



PREPARING YOUR 'OHANA FOR EMERGENCIES



**PREPARE
NOW**

**Necessities.
Organization.
Wellness.**







ALOHA KAKOU,

The State of Hawai'i has recently faced a number of natural disasters including Hurricane Lane, Hurricane Olivia, the Kilauea eruption, and Kaua'i flooding. These natural disasters alone cost our state over \$900 million in economic losses and have resulted in significant effects to our state infrastructure including power outages, disruptions to transportation, gaps in our communications systems, and interruptions to supply chains. As individuals we respond to disasters in different ways. For some it can be a traumatic experience that significantly impacts their mental and behavioral health, while others are seemingly unaffected.

The Hawai'i Department of Health (DOH) Alcohol and Drug Abuse Division (ADAD) received a federal grant in 2020 to address the behavioral health impacts of natural disasters. Through this grant, ADAD partnered with the DOH's Office of Public Health Preparedness, Family Health Services Division, and Adult Mental Health Division to disseminate disaster preparedness and response resources that include a focus on mental health.

Through a partnership with the Māpuna Lab at the University of Hawai'i at Mānoa Thompson School of Social Work and Public Health, the 'Ulu Disaster Response Cultural Training Series was developed to reframe how one views natural disasters through a Native Hawaiian and Pacific Islander cultural lens. Their six-part webinar series discusses disasters as opportunities to thrive, and addresses the topics of Disaster Preparedness, Food Security, Housing Security, School, Childcare, and Job Security, Violence Prevention, and Stress Management and Social Isolation. The 'Ulu framework is the cornerstone of the web series, representing rebirth, growth, propagation, and protection. The fractals on the outside of the 'ulu resemble the many ways in which we respond to disaster. The 'Ulu Disaster Response Cultural Trainings are accessible at <https://uludrs.com> and available on the Hawai'i TRAIN public health learning network thanks to a grant with the DOH Office of Public Health Preparedness.

This booklet was developed to address mental health and wellness alongside traditional disaster planning and response information. It shows how to best support yourself and others in preparation for disaster, as well as common reactions we and our loved ones may experience in the wake of a catastrophic event. Having a plan in the event of a disaster, preparing your home, and practicing with your family helps reduce the stress of disasters. However, if you or someone you know are feeling overwhelmed, contact Hawai'i CARES at 1-800-753-6879 for support and resources.

Please Prepare Your 'Ohana for emergencies. Mahalo.

Sincerely,



John Valera, AICP
Acting Administrator
Alcohol and Drug Abuse Division



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INTRODUCTION

Planning for disaster can reduce our anxiety and stress before, during, and after a disaster.

BENEFITS TO BEING PREPARED^h

- Being prepared can reduce fear, anxiety, and losses that accompany disasters. Communities, families, and individuals should know what to do in the event of a fire and where to seek shelter during a hurricane. They should be ready to evacuate their homes and take refuge in public shelters and know how to care for their basic medical needs.
- People also can reduce the impact of disasters (flood proofing, elevating a home or moving a home out of harm's way, and securing items that could shake loose in an earthquake) and sometimes avoid the danger completely.

PREPARING FOR THE EMOTIONAL AND SOCIAL IMPACTS OF DISASTERS AND EMERGENCIES[†]

- **MAKE A PLAN:** It can be helpful to create a self-care plan in advance of a disaster or emergency. Anticipating, monitoring and understanding your own and your loved ones' reactions will really help during an emergency. You can ask yourself some of the following questions and write the answers down:
 - How do you recognize when you are stressed?
 - How do you act and what do you feel?
 - What are the personal things in your life or actions you take to feel better? This could include physical, emotional, relationships, spiritual and cultural support.
 - How do you cope with stress?
 - What are three things you can do to decompress after a stressful experience.



- **GET CONNECTED:** Our connections with others is critical to increasing resilience and recovery after disasters. Think about:

- Who in your network, friends and family, can you turn to when you experience increased stress? Be specific, and let these people know that they are your support people in the event of disasters/emergencies. Include out-of-town contacts in your list.
- Who do you already know? Who do you consider to be in your community? Who are your neighbors? Introduce yourself. Start a conversation about how an emergency might affect your local community.

- **GET TO KNOW SERVICES IN YOUR AREA:**

What services do you and your loved ones access in your local community to increase wellbeing and decrease stress? This could be recreational activities, as well as formal services like counseling. Think about how you will continue these activities in a disaster or emergency. Hawai'i CARES is a great resource for those who need help. Trained counselors are available and can help connect you to local resources including crisis support, mental health resources, or substance use treatment services. Call Hawai'i CARES at 1-800-753-6879 or visit <https://hicares.hawaii.gov/>.

- **GET ORGANIZED:** Being organized helps us have a sense of control after an emergency.

- How will you connect with your family members including your children after disasters or emergencies?
- Are you or your loved ones actively managing any physical or mental health conditions?
- List medications or medical assistance of any kind you currently rely on in your self-care plan and include in your kit.
- What are the things in your life that cannot be replaced, and that have great meaning for you or your loved ones? Think about ways you can protect these things in an emergency. Some people find it comforting during an evacuation to bring something that reminds them of their home/community.
- How will you manage and care for your pets in a disaster/emergency? Pets may be a significant part of our lives, and provide comfort and support.



EMERGENCY SUPPLIES CHECKLIST

ASSEMBLE YOUR EMERGENCY SUPPLIES

Water, electricity, phone, and natural gas services are often limited in a disaster. Stores may close and, if they open, supplies may be limited. It could take weeks for Hawai'i stores to be restocked. It's a good idea to keep your emergency kits packed and ready to go at all times.

First, prepare a home survival kit in case you need to shelter in place for a while. At minimum, make sure you have water, food, first aid and hygiene supplies, clothing and bedding, tools, and special items for medical conditions. At the very least, a two-week supply is recommended. If you can afford to do more, add bedding, entertainment, or other supplies. You can store your kit in a large, covered trash container, plastic storage box with lid and wheels, a camping backpack, or a duffel bag.

Second, pack as many of these items as you can in a portable "go kit" to be ready in case you need to evacuate. Emergency evacuation shelters DO NOT have food, water, or supplies. If you decide to relocate to a hurricane evacuation shelter, you must bring your own disaster supplies, so you should take as much of your emergency kit as possible. A waterproof backpack is a great storage container. You could also use a bag on wheels or a five-gallon bucket with a lid.

Finally, make sure you store emergency supplies in several places, such as at school or at work. You never know when or where disaster will strike.



EMERGENCY SUPPLIES CHECKLIST[‡]

Discuss these lists with your family to determine what items make the most sense for your family.

❑ WATER STORED IN PLASTIC CONTAINERS

One gallon per person per day for two weeks is good. More is better.

❑ NON-PERISHABLE FOOD

Ready-to-eat canned goods including: meat, fish and poultry, fruits, vegetables, and soup as well as juice, staples (salt, sugar, pepper, spices, etc.), energy bars, vitamins, food for infants, and favorite snacks.

❑ CLOTHING AND BEDDING

One complete change of clothes per person, diapers for babies, sturdy shoes or work boots, rain gear, blankets or sleeping bags, hat and gloves, sunglasses.

❑ TOOLS AND SUPPLIES

Emergency plan, cash, important documents (birth certificates, Social Security cards, insurance policies, etc.), paper cups, plates, and plastic utensils, battery-operated radio and extra batteries, flashlight and extra batteries, cash or traveler's checks, change, manual can opener, utility knife, gloves, fire extinguisher, tent, pliers, duct tape, compass, waterproof matches, aluminum foil, plastic storage containers, signal flare, paper, pencil, sewing kit, medicine dropper, wrench, whistle, plastic sheeting, map.

❑ FIRST AID KIT

Include band-aids, alcohol wipes, antibiotic cream and other wound-care supplies. Add non-prescription drugs such as Ibuprofen or aspirin, antacids, ipecac or activated charcoal (to induce vomiting), laxatives, or stool softeners.

❑ PRESCRIPTION MEDICATIONS

Talk to your healthcare provider to receive surplus medications if possible. Include prescription medications such as insulin, heart and blood pressure medications, even an extra pair of glasses. *(NOTE: Prescription medications expire and need to be rotated.)*

❑ SANITATION

Toilet paper, wet wipes, soap, liquid detergent, feminine supplies, deodorant, toothpaste or denture supplies, toothbrush, plastic garbage bags and ties, plastic bucket with tight lid, disinfectant spray, sunscreen, mosquito repellent and household bleach.



SUPPLIES FOR PETS

Pets, like people, need emergency supplies, too. Here are some things you might want to keep in your pet's emergency kit.

- ❑ Water and food (a two-week supply of canned food and bottled water)
- ❑ A two-week supply of medications (prescription medications expire and need to be rotated)
- ❑ Copies of your pet's medical records
- ❑ Toys
- ❑ Disposable litter trays for cats, plus cat litter or paper towels
- ❑ Plastic bags for waste disposal
- ❑ A traveling bag, crate, or carrier to hold your pet, plus crate liners
- ❑ A harness and leash (harnesses are recommended for safety)
- ❑ A long leash and yard stake, especially for large dogs
- ❑ Feeding bowls
- ❑ Recent photos of your pet(s)
- ❑ A blanket for warmth
- ❑ Veterinarian contact information



STORM PREPARATIONS^s

The Hawaiian islands sit in the midst of storm tracks. Hurricane season runs from June 1 through November 30, though storms are also known to appear outside of this seasonal window. Ranging from tropical depressions to full-blown hurricanes, these systems usually form off the coast of Central America and move in a westerly direction between 10 degrees to 20 degrees north latitude.

HURRICANE AND TROPICAL STORM PREPARATIONS

PREPARE YOUR HOME

- **REMOVE** debris around home to prevent storm winds from picking up objects and damaging property. This includes removing damaged trees and trimming overhanging branches.
- **SECURE** lightweight objects in your yard and around your home and anchor any items that may become airborne.
- **CHECK** and clear all rain gutters.
- **INSTALL** permanent storm shutters or board up windows with 5/8" exterior grade or marine plywood.
- **LISTEN** to your radio, TV or mobile device for instructions when warning sirens sound.
- **MOVE** to a central first floor room or the sturdiest structure on your property.
- **STAY** indoors and away from windows and doors until the "all clear" is given.

TEXT, DON'T CALL

Keep phone lines open during an emergency. Texting takes less bandwidth than calling.



TSUNAMI PREPARATIONS

DO YOU LIVE IN A TSUNAMI ZONE?

Include evacuation routes and a family meeting place in your Emergency Plan. Review the tsunami evacuation zone maps online at www.ready.hawaii.gov.

STAY SAFE

- **LISTEN** for warning sirens — During local urgent tsunami warnings, *wave travel time may be as short as 10–20 minutes after sirens sound*. When a distant tsunami warning is issued, evacuation sirens will sound a minimum of 3 hours before wave arrival time.
- **MOVE** approximately 100 feet inland from the shoreline, waterways, or marinas or to the fourth floor or higher of a 10-story or taller structural steel or reinforced concrete building.
- **STAY** in a safe place and do not return to coastal areas until the all clear has been announced by emergency officials.

FLOOD PREPARATIONS

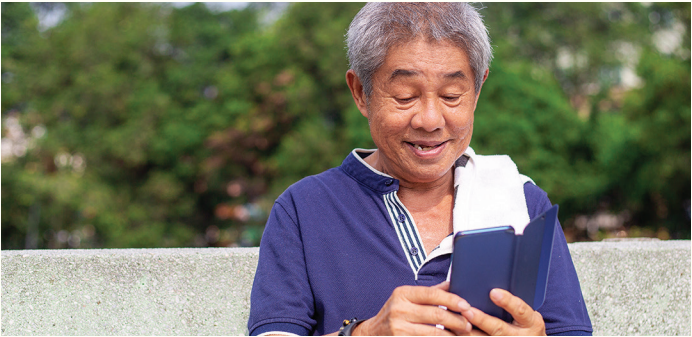
DO YOU LIVE IN A FLOOD ZONE?

Include evacuation routes and a family meeting place in your Emergency Plan. Review the flood zone maps online at <http://gis.hawaiiinfip.org/FHAT>.

BE AWARE

- **LISTEN** for flash flood watches, flood warnings and flood advisories.
- **MOVE** quickly to higher ground and get out of areas subject to flooding, like dips, low spots, canyons washes, etc.
- **STAY** in a safe location until the flood water subsides or until emergency workers can get to you.

IDENTIFY YOUR EVACUATION LOCATION	IN A TSUNAMI	IN A FLOOD	IN A HURRICANE/ TROPICAL STORM
FROM HOME			
FROM WORK			
FROM SCHOOL			



ADVISORY, WATCHES AND WARNINGS... WHAT'S THE DIFFERENCE?

WARNING	Dangerous coastal flooding & powerful currents possible	Move to high ground or inland
ADVISORY	Strong currents & waves dangerous to those in/very near water possible	Stay out of water, away from beaches & waterways
WATCH	Distant tsunami possible	Stay tuned for important information. Be prepared to act
INFORMATION STATEMENT	No threat or very distant event & threat not determined	Relax

** Tsunami Advisory is more severe than watch whereas with hurricanes, watch is more severe than advisory.*

Other severe weather events www.weather.gov/hfo/prod_questions.

- **WATCHES** are issued to allow time for preparation and planning for weather threats that are expected, but have not arrived yet.
- **WARNINGS** are issued when a threat is occurring or imminent, and immediate action is needed to protect life and property.
- **ADVISORIES** are issued when weather conditions impact our lives in ways that are not a direct threat to life and property but ignoring them may lead to hazardous conditions.

EMERGENCY PLAN[‡]

PLAN FOR YOUR PHYSICAL HEALTH AND SAFETY. Having a Family Emergency Plan is also very important. Choose emergency meeting places and shelters, and test your plan to see how it works. Emergencies can strike at any time with no warning. Your home or office may or may not be the safest place to be.

SHELTER OPTIONS TO CONSIDER

- **SHELTERING IN PLACE:** This means staying where you are, indoors, until officials tell you it is safe to leave.
- **SHELTERING WITH FAMILY OR FRIENDS:** If your house is not safe in a hurricane or other disaster and you know someone with a safer house, ask to stay at their home.
- **GOING TO A SHELTER:** Sometimes the safest place for families to be is an emergency shelter. In a disaster, shelter locations will be announce on the radio and television, as well as the Department of Health website health.hawaii.gov.

Your family can stay safe by working together and planning in advance. Use the worksheets in this booklet to make your plan.

DON'T FORGET YOUR PETS!

Pets need your help to stay safe in an emergency. Use the worksheets in this booklet to help your pet cope with disasters.



BASIC HOUSEHOLD INFORMATION

Write basic information about your family on the worksheet below. Be sure to include phone numbers stored in your cell phone in case you lose it or run out of power. Update this list as needed.

FAMILY INFORMATION				
Family Name:			Date:	
Address:			Phone:	
First / Last Name:	Age:	Sex:	Cell Phone:	
Neighborhood Meeting Place: <i>If you need to leave home, where will you go (close by)?</i>		Out-of-Neighborhood Meeting Place: <i>If you can't get home, where will you go (further away)?</i>		
Local Contact: <i>If you can't get to the meeting place and can't reach each other by phone, who will you call?</i>		Off-Island Contact: <i>If you can't get to a meet place, call each other or reach your local contact, who will you call?</i>		
Shelter #1: <i>Identify an emergency shelter near your home.</i>		Shelter #2: <i>Identify an emergency shelter near your school/work.</i>		
PET NAME(S)	OWNER	BREED / ID #	DAILY FOOD	SPECIAL NEEDS / MEDS

FAMILY MEDICAL HISTORY

Organize health information for each family member and record it here. Be sure to include ALL of your prescriptions, including eyeglasses and hearing aids, and print clearly so others can easily read your writing. If you need more space, make copies of this page.

Patient Name:			
Medical Conditions:	Medications:	Dose:	Frequency:
Primary Care Provider:		Allergies:	
Contact Lens Rx:	R	L	
		Eyeglasses Rx:	
		R	
		L	
Hearing Aid Type:		Battery Type:	

Patient Name:			
Medical Conditions:	Medications:	Dose:	Frequency:
Primary Care Provider:		Allergies:	
Contact Lens Rx:	R	L	
		Eyeglasses Rx:	
		R	
		L	
Hearing Aid Type:		Battery Type:	

HEALTH INSURANCE INFORMATION

INSURER	ADDRESS	PHONE NUMBERS	POLICY NUMBER
Medical Insurance:		General: Claims:	
Medical Insurance:		General: Claims:	
Medical Insurance:		General: Claims:	
QUEST/Medicaid/Medicare:		General: Claims:	
Prescription Drug Plan:		General: Claims:	
Dental Insurance:		General: Claims:	
Vision/Eye Insurance:		General: Claims:	
Disability Insurance:		General: Claims:	

HEALTH CARE PROVIDERS

Include the names and phone numbers of any other caregivers here. Also identify a back-up service provider for critical needs like food and oxygen.

SERVICE	NAME	PHONE	SERVICES / COMMENTS
Doctor:			
Doctor:			
Clinic:			
Clinic:			
Hospital:			
Hospital:			
Dentist:			
Dentist:			
Eye Doctor/Optician:			
Eye Doctor/Optician:			
Pharmacy:			
Pharmacy:			
Home Health Aid or Specialty Care Giver:			
Home Health Aid or Specialty Care Giver:			
Home Health Aid or Specialty Care Giver:			

IMPORTANT NUMBERS

Keep the following numbers handy so you don't have to look for them in an emergency.

	NAME	PHONE	COMMENTS
School:			
School:			
School:			
Work:			
Work:			
Work:			
Work			
Babysitter:			
Babysitter:			
After School Program:			
Day Care:			
Other:			
Other:			
Homeowner/Renter Insurance:			
Car Insurance:			
Life Insurance:			
Lawyer:			
Other:			
Other:			

COPING AFTER A DISASTER

REPLACING IMPORTANT DOCUMENTS^A

After a disaster, replacing lost or stolen important documents may be a challenge for individuals and/or their families. The following is a list of contact information for lost or stolen document replacement, and can be viewed online at <https://dod.hawaii.gov/hiema/lost-document-replacement/>.

All of the organizations listed below offer online resources. If personal computers aren't available, public libraries and other agencies may have computers available to the public.

Please email HawaiiEMA@hawaii.gov for corrections or suggestions to add other documents.

Note: *There will be associated costs for the reissuing of some of the documents listed below.*

DOCUMENT	CONTACT FOR REPLACEMENT
Birth and Death Certificates	State of Hawai'i, Department of Public Health (808) 586-4533 or health.hawaii.gov/vitalrecords
Social Security Cards	Social Security (800) 772-1213 or www.ssa.gov
Hawai'i Driver's Licenses <i>Go to your county website</i>	County of Hawai'i (808) 961-2222 or www.hawaiicounty.gov/finance-dl-general-info County of Maui (808) 270-7363 or www.co.maui.hi.us/1328/Motor-Vehicle-Licensing City & County of Honolulu (808) 532-7730 or www.honolulu.gov/csd/vehicle County of Kaua'i (808) 421-4242 or www.honolulu.gov/csd/vehicle
Hawai'i State ID Cards <i>Issued by each county's Department of Motor Vehicles</i>	County of Hawai'i (808) 961-2222 or www.hawaiicounty.gov/finance-state-id-gen-info County of Maui (808) 270-7363 or www.co.maui.hi.us/1908/State-of-Hawaii-Identification-Cards City & County of Honolulu (808) 532-7730 or www.honolulu.gov/csd/stateid.html County of Kaua'i (808) 421-4242 or www.honolulu.gov/csd/vehicle

DOCUMENT	CONTACT FOR REPLACEMENT
Permanent Resident “Green” Cards	U.S. Citizenship and Immigration Services Go to www.uscis.gov and complete the Form I-90, application to replace a permanent resident card, and file it online or by mail. Call (800) 375-5283 to check the status of your application.
U.S. Passports	U.S. Department of State Passport Services, Consular Lost/Stole Pasport Section (202) 955-0430 or (877) 487-2778 or www.travel.state.gov/content/travel/en/passports/have-passport/lost-stolen.html
U.S. Military ID Cards	For Common Access Cards (CAC) www.cac.mil/common-access-card/managing-your-cac For dependent or retiree service member cards www.cac.mil/uniformed-services-id-card/managing-your-id-card
U.S. Military Records	National Archives and Records Administration (866) 272-6272 or www.archives.gov/contact
Medicaid Cards	State of Hawai‘i, Department of Human Services, Med-Quest www.humanservices.hawaii.gov and click on “MEDQUEST (MQD)” in the right column.
Medicare Cards	Social Security Administration (800) 772-1213 or www.socialsecurity.gov/medicarecard
Immunization Records	State of Hawai‘i, Department of Public Health (808) 586-4665 or health.hawaii.gov/docd/hawaii-immunization-registry
EBT Cards	State of Hawai‘i, Department of Human Services (808) 643-1643 or www.humanservices.hawaii.gov/bessd/snap
ATM and Debit Cards	Contact your financial institution or get contact information from the Federal Deposit Insurance Corporation (FDIC) by calling (877) 275-3342 or www.fdic.gov
Bank Checks	Contact your financial institution or get contact information from the Federal Deposit Insurance Corporation (FDIC) by calling (877) 275-3342 or www.fdic.gov
Safe Deposit Keys	Contact your financial institution

DOCUMENT	CONTACT FOR REPLACEMENT
<p>Credit Cards</p> <p><i>Contact the issuing institution. If you don't remember all the credit cards you had, obtain a credit report from any of the three major credit bureaus.</i></p>	<p>American Express (800) 992-3404 or www.home.americanexpress.com</p> <p>Discover (800) 347-2683 or www.discover.com/credit-cards/help-center</p> <p>Master Card (800) 622-7747 or www.mastercard.com/cgi-bin/emergserv.cgi</p> <p>Visa (800) 847-2911 or www.usa.visa.com</p>
Fraud Alerts (or a Credit Freeze)	Fraud Alerts (877) 438-4338: the identity theft helpline or contact the Federal Trade Commission (FTC) at www.ftc.gov
Credit Reports	Equifax, Experian or TransUnion (877) 322-8228 or www.annualcreditreport.com
Tax Returns	Internal Revenue Service (800) 829-1040 or download the Request for Copy of Tax Return at www.irs.gov/pub/irs-pdf/f4506.pdf
U.S. Savings Bonds	U.S. Department of Treasury (800) 722-2678 or www.treasurydirect.gov
Marriage and Civil Union Certificates	State of Hawai'i, Department of Public Health (808) 586-4665 or health.hawaii.gov/vitalrecords
Divorce Certificates	<p><i>A divorce certificate shows that a divorce occurred but does not state all of the same information as a divorce decree.</i></p> <p>For records since July 1951 – December 2002: State of Hawai'i, Department of Public Health (808) 586-4533 or health.hawaii.gov/vitalrecords</p> <p>From January 2003: divorce records are available only through the county circuit court. www.courts.state.hi.us/courts/circuit/circuit_courts</p>
Divorce Decrees	<p><i>An official document from the court that grants the termination of a marriage. It includes specific details of the divorce.</i></p> <p>Go to www.courts.state.hi.us/courts/family/family_courts for a listing of Family Courts in Hawai'i; contact the court that granted the divorce.</p>
Federal Employee ID (Smart) Cards	The Federal agency that issued the Smart Card will replace it.

IMMEDIATELY AFTER A CRISIS^a

- First, make sure you are not injured, as sometimes survivors don't realize they've been physically hurt until many hours later.
- If you realize you've been injured, seek medical treatment before you do anything else.
- If you need to find a safe place to stay, work on that task next.
- Make sure to let a family member or friend know where you are and how to reach you.
- Secure your identification and any other papers you may need, such as insurance, bank, property, and medical records.

POSSIBLE REACTIONS TO STRESS AFTER A DISASTER^a

If you were involved in a disaster such as a hurricane, flood, or even terrorism, or another traumatic event like a car crash, you may be affected personally regardless of whether you were hurt or lost a loved one. You can be affected just by witnessing a disaster or other traumatic event. It is common to show signs of stress after exposure to a disaster or other traumatic event, and it is important to monitor your physical and emotional health.



YOU MAY FEEL EMOTIONALLY:

- Anxious or fearful
- Overwhelmed by sadness
- Angry, especially if the event involved violence
- Guilty, even when you had no control over the traumatic event
- Heroic, like you can do anything
- Like you have too much energy or no energy at all
- Disconnected, not caring about anything or anyone
- Numb, unable to feel either joy or sadness

YOU MAY HAVE PHYSICAL REACTIONS, SUCH AS:

- Having stomachaches or diarrhea
- Having headaches or other physical pains for no clear reason
- Eating too much or too little
- Sweating or having chills
- Getting tremors (shaking) or muscle twitches
- Being jumpy or easily startled

YOU MAY HAVE BEHAVIORAL REACTIONS, SUCH AS:

- Having trouble falling asleep, staying asleep, sleeping too much, or trouble relaxing
- Noticing an increase or decrease in your energy and activity levels
- Feeling sad or crying frequently
- Using alcohol, tobacco, illegal drugs or even prescription medication in an attempt to reduce distressing feelings or to forget
- Having outbursts of anger, feeling really irritated and blaming other people for everything
- Having difficulty accepting help or helping others
- Wanting to be alone most of the time and isolating yourself



YOU MAY EXPERIENCE PROBLEMS IN YOUR THINKING, SUCH AS:

- Having trouble remembering things
- Having trouble thinking clearly and concentrating
- Feeling confused
- Worrying a lot
- Having difficulty making decisions
- Having difficulty talking about what happened or listening to others

ALCOHOL, MEDICATION, AND DRUG USE AFTER DISASTER:^Ω

- Some people increase their use of alcohol, prescription medications, or other drugs after a disaster. You may feel that using drugs and alcohol helps you escape bad feelings or physical symptoms related to stress (for example, headaches, muscle tension). However, they can actually make these worse in the long term because they interrupt natural sleep cycles, create health problems, interfere with relationships, and create potential dependence on the substance.

POSSIBLE REACTIONS TO A DISASTER OR TRAUMATIC EVENT FOR CHILDREN⁹

- Young people react to trauma differently than adults. Some may react right away; others may show signs that they are having a difficult time much later.
- **Infants and Toddlers, 0–2 years old**, cannot understand that a trauma is happening, but they know when their caregiver is upset. They may start to show the same emotions as their caregivers, or they may act differently, like crying for no reason, withdrawing from people, and not playing with their toys.
- **Children, 3–5 years old**, can understand the effects of trauma. They may have trouble adjusting to change and loss. They may depend on the adults around them to help them feel better.
- **Children, 6–10 years old**, may fear going to school and stop spending time with friends. They may have trouble paying attention and do poorly in school overall. Some may become aggressive for no clear reason. Or they may act younger than their age by asking to be fed or dressed by their parent or caregiver.
- **Youth and Adolescents, 11–19 years old**, go through a lot of physical and emotional changes because of their developmental stage. So, it may be even harder for them to cope with trauma. Older teens may deny their reactions to themselves and their caregivers. They may respond with a routine “I’m okay” or even silence when they are upset. Or, they may complain about physical aches or pains because they cannot identify what is really bothering them emotionally. Some may start arguments at home and/or at school, resisting any structure or authority. They also may engage in risky behaviors such as using alcohol or drugs.



SUPPORTING YOURSELF

PRACTICAL TIPS FOR RELIEVING STRESS^o

These stress management activities seem to work well for most people. Use the ones that work for you.

- Talk with others who understand and accept how you feel. Reach out to a trusted friend, family member, or faith-based leader to explore what meaning the event may have for you. Connect with other survivors of the disaster or other traumatic events and share your experience.
- Body movement helps to get rid of the buildup of extra stress hormones. Exercise once daily or in smaller amounts throughout the day. Be careful not to lift heavy weights. You can damage your muscles if you have too much adrenaline in your system. If you don't like exercise, do something simple, like taking a walk, gently stretching, or meditating.
- Take deep breaths. Most people can benefit from taking several deep breaths often throughout the day. Deep breathing can move stress out of your body and help you to calm yourself. It can even help stop a panic attack.
- Listen to music. Music is a way to help your body relax naturally. Play music timed to the breath or to your heartbeat. Create a relaxing playlist for yourself and listen to it often.
- Pay attention to your physical self. Make sure to get enough sleep and rest each day. Don't leave resting for the weekend. Eat healthy meals and snacks and make sure to drink plenty of water. Avoid caffeine, tobacco, and alcohol, especially in large amounts. Their effects are multiplied under stress and can be harmful, just making things worse.
- Use known coping skills. How did you handle past traumatic events like a car crash or the death of a loved one? What helped then (e.g., spent time with family, went to a support group meeting)? Try using those coping skills now.



ALCOHOL, MEDICATION, AND DRUG USE^Q

If your use of alcohol or drugs has increased since the disaster or is causing problems for you, it is important for you to reduce your level of use or seek help in gaining control over your use.

- Pay attention to any change in your use of alcohol and/or drugs.
- Correctly use prescription and over-the-counter medications as indicated.
- Eat well, exercise, get enough sleep, and use your family and others for support.
- Consult with a healthcare professional about safe ways to reduce anxiety, depression, muscle tension, and sleep difficulties.

If you have had an alcohol, medication, or drug problem in the past:

- For people who have successfully stopped drinking or using drugs, experiencing a disaster can sometimes result in strong urges to drink or use again. Sometimes it can lead them to strengthen their commitment to recovery. Whatever your experience, it is important to consciously choose to stay in recovery.
 - Increase your attendance at substance abuse support groups.
 - If you are receiving disaster crisis counseling, talk to your counselor about your past alcohol or drug use.
 - If you have been forced to move out of your local community, talk to disaster workers about helping to locate nearby alcohol or drug recovery groups, or ask them to help organize a new support group.
 - Talk with family and friends about supporting you to avoid use of alcohol or substances.
 - If you have a 12-Step sponsor or substance abuse counselor, talk to him or her about your situation.
 - Increase your use of other supports that have helped you avoid relapse in the past.



SUPPORTING YOUTH^a

HOW PARENTS, CAREGIVERS, AND TEACHERS CAN SUPPORT CHILDREN'S RECOVERY:

- Pay attention and be a good listener.
- Allow them to ask questions.
- Children may better cope with a trauma or disaster by helping others. Encourage these kinds of activities.
- Let children know that they are not to blame when bad things happen.
- Violence can further frighten children or lead to more trauma.
- Model self-care, set routines, eat healthy meals, get enough sleep, exercise, and take deep breaths to handle stress.

TALKING TO CHILDREN AND YOUTH ABOUT DISASTERS OR TRAUMATIC EVENTS:

- **Preschool Children, 0–5 years old:** Give these very young children a lot of cuddling and verbal support:
 - Take a deep breath before holding or picking them up, and focus on them, not the trauma.
 - Get down to their eye level and speak in a calm, gentle voice using words they can understand.
 - Tell them that you still care for them and will continue to take care of them so they feel safe.



- **Early Childhood to Adolescence, 6–19 years old:**

Nurture children and youth in this age group:

- Ask your child or the children in your care what worries them and what might help them cope.
- Offer comfort with gentle words, a hug when appropriate, or just your presence.
- Spend more time with the children than usual, even for a short while. Returning to school activities and getting back to routines at home is important too.
- Excuse traumatized children from chores for a day or two. After that, make sure they have age-appropriate tasks and can participate in a way that makes them feel useful.
- Support children spending time with friends or having quiet time to write or create art.
- Encourage children to participate in recreational activities so they can move around and play with others.
- Address your own trauma in a healthy way. Avoid hitting, isolating, abandoning, or making fun of children.
- Let children know that you care about them — spend time doing something special with them, and make sure to check on them in a non-intrusive way.



A NOTE OF CAUTION: Be careful not to pressure children to talk about a trauma or join in expressive activities. While most children will easily talk about what happened, some may become frightened. Some may even get traumatized again by talking about it, listening to others talk about it, or looking at drawings of the event. Allow children to remove themselves from these activities, and monitor them for signs of distress.

WHEN TO SEEK HELP

Know that distressing feelings about a disaster or traumatic event usually fade over time (2–4 weeks after the event) as you get back to routines — and especially if you have engaged in some ways to help yourself. If you or someone you care about continues to show signs of stress and you are becoming concerned about him or her, you may want to reach out for some extra help.⁹

In some instances, a child and his or her family may have trouble getting past a trauma. Parents or caregivers may be afraid to leave a child alone. Teachers may see that a student is upset or seems different. It may be helpful for everyone to work together. Consider talking with a mental health professional to help identify the areas of difficulty. Together, everyone can decide how to help and learn from each other.⁹

Alcohol, medication, and drug use after a disaster:⁹

- If you feel like using larger amounts of either prescribed or over-the-counter medications, consult a healthcare professional.
- If you find that you have greater difficulty controlling alcohol/substance use since the disaster, seek support in doing so.
- If you believe you have a problem with substance abuse, talk to your doctor or counselor about it.



RESOURCES

- ♠ Are You Ready:
https://www.hobbsnm.org/files/engineering/are_you_ready.pdf
- † Preparing Emotionally for Disasters and Emergencies:
<https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/be-ready-emergency-preparedness-and-recovery/preparing-emotionally-for-disasters-and-emergencies>
- ‡ Plan to Be Ready:
https://health.hawaii.gov/prepare/files/2018/06/Plan_To_Be_Ready.pdf
- § Handbook for Emergency Preparedness:
<https://view.hawaiianelectric.com/handbook-for-emergency-preparedness/>
- ⌘ Tsunami Alerts:
<https://www.weather.gov/safety/tsunami-alerts>
- μ Flood Hazard Assessment Tool:
<http://gis.hawaiiinfip.org/FHAT/>
- Δ Lost Documents:
<https://dod.hawaii.gov/hiema/files/2016/10/Lost-documents-v2.pdf>
- ◇ Tips for Survivors of a Disaster or Other Traumatic Event:
<https://store.samhsa.gov/sites/default/files/d7/priv/sma13-4776.pdf>
- ∂ Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event:
<https://store.samhsa.gov/sites/default/files/d7/priv/sma12-4732.pdf>
- Ω Alcohol and Drug Use After Disasters:
https://www.nctsn.org/sites/default/files/resources/pfa_alcohol_drug_use_after_disasters.pdf



The Māpuna Lab presents

'ULU DISASTER RESPONSE CULTURAL TRAINING SERIES

When disaster strikes, how can we prepare to respond in ways that are equitable and culturally safe?

The 'Ulu Disaster Response Cultural Training Series presents opportunities to connect with Hawaiian values and perspectives on Maui Ola, optimal health, values that are shared across all cultures that today have been replaced with self-reliance. Through a cultural lens, this series supports participants in recognizing that nature is not a disaster but part of a necessary remedy to signs and symptoms of substance misuse and mental distress that may be exacerbated by the disasters we face in our lives.

Check out this series to uphold cultural practices and knowledge in the face of disaster!

- Learn from community navigators
- Learn a Hawaiian Chant to address disaster
- Connect lifestyle practices in relation to clinical signs and symptoms of serious mental illness and substance misuse
- Receive an electronic disaster toolkit with resources
- Earn up to 3 Continuing Education Credits (CEUs)

The MĀPUNA LAB is led by the 'ōhī'a lehua, an endemic Hawaiian tree, as our teacher in healing the chronic and existential pain of historical and intergenerational trauma. Viewing the land as our communities and health as water cycle resilience, this series looks to the cloud-catching, truth-telling, 'ōhī'a lehua for ways to ho'i ka wai, to remove seen and unseen emotional blockages to restore waters (waiwai) stolen by trauma. Aimed at creating safe spaces for co-learning, the Māpuna Lab convenes all those who believe that when Indigenous leadership is uplifted, wellness is accessible to all.

Ho'i ka 'o'opu 'ai lehua i ka māpunapuna.
The lehua-eating 'o'opu has gone back to the spring.
Said of one who has gone back to the source.

Visit uludrs.com for more information!

To request CEUs or toolkits, email uludrs@hawaii.edu

Artwork by: Keali'i Makamani'onsiani Po'olua



Part 1:

Disaster Preparedness

- Orientation for the complete six-part cultural training
- Learn about Post-Traumatic Intergenerational Healing



Part 2:

Food Security

- Learn the relationship between food security and disaster response
- Learn the importance of kūpuna crops
- Learn about food-based tools and skills



Part 3:

Housing Security

- Learn the relationship between housing security and disaster response
- Learn sustainable models of providing housing for all
- Learn about cultural lifestyle practices



Part 4:

School, Childcare, & Job Security

- Learn the relationship between school, childcare, job security and disaster response
- Learn how community-based solutions promote school, childcare, and job security



Part 5:

Violence Prevention

- Learn the relationship between violence and disaster response
- Learn how community-based solutions promote violence prevention



Part 6:

Stress Management & Social Isolation

- Develop "coping cards" as immediate relief during a personal crisis
- Learn to define the relationship between stress management and social isolation
- Learn about the complexities of implementing cultural frameworks within systems of oppression



View our complete list of webinars on our registration page. Scan the QR code with your phone to access:



UNIVERSITY OF HAWAII AT HONOLULU
THOMPSON SCHOOL
SOCIAL WORK & PUBLIC HEALTH

5 TIPS TO HELP WITH STRESS

BREATHE

Focus on slowing your breathing to slow your heart rate during times of stress.

Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4. Repeat until anxiety subsides.

RELEASE

Focus on releasing muscle tension to reduce feelings of anxiety.

Contract one muscle group at a time, starting with your head and ending at your toes. Hold each for 10 seconds, then release.

VISUALIZE

Let your mind take a mini vacation to help quiet your racing thoughts.

Close your eyes and envision your favorite calming place. Think about the sights, sounds, smells, tastes and feelings you are experiencing.

MOVE

Do some movement you enjoy to let your body help calm your mind.

Gardening, swimming, walking, dancing, and playing with your child or pet are activities that can help reduce stress levels.

CONNECT

Take some time to build relationships with others.

Reach out to a friend, family member, or neighbor to talk when you need to. It's okay to be vulnerable and ask for support.

WANT TO TALK ABOUT IT?
1 (800) 753-6879



HAWAI'I
CARES







PREPARE NOW

**Necessities.
Organization.
Wellness.**

Funded by the Substance Abuse and Mental Health Services Administration through the Hawai'i Disaster Response State Grant.

JULY 2022



FOR MORE INFORMATION, CONTACT:

Hawaii Department of Health Alcohol and Drug Abuse Division
601 Kamokila Blvd. #360 Kapolei, HI 96707
(808) 692-7506 | health.hawaii.gov/substance-abuse

NONDISCRIMINATION IN SERVICES:

We provide access to our programs and activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call the Affirmative Action Officer at P.O. Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice/TTY) within 180 days of the problem.