host 1 workshop in each of the other 3 quadrants in 2020
- Grow through Neighbourhood Connectors
- City Council support
- Creative ways to reduce costs / sustain:
 - Emergency Kit “pot luck”
 - Business partnerships & grants
- Library “Do It Yourself” Kit



Summary of Steps



Key Messages

- **Reduce barriers:** time & cost
- **Keep it simple:** 2 hours & hands on
- **Build on what you have**
- **Start small:** one household, one neighbourhood at a time
- **Creative ways** to seek support
- **For Neighbours-by-Neighbours:**
find that neighbour who is passionate and help them get started
- If we can do it, **You can do it** 😊!

Thank you!

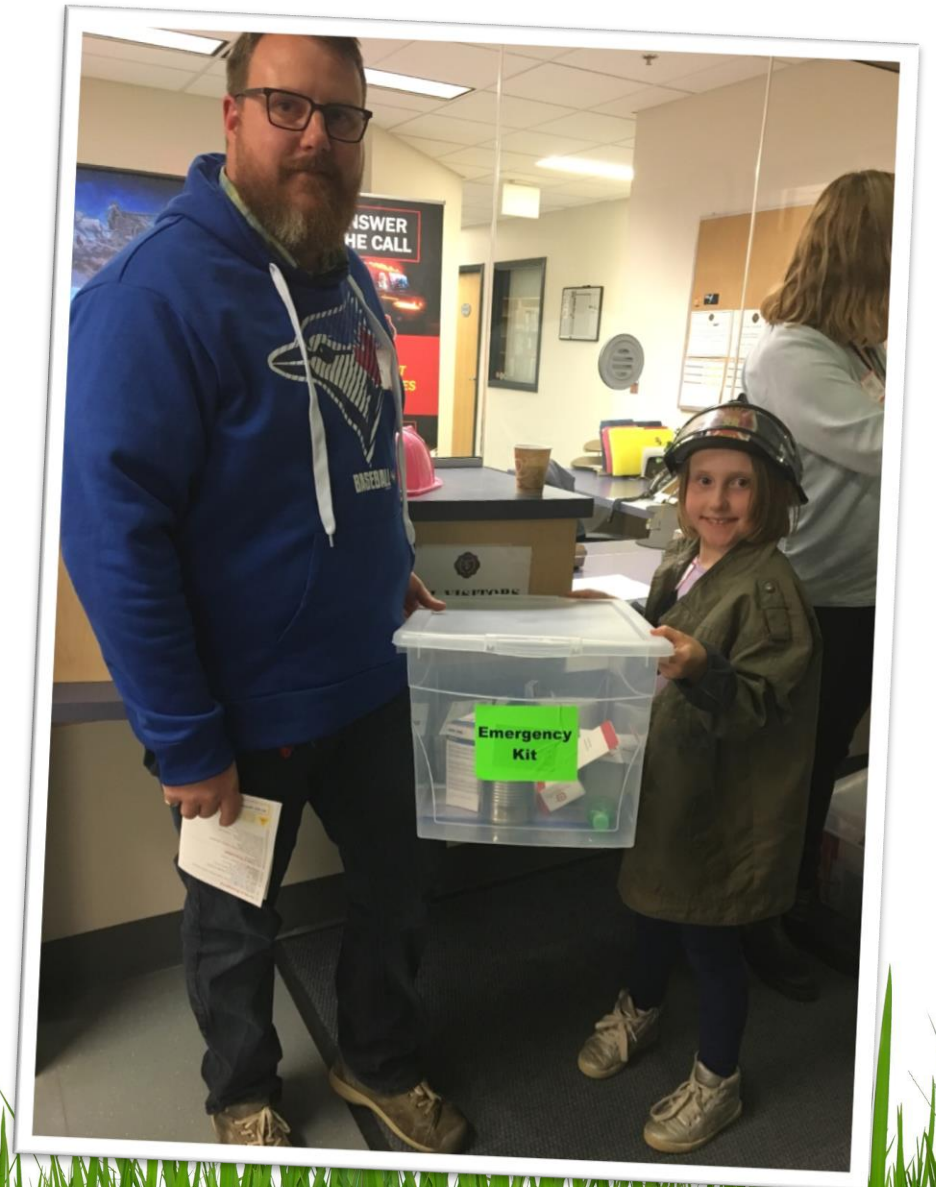
Note: Appendix of additional resources & templates

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St. Albert Fire Services
clamble@stalbert.ca



Appendix: Downloadable Sample Materials

Emergency Kit Booklet

EMERGENCY PREPAREDNESS
EMERGENCY KIT ESSENTIALS

Personalize your kit to suit the needs of your family

Tools and Supplies

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See the **Pet and Service Animal Checklist**

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- ☐ Baby food/formula
- ☐ Alternate cooking source

Water

Children, nursing mothers and people who are ill require more water.

- ☐ Two litres per person for drinking
- ☐ Two litres per person for washing, hygiene and food preparation

Workshop Agenda

Neighbourhood Emergency Preparedness			
Date, 6:30-8:30pm, Location			
Program			
Time	Activity	Who	Supplies
5:00pm	Set-up: <ul style="list-style-type: none">Put agenda on the whiteboardRegistration TableKit Assembly stationTables / ChairsRefreshments		Movable whiteboard
5:30pm	Volunteers Arrive		
6:00pm	Doors Open – Registration		Name tags, markers pens, sign-in sheet
6:30pm	Introduction <ul style="list-style-type: none">Welcome, Housekeeping and IntroductionsRole of Neighbours in an EmergencyEmergency Preparedness 101 - overview Emergency Preparedness Kits <ul style="list-style-type: none">Why have a kit What To Do in an Emergency <ul style="list-style-type: none">Shelter in Place vs. EvacuationReception Centre		
7:15pm	Overview of kit Lists: <ul style="list-style-type: none">Show sample kit & booklet"Block Buddies"Stories Build plans Summary: What To Do in an Emergency		
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8:25pm	Collect Evaluations		

Appendix: Downloadable Sample Materials

Banner Ad



Build Your Emergency Kit
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Fire Station No. 3, St. Albert
Cost: \$25 per household (kit valued at over \$75)
Workshop limited to 25 residents from NW St. Albert

Workshop Checklist

Materials List | Emergency Kit Pilot Workshop

Draft Sep 11, 2019

Emergency Kits x 25

Item	Notes	Responsible
<input type="checkbox"/> 50L Tote		
<input type="checkbox"/> Crank / Battery-operated radio, flashlight		
<input type="checkbox"/> Candles		
<input type="checkbox"/> Deep can		
<input type="checkbox"/> Waterproof matches		
<input type="checkbox"/> Pocket knife or multi-tool		
<input type="checkbox"/> Duct tape		
<input type="checkbox"/> Whistle to attract attention		
<input type="checkbox"/> Community map for locating shelters		
<input type="checkbox"/> Manual can opener		
<input type="checkbox"/> Garbage bags		
<input type="checkbox"/> Pen & Paper	Also for writing on at the workshop	
<input type="checkbox"/> Water purification tablets		
<input type="checkbox"/> Medium cardboard boxes		
<input type="checkbox"/> First Aid kit		
<input type="checkbox"/> First Aid manual	Included in First Aid Kit	
<input type="checkbox"/> Toilet paper		
<input type="checkbox"/> Hand sanitizer		
<input type="checkbox"/> Extra Large Ziplock Bags		
<input type="checkbox"/> Emergency Prep fridge magnet booklet		
<input type="checkbox"/> Checklists (Pets, other)		
<input type="checkbox"/> Small emergency trifold brochure		
<input type="checkbox"/> Bright label for kit		

Workshop x 25 for participants (+ 2 for facilitators?)

Item	Notes	Responsible
<input type="checkbox"/> (Pens & Paper – see above)	Tell participants to put these in their boxes after the workshop	
<input type="checkbox"/> Pencils		
<input type="checkbox"/> Workshop booklet		

Appendix: Downloadable Sample Materials

Evaluation Questions

Neighbourhood Emergency Preparedness Workshop Evaluation

What did you learn tonight that stands out for you?

As a result of attending this workshop how prepared do you feel for an emergency or disaster.

Extremely.....Very.....Moderately.....Slightly.....Not at all

What questions do you still have?

In an emergency or disaster, neighbours are often the first people to respond at a local level. What ideas do you have to ensure your neighbours know one another and who might need help?

I would recommend this workshop to others. True or False