



# **RESILIENT & READY TOGETHER**

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**A COMMUNITY RESILIENCE & DISASTER PREPAREDNESS GUIDE**

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# Using This Guide to Build Community Resilience

*Our ability to meaningfully respond during times of disaster begins at home with us, rippling out into the radiating circles of support we create across our neighborhoods and communities.*

**This guide is a living document**, drawing from the creativity, expertise, and resourcefulness of our networks. We celebrate this work and we invite you to take this opportunity to connect with the field of possibility; honoring the time and intention that you are choosing to invest in practicing the art of building community resilience.

Resilience can be understood in many ways, and may bring forward different feelings depending on our experiences and associations with the concept. In this guide we are looking to build resilience by building community and building confidence in our abilities to use different tools and practices that can help us prepare for the worst. Resilience also means identifying the ways in which you can work together to utilize your strengths, gifts, and resources to help your community reclaim a shared capacity to thrive, not just survive.

We are living in a time of great uncertainty, increasingly complex challenges, and we are needing equitable and regenerative solutions at every scale. Communities across the country and the globe are recognizing and responding to this immense need for cultural healing and repair. Global pandemics, racial injustices, climate disruption, and other crisis can feel so big and overwhelming, but we must remember to remain rooted in our power and the power of our communities. Strong and healthy communities create webs of safety and support, lifelines of communication, seizing opportunities to deepen relationships, heal, and create solutions to difficult challenges- together.

**This guide is an interactive text** that provides access to amazing stories, tools, handbooks, and other resources to get you started on your organizing journey. We value feedback, opportunities to collaborate, learn with , and from one another.



**Let's Get Started!**

# Navigating Resources

Links to different resources and tools have been embedded throughout the text to make this offering as interactive and useful as possible. Look for underlined titles and text, and a blue arrow to identify live links. Click on the underlined text to open links!

click links  
for more  
resources!



[Fire Adapted Communities](#)

Forest Service  
USDA



The Calwood Fire  
October 2020

Boulder County,  
Colorado

10,113 acres  
burned

There are many different tools and approaches that can help you to build resilience, prepare for, and respond in times of emergency and disaster. Get familiar with these different tools, learn with your neighbors, and find what works in your unique context. If you have tools, information or stories that you are excited to share please reach out!

# The Power of Place



By connecting with the unique history, ecology, and resources in your area, you will be able to feel more prepared and informed in this work. Take time to learn about the **disaster response and preparedness plans** that your city/county has in place, familiarize yourself with the city/county website.

Your city/county/town may also have **climate adaptation and resilience plans** in place, take time to familiarize yourself with these documents. Using an equity lens, think about how these plans either support or neglect the most vulnerable populations in your community. Are plans accessible and informed by real community needs? If attention is needed, what can you do to raise awareness, start an education campaign or engage an elected official?

## Research/Reflection Questions:

1. What Bioregion do you live in?  
What Native land do you live on?
2. What kinds of natural disasters are of greatest concern in your area?
3. Does your county/city/town have a disaster plan and a climate adaptation plan?
4. How many different languages are spoken in your community?

[Learn More About The Power of Place-Based Learning](#)

# Disaster Preparedness & Personal Resilience

By Jul Bystrova


 [Click this link](#)

Whether it be wildfires, floods, hurricanes, or other traumatic events; we need tools and practices that can help us to stay centered, respond, heal, and release pain. By building our personal resilience practice we build our capacity to be of support to ourselves and our communities.



## Inner Resilience Network

The Inner Resilience Network is collaborating on a program to catalyze and support wellness resilience groups for communities across our networks. These groups will be built on best practices and resources around trauma, global and local challenges, community building and intersectional awareness. We will be offering a foundational template, trainings and resources with a variety of modifiable options people can add to their group. This group template will be agile, unique and responsive to the needs of a local community. Please stay tuned for our launch date at [www.innerresilience.net](http://www.innerresilience.net) and if you have an interest in supporting or collaborating on this, contact us at [admin@eraofcare.net](mailto:admin@eraofcare.net)

 [Learn more about the IRN!](#)



The Lotus flower is held sacred by many cultures and traditions. The flower symbolizes rebirth and renewal, able to bloom even in the murkiest of waters.

# Ready Together



click to  
read and  
download!

## An Emergency Preparedness Handbook for You and Your Neighbors



"Ready Together helps neighbors work together to prepare for the many kinds of emergencies we encounter these days... Ready Together develops a foundation for ongoing support during life's many unpredictable events."

**This Handbook walks participants through practical, no-cost and low-cost actions and helps neighbors:**

- Identify and mitigate home and neighborhood hazards;
- Gather supplies of food, water, and medicine that are essential;
- Prepare "Go-Bags" for all household members in case evacuation is necessary;
- Develop emergency response and contingency plans to respond to whatever happens;
- Increase personal capacity to be calm and clear in chaotic times;
- Map neighborhoods so no one falls through the cracks;
- Create neighborhood-specific hands-on strategies to deal with crisis situations;
- And importantly - Enjoy preparing and getting ready with your neighbors!

Access the  
Guide by  
clicking the link!

# Be Prepared:

# Build Inner Resilience

# & Resilient Hubs

"A Guide for Resilience in the New 20s"

By Ayako Nagano  
Board of Directors, Transition US



Looking to our networks for inspiration and guidance we find amazing leaders hard at work building community resilience; transforming their communities with care and intention.

Oscar Mogollon,  
Cooperation Humboldt



[Learn more about Oscar's work and Cooperation Humboldt Here](#)

Take  
Action



**COMMUNITY BLOCK PARTY**

Find fun ways  
to connect  
with neighbors  
and community  
members!

Some Inspiration!



**NEIGHBORFEST**

A Program of the Neighborhood Empowerment Network

If you don't know your neighbors then now is the time to connect! Knock on a door, wave hello, drop an invite to your neighborhood block party in a mailbox. Organize a potluck so no one is stuck with all the food preparation, gather in a backyard, or in a park. Pass around a contact sheet, connect and learn more about everyone on your block. Talk to your neighbors about implementing **Ready Together**, share **Ayako's Resilience Guide**, have fun and get organized!



# Belonging, Basic Needs & Building Resilient Communities

In order to truly prepare for and respond in times of disaster and disruption, we must be ready to step into our full power, to connect with our **locus of control**; what do we have the power to prepare for and plan in anticipation of events that may be completely out of our control? By beginning with your own household, and then connecting and collaborating with your neighbors, you are building a protective web of care that can ripple out in impact; strengthening community ties and helping us all to thrive. Ensuring that everyone in our communities is able to meet their basic needs is vital; developing a strong community safety net creates a powerful sense of belonging, and keeps us all safe and resilient.



## Reflection Questions

1. Do I know what to do if disaster were to strike? Does my household?
2. Do I know my neighbors? Would they know what to do in a disaster scenario?
3. Do I know what I could do to help my Community stay safe and to heal?
4. What Resources and Skills do I have available to me? How can I share these?



# WATER

Water is life. Without water, cooking, hygiene, and hydration is not possible. A adult can go for 3 days without water. This life-giving liquid is essential, and in times of disaster and disruption access to enough water to get through uncertain times is critical. In many communities, histories of racial injustice, and a lack of investment in critical infrastructure has prevented families from having regular daily access to clean and safe drinking water.

Do communities in your state or region lack access to clean and safe drinking water?

Do you know your watershed? Do you know where your drinking water comes from?



## Clean Water Infrastructure Bill



"Native American households are 19 times more likely to lack plumbing than white households; Black and Latino households are nearly twice as likely. Race is the strongest determinant of whether or not a household has access to water and sanitation services"

## Tools

Go to pg. 15 of the **Ready Together Handbook** to help you learn more about storing and accessing water in times of disaster

# FOOD

Food is sacred. Secure access to the foods that we need allows us to nourish our bodies, spirits, and communities. Preparing for essential food access during times of disaster is critical. Thinking about the ways in which we take proactive measures to build food security in our communities is a great way to get started on the journey of building real community resilience. Learning more about our local food systems, and coming together with neighbors to start a **community food pantry** or **community food garden** are also great ways to get feed your spirit and get prepared for times of disaster and disruption.

## Stories to Action

Read about [Cooperation Humboldt's work to build community food security and connection during the pandemic!](#)



### Feeding America Reports



>42 Million

people including 13 Million children will likely face food insecurity in 2021, many due to the impacts of Covid-19

### Tools

Go to pg. 16 of the **Ready Together Handbook** to learn more about storing and accessing food during times of disaster and disruption.

# SHELTER

"Home" is a word that for many of us evokes a feeling of safety, protection, and comfort. During times of disaster we want to ensure that our homes safe and able to protect us. Sadly, natural disasters like devastating wildfires have driven many families to lose homes and loved ones. In addition to the devastating loss of "home" due to natural disasters, many of our most vulnerable community members are finding themselves on the streets lacking care and support. The housing crisis in this country presents a real threat to community resilience, reminding us of the "everyday disaster of homelessness".

What is your community doing to address homelessness and increase the availability of affordable housing?



## Solving Homelessness



"most of all, homelessness is about a shortage of low-income housing."

## Inspiration

### CalEarth

Click the link above to learn more about CalEarth's work to develop resilient and sustainable building methods that can also be used to deploy emergency shelters.

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Resilient & Ready Together

# Community Mapping

Beginning with the Power of Place, understanding our communities unique contexts, needs, assets, and aspirations is essential. By practicing community mapping or community asset mapping, we can gain new insights, align resources, and develop powerful new strategies for community resilience.



## Resources and Planning

1. Check out the community mapping activities outlined in **Ready Together** and **Ayako's Resilience Guide**
2. Community mapping can be a fun way for all ages to get involved and build community resilience!

[Check out this tool kit by Roots and Shoots!](#)



# GLOSSARY

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**RESILIENCE**- describes the practices and relationships to our self and our communities that help us to "bounce" back after a disruption. Resilience also helps us to reclaim and reimagine pathways to community stability, function, and healing.

**LOCUS OF CONTROL**- degree to which we feel we feel like we have control, as opposed to external forces, over the outcomes of the events of our lives. Identifying our locus of control helps us to claim our power and our sphere of influence.

**EMERGENCY**- an unforeseen occurrence demanding immediate response and intervention in order to prevent further disruption, possible harm or loss of life

**CRISIS**- A crisis is any event or period that will lead, or may lead, to an unstable and dangerous situation affecting an individual, group, or all of society. Crises are negative changes in the human or environmental affairs, especially when they occur abruptly, with little or no warning.

**DISASTER**- can be a natural, human, or technological disruption occurring over a short or long period of time that causes widespread human, material, economic or environmental loss which exceeds the ability of the affected community or society to cope using its own resources

**PREPAREDNESS**- use of planning, foresight, and hindsight to mitigate and manage the impacts of disaster; enabling a response that can save lives and help communities to heal.

**RESPONSE**- the range of actions and interventions that serve to meet immediate need following a disaster/emergency; ways to reclaim and reimagine pathways to community stability, function, and healing.

# THANK YOU

By learning, taking action, and by connecting and collaborating with your community not only are you making better futures possible, you are making them a reality.

Each of us brings unique experiences, skills, and gifts; medicine that can help us all to heal, imagine and build the equitable, rooted, and regenerative cultures that we need.

May you find the inspiration, the purpose, joy, and the strength that you need in community.

*In Solidarity,*



**transition**US