

BUILD

RESILIENCE

LA COUNTY



Welcome to Build Resilience LA County. Through this toolkit, we have the opportunity to come together as neighbors, community members, and organizations to build disaster resilience. Community disaster resilience is the ongoing ability of the community to prepare for, respond to, and recover from difficult situations, including emergencies and disasters.

The goal of this toolkit is to help us:

- Engage all members of our community
- Build strong partnerships in our community
- Creatively use our strengths and resources to address our hazards and vulnerabilities
- Plan to prepare, respond, and recover together

In this training, we will focus on building community resilience through four Building Blocks: Learn, Engage, Partner, and Prepare. The five sections of this toolkit build on each other as they address the phases of a disaster. Each will take approximately two hours to complete, and includes additional information and online and local resources.



Section 1: Build Resilience Together: Laying the Foundation

In this section we will lay the foundation for community disaster resilience. A series of activities and discussions will help us understand what resilience is, how we are already resilient, and how we can take action to improve disaster resilience in our community through the four building blocks: Learn, Engage, Partner, and Prepare.

Section 2: Plan for Resilience: Mapping Our Community

Section 2 provides an opportunity to learn about our community, the hazards and vulnerabilities we face, and the resources we have available. We will collect this information through a mapping activity, and then analyze what we learn to create community plans to build resilience.

Section 3: Respond to Disasters: Taking Community Action

In Section 3, we are going to create plans to respond to a disaster event within our neighborhoods and community. First, we will learn how to effectively share information during a disaster.

Next, we will learn a four-step neighborhood response that we can use with our neighbors or coworkers in the first few minutes and hours. Finally, we will generate ideas for a community response plan so that our whole community can work together to help each other after a disaster.

Section 4: Protect Community Health: Resilience after a Disaster

In Section 4, we will focus on community health and safety. After a disaster, the systems that usually keep communities healthy may not be working. Power may be out, sewer systems may be damaged, and trash pickup may be limited. In this section we will develop plans to address these issues of food and water safety, trash, pests, and air quality. We will also learn ways of offering social and emotional support for our community after a disaster.

Section 5: Recover Together: Building Back Better

In Section 5, we will move beyond short-term response to long-term recovery. We will look at lessons other communities have learned from their recovery stories and practice a five-step recovery plan using a scenario. We will also look at the progress our community has made towards resilience through this toolkit and decide where we need to go next.

Resilience is more than training, supplies, and being prepared. It's about coming together and working together through tough times. It's about having a mindset that plans and expects to recover successfully.
