

## Meeting Summary for 9-17-24

\*\*\*If you would like any of the handouts noted in this summary, please reach out to me (Jennifer) at: [Jennifer.LHeureux@dmh.mo.gov](mailto:Jennifer.LHeureux@dmh.mo.gov)

Good afternoon,

Thank you to everyone for attending today's meeting, your time is very much appreciated! A thank you also to our guest speakers, Melissa Cable (Della Lamb Community Services) and Bary Kramer (American Red Cross of Greater Kansas City and the Missouri Department of Mental Health). Our focus this month was on it being "Disaster Preparedness Month" and more specifically we took a deeper dive into children's unique reactions to disasters and emergencies. This is a critical topic for emergency planners, teachers, parents, anyone involved with or even just concerned about children because children do not respond to disasters and emergencies like adults and without proper planning, such events can have permanent, detrimental impacts on development. The link to the full recorded meeting will be on our website by Wednesday afternoon at: [www.jacksoncountysoc.com](http://www.jacksoncountysoc.com). The following is a summary of today's meeting:

### **1. Melissa Cable: Della Lamb Community Services-Refugee Services and Preferred Communities Manager**

**Email:** [mcable@dellalamb.org](mailto:mcable@dellalamb.org)

**Phone:** 816-831-3388

**Website:** <https://www.dellalamb.org/refugee-services/>

- **If available, the slide deck from Melissa's presentation will be shared at a later time.**
- **Melissa reviewed the various terminology and what each meant such as "refugee", "asylee", and more.**
- **Melissa talked about the trauma that children who have been resettled here have experienced prior to coming to the U.S. This also often does include trauma that children experience once resettled that results from culture shock and a range of emotions such as depression and anger.**
- **The substantial losses experiences by children newly resettled were discussed and the resulting impact on behavior and an ability to adjust.**
- **Many of the parents of children resettled have experienced their own traumas which impacts the entire family. On way that this is demonstrated is when a parent who may have had a Ph.D. and worked in their field in their home country comes here because of something catastrophic and here winds up being an Uber driver. Substantially less income which impacts so very much.**
- **Many of the families resettled here come here thinking that things are free and that resources are plentiful but then they encounter realities that are very different and they were not prepared for. This in turn impacts the family unit as a whole.**

- The point was made that often children experience conflicts between wanting to fully assimilate into a new culture but their parents may not want them to. This can be a significant point of contention on top of what they are already experiencing.
- Melissa discussed the refugee process which is much more complex than people realize to get to the point of being resettled.
- Melissa talked about the resources available for disaster relief
- The paradigm of pre-flight, flight and displacement, and resettlement was reviewed.
- The phases experienced by children and families being resettled because of a disaster was reviewed. There is the initial arrival when they may experience a “honeymoon” of sorts but then reality and frustrations may set in, then there is a recovery or adjustment phase, and finally, balance or adaptation. It is further not uncommon for things to go back and forth between phases.
- Benefits that refugees contribute was shared and it was reported that from 2005 to 2014, refugees in the U.S. brought in \$63,000,000,000 more in government revenues than they cost. The point was made that this is often not a fact that ever gets reported! Further it was commented that if people had this knowledge, it may help to dispel stereotypes and decrease violence that sadly is often something resettled people experience.
- Melissa is available to speak about what her agency offers and trainings so please reach out to her with questions and needs!

2. **Bary Kramer: Disaster Mental Health Lead: American Red Cross of Greater Kansas City and Program Specialist: Missouri Department of Mental Health**  
 Email: [Bary.Kramer@dmh.mo.gov](mailto:Bary.Kramer@dmh.mo.gov)  
 Website(s): <https://dmh.mo.gov/> and <https://www.redcross.org/>

- Bary’s complete slide deck will be sent under separate cover because of it’s size.
- Bary shared 8 very powerful handouts on helping youth successfully navigate disasters and emergencies. These handouts are available on our website: [www.jacksoncountysoc.com](http://www.jacksoncountysoc.com). Please reference the tab “Helping Youth in Disasters.”
- Bary talked about SAFETY or Safety First, Allow Expressions of feelings, Follow Your Child’s Lead, Enable Your Child to Tell The Story, Ties-reconnect, Your Child Needs You.
- Discussed was Psychological First Aid.
- Stress reactions that children commonly experience during and after a disaster/emergency were discussed.
- The point was made that children do not have the coping skills of adults.
- Self-blaming by children is not uncommon and they will blame themselves for what happened.
- Bary talked about and showed some videos of “Prepare with Pedro” that is an excellent tool to help kids prepare for disasters and emergencies, cope, and present information in an age-appropriate way!

- I reminded everyone that the SOC/CYID developed a “Disaster Resiliency Toolkit” before our two groups merged and that is also available on the SOC website for free download. It corresponds with the trauma stages that children often experience and on best-practices. It was designed such that you can tailor things to where a specific child is at in the recovery process. Again, it is not uncommon for kids to go back and forth between stages. As a side note, I am available to do trainings on this toolkit if ever that is needed.
- Dante Gliniecki, Emergency Manager for the City of Independence talked in part about intergenerational trauma. I added to this by discussing one way that trauma can be passed from one generation to the next and that is via parenting styles. Dante further talked about the need to connect the Red Cross and what Bary presented with other disaster relief efforts as some of the information he shared, the other organizations may not be fully aware of.

3. Additional resources related to today’s topic:

- **FREE FEMA Open Training** in KCMO on October 3<sup>rd</sup> (Please see the first attachment). This is an excellent opportunity for any agency providing critically needed services to learn more about being able to continue these direly needed services during times of disasters and emergencies!
- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/teaching-kids-about-emergency-preparedness/prepare-with-pedro.html>
- <https://pbskids.org/videos/watch/our-storm-emergency-kit/10429>
- [https://pbskids.org/learn/when-something-scary-happens/?fbclid=IwAR13i3wFX8B9-gi63vLjYOVzon\\_b14vzshlkmNh13PzPnALdLDyHjEC4avc](https://pbskids.org/learn/when-something-scary-happens/?fbclid=IwAR13i3wFX8B9-gi63vLjYOVzon_b14vzshlkmNh13PzPnALdLDyHjEC4avc)

4. The Rose Brooks Center shared prior to our meeting, a very informative flyer about some excellent domestic violence workshops that are coming up. Please see the second attachment.

5. Additional resources related to overall disaster and emergency preparedness:

**MGT 466 Sport & Special Event Enhanced Risk Management**

Sept. 19-20, 2024 Location: Lee’s Summit, MO (**5 seats available**) starts Thursday, 9/19

Register online: <https://member.marc.org/ap/Events/Register/jKFQgvbHZckCE>

**MARCER: MOKAN Resuscitation Academy**

September 19-20, 2024 Location: Advent Health (165<sup>th</sup> St.) in Overland Park, KS

Register online: <https://member.marc.org/ap/Events/Register/G9FBW4KUNCxCK>

**Basic Pet Sheltering course**

September 24, 2024 Location: Emporia, KS

Register at [www.train.org/ks](http://www.train.org/ks) Course ID: 1122120

**NOVA Basic Training**

October 2-4, 2024 at Lee's Summit, MO

Register Online: <https://officeofdisasterservices.wufoo.com/forms/k1jr8g1b0rm1e0v/>

**Communications Unit Leader (COML) Training**

October 14-17, 2024 Location: Olathe, KS

Register online: <https://member.marc.org/ap/Events/Register/2JF5YmQh3CNCz>

**MGT414 - Critical Infrastructure Resilience and Community Lifelines**

October 16, 2024 at Platte County, MO **several seats available**

Register online: [STEMS \(sematraining.com\)](https://sematraining.com)

**ChemPREP: Community Preparedness Seminar**

Wednesday, October 23, 2024 Location: Kansas City, MO

Register online: <https://marc.org/event/dhs-chemprep-community-preparedness-seminar>

**G191: Emergency Operations Center/ Incident Command System Interface**

December 2, 2024 Location: Mid-America Regional Council (MARC) KCMO

Registration coming soon

**ICS 400: Advanced ICS for Complex Incidents**

December 4-5, 2024 Location: Belton, MO Fire Dept.

Register Online: <https://member.marc.org/ap/Events/Register/J5FNkMmCJCzC3>

**MGT319 - Medical Countermeasures: Points of Dispensing (POD), Planning and Response**

December 12-13, 2024 Location: KCMO Health Department

Register at Missouri SEMA website: [STEMS \(sematraining.com\)](https://sematraining.com)

**PREPaRE Workshop 2, Crisis Intervention and Recovery:**

**The Roles of School-Based Mental Health Professionals**

February 4-5, 2025 Location: Guadalupe Center Kansas City, MO

<https://app.smartsheet.com/b/form/7727748086f94834ab35e13c49864894>

**Mental Health First Aid (MHFA) training**

April 2, 2025 Location: Mid-America Regional Council (MARC) KCMO

Registration coming soon.

6. I have attached a flyer (please reference the 4<sup>th</sup> attachment) about an upcoming workshop pertaining to youth substance abuse. It is in Lexington, MO but well-worth the drive as they have a Nationally known presenter!
7. I have attached a flyer (please reference the 5<sup>th</sup> attachment) about an upcoming and local (KC Metro area) event for a Breast Cancer Survivor Fashion Show and Luncheon in addition to mammograms.
8. Gary Brock ([gbrock@kansascitypbs.org](mailto:gbrock@kansascitypbs.org)), Director of Education at KCPT shared some information about an upcoming great event called "Kansas City PBS' Sesame Street in Communities Conference" on October 12<sup>th</sup> in KCMO and it is FREE. This free

education conference is for early childhood teachers, faith-based leaders, and health care providers. For more information or to get a FREE ticket, please go to:  
<https://www.eventbrite.com/e/kansas-city-pbs-sesame-street-in-communities-conference-tickets-914583051527>

9. Kristin Slocum, Outreach Coordinator for Children's Mercy Hospital's Emergency Management Department shared what they can do to support filling any gaps that may exist in emergency planning for children and especially in planning for the needs of children with complex medical issues. For more information please email Kristin at: [keslocum@cmh.edu](mailto:keslocum@cmh.edu). They are able to assist with organizational preparedness!
10. My updates:
  - In May, the SOC/CYID partnered with FEMA Region 7 and put on a free day long workshop pertaining to emergency planning. We are in the midst of planning meetings for Part 2 to this however, it is being designed such that you **do not have had to attended the session in May!** This is anticipated to take place in early 2025 and will again be sponsored by the SOC/CYID with no costs to attend. To ensure that the workshop is meeting the specific needs of your organization, we ask if you would not mind completing a brief survey (please reference the third attachment). This workshop will strengthen any efforts that you may already have in place for children in emergencies and disasters but will also be an excellent opportunity to begin planning if you have not yet started that process. Remember, **ANY** step you take towards preparedness does make a difference!
  - Our annual holiday assistance is back and can help individuals and small families that for whatever reason are in need but are unable to get assistance elsewhere. Please reach out to me sooner than later so we can ensure that we are able to meet every request. Can you believe we are only about 2 weeks from October already!!!
  - Cancel Cancer is our most recent initiative and currently focuses on connecting children and adults experiencing cancer either directly or indirectly with needed resources of various kinds. This is expanding in the coming year as we will be sponsoring a health fair (early 2025) that will offer screenings and other valuable health related information. We are connecting with the Health Department and anyone else interested in joining in this effort. Early detection and having proper supports can quite literally save lives. If you would like to join in this effort in some way, **please do not hesitate** to reach out to me at: [Jennifer.LHeureux@dmh.mo.gov](mailto:Jennifer.LHeureux@dmh.mo.gov)
  - Merit Grant: I have this grant to continue research that I started as an Emergency Management student with reference to sustainable housing options for people with access and functional needs in disasters. People with these needs are at-risk for institutionalization after a disaster despite having prior been independent. Robbing someone of their independence on top of whatever disaster has happened should not be happening. The ultimate goal is to find solutions to eliminate this issue. I would like to reach out to our membership for input as this project continues to progress. Someone reiterated today that "it takes a village" and that is so true.

Along those lines of it taking a village, thank you to each of you for taking the time month after month to support this group through direct participation, emails, calls, sharing of resources, etc. None of this would be possible without you and **ALL** of use are needed because we each bring a unique skill-set, perspective, and experiences to the table and that is what makes needed change happen!

Our next meeting is on **October 15<sup>th</sup> at 1 p.m. on Webex**. More information on that is to come so please check our website in the near future!

Have a great rest of your week!

Jennifer

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