



Prepare U - 2023

Responding to Emergencies / Disasters



Course Syllabus



September 5 – October 3, 2023

Tuesdays

11:30 AM – 1:30 PM

FOR MORE INFORMATION:

Please contact us at: 2PrepareU@gmail.com or 510 727-9516.



Prepare U. 2023

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Syllabus

Tuesday, Sept 5: Personal Emergency Preparedness

11:30 AM - 1:30 PM

Trainers: Ron Halog / Lars Eric Holm

Personal Emergency Preparedness; comes with Alameda County's "4 steps to Emergency Preparedness" booklet and Contra Costa County's "Don't be scared, be Prepared" booklet.

This is a very personal look at preparedness, designed to address fears and move past barriers, and is tailored to individual needs of participants. This class will help employees, volunteers, or community members feel secure in their ability to deal effectively with emergencies, learn simple response skills, and feel safer – at home, at work, or on the road.

Tuesday, Sept 12: Agency Emergency Preparedness

11:30 AM - 1:30 PM

Trainers: Ron Halog / Lars Eric Holm

Organize your team to be ready to react and address the needs of your agency.

In straightforward and inexpensive steps, this course helps participants develop, update and maintain an Emergency Plan for immediate response, tailored to the individual agency, and designed to work in harmony with other community agencies and the overall emergency response structure. As part of the process, agencies will develop their knowledge and confidence in using ICS for Community Responders to empower staff and volunteers. Following a serious incident, seamless communications between the community agency and those they serve, agency staff and volunteers, and county agencies is essential. To this end, we will help participating agencies develop redundant communications tools and work with them to "flex their communications muscle" during exercises. Participants receive a basic plan template and learn simple action steps to complete and customize it to their particular needs.

Tuesday, Sept 19: ICS (Incident Command System) for Community Responders.

11:30 AM - 1:30 PM

Trainers: Lars Eric Holm

This is the Incident Command System (ICS), tailored for community responders, with an added emphasis on using ICS as an everyday project management tool. ICS is not only for emergencies. This is a user-friendly, easily-understood training available on responding to emergencies and managing disasters in California. This training gives the basic information without extra acronyms or unnecessary complexities, and leaves participants able to mobilize their own response operations. Participants receive simple tools that clearly outline disaster roles and responsibilities.

Tuesday, Sept 26 & Tuesday, Oct 3

Continuity of Operations Planning (COOP)

11:30 AM - 1:30 PM

Trainer: Lars Eric Holm

Continuity of Operations Planning: the empowered approach to how your organization would continue to operate in the days, weeks, and months following a disaster. This topic is covered over 2 Tuesdays. Please attend both days. Building an Agency Emergency Plan is a suggested prerequisite. The focus of this training and planning module is increasing an organization's capacity to deliver

services and recover their operations in the long-term aftermath of a significant disruption. Recognizing administrative and mission-critical functions and fully understanding their importance, both pre- and post-disaster, is an important step agencies take in successfully planning for continuity of operations. Participants will be introduced to the essential elements of continuity and will, through exercises, learn simple and concrete planning techniques that can also be used in their everyday operations. At the end of the training, participants will have a deeper understanding.



Trainers' Bio



Ron Halog

*Emergency Preparedness Coordinator,
ILRSCC (Independent Living Resources of Solano & Contra Costa Counties)*
ronh@ilrsc.org

(925) 536-9553



Ron Halog has been in the non-profit world for over 35 years, assisting and supporting people with disabilities and access / function needs. For the last 15 years, he has served as the Executive Director of 2 non-profit organizations in the bay area. Mr. Halog has been a trainer / instructor for over 30 years; training First Aid, CPR, Water Safety Instruction, Lifeguarding and Emergency Preparedness. Currently, Mr. Halog is the Emergency Preparedness Coordinator at ILR Solano & Contra Costa Counties and volunteers as a CERT and FAST member. He has been a speaker / presenter at local, state and national conferences; such as the National Council on

Independent Living Conference (NCIL) in Washington DC and APRIL Conference in Denver, Colorado. Mr. Halog serves as a Board of Director for Alameda County's Developmental Disabilities Council and the Vice-Chair of ALCO VOAD (Alameda County Voluntary Organizations Active in Disasters).

Lars Eric Holm

*Disaster Preparedness Coordinator
Eden I & R / Alameda County 211*
leholm@edenir.org

(510) 727-9516



Lars Eric Holm is the Disaster Preparedness Coordinator for Eden I&R, a nonprofit based in Hayward California. Eden I&R has been linking people and resources for over 40 years, and has been the 211 service provider for Alameda County since 2007. He is also the Chair of ALCO VOAD.

Lars Eric has conducted trainings and workshops since 2008, for numerous agencies on a wide range of readiness topics, using curriculum originally developed by CARD - Collaborating Agencies Responding to Disasters. This approach focuses on being interactive, empowering, positive, and relevant. It is specifically designed for folks for whom the more traditional approaches don't quite fit their needs, and grew out of the need of many nonprofits and community-based organizations who provide essential services. Eden I&R was one of the original founders of CARD after the Loma Prieta Earthquake.

He has conducted trainings for many diverse communities, ranging from children to seniors, the visually impaired to the Deaf/Hard-of-Hearing community, and including the mobility impaired, the developmentally disabled, low-income communities, and a wide range of other special needs.

REGISTRATION:

There is no cost for attending Prepare U 2023. Prepare U has been funded by the Bay Area Urban Areas Security Initiative (BA UASI). Prepare U 2023 is a virtual online training.

Registration for each class is through Prepare U’s Zoom Registration links below (Please sign up for all 5 classes, there is a special reward for attending all classes):

Date	Topic	Registration Link
Tue, Sep 5, 2023	Personal Emergency Preparedness (PEP)	https://us02web.zoom.us/meeting/register/tZwtc-CvrD0oGNYceggyGRIDKFbokCP8MeHB#/registration
Tue, Sep 12, 2023	Agency Emergency Preparedness (AEP)	https://us02web.zoom.us/meeting/register/tZ0vd-6pqD0sGdxYah-5m6CWuiiqBZ4uPIV-#/registration
Tue, Sep 19, 2023	Incident Command System (ICS) for Community Responders	https://us02web.zoom.us/meeting/register/tZwscOqurzoiGddzj0Nc12AUQyp4ncq4F3QF#/registration
Tue, Sep 26, 2023	Continuity of Operations (COOP) Planning - Part One	https://us02web.zoom.us/meeting/register/tZEkcuCgpszljGNFTSeD73RZ_d3AZIK8ujixB#/registration
Tue, Oct 3, 2023	Continuity of Operations (COOP) Planning - Part Two	https://us02web.zoom.us/meeting/register/tZ0qdO2vrz8vE9ATzkwHPt05cDwno2DXauei#/registration



Maui - August 9, 2023 wildfire - Lahaina

