

# H..P.E. CHALLENGE

## Helping Others Prepare for Emergencies

<https://disaster.unl.edu/Preparedness-Challenge/HOPE>

### RESOURCE LIST (updated October 18, 2023)

Be sure to check out the Nebraska Extension State Action Plan (SAP) for Disaster Education & Response FY2023 and FY2024 (Nebraska EDEN). Your preparedness and response efforts most likely align with this SAP. Questions? Contact Soni Cochran, [scochran2@unl.edu](mailto:scochran2@unl.edu).

### New H.O.P.E. Challenge Goal = 600 People Trained:

**Training tally as of October 17 = 583 individuals\***

**Deadline:** October 31, 2023. Be sure to get counted! Here is how:

- *What Counts?* Professional development (PD), programming, or activity focused on emergency or disaster preparedness (January 1 – October 31, 2023).
- Submit your PD, programming or activity to <https://go.unl.edu/hope-submissions>.
- Each submission is entered in the “HOPE drawing” scheduled for Thursday, November 9, 1 p.m. CT / 12 p.m. MT via Zoom (watch for the Zoom link).
- In addition to the opportunities listed in this resource, you can also include:
  - Emergency Action Plans (EAP):
    - If you were involved in updating the EAP
    - Participated in Office Hours for the EAP
    - Took part in EAP reviews at a staff meeting, participated in a drill using the EAP.
    - Or used the EAP in a “real world” event.
  - Risk assessment planning (includes biosecurity):
    - Youth programming, events and activities
    - Adult programming (field days, meetings, conferences and more)
  - Are you a member of Nebraska EDEN or a volunteer responder? (fire fighter, EMT, HAM Operator, Storm Spotter and more). Use “other” on the [submission form](#) to get credit for your important efforts.

### **Upcoming:**

#### **The Great ShakeOut**

- October 19, 10:19 a.m. (where you are located). Register to participate in this worldwide awareness event focused on earthquake safety actions and find resources here:
  - English <https://www.shakeout.org/> | Spanish <https://www.shakeout.org/espanol>

*\*Includes people outside of Extension*

## Continuing the Conversation about Mental Health – A Dynamic Discussion

- October 26, 1 – 2 p.m. CT / 12 – 1 p.m. MT, No cost
- Register at <https://pages.extension.org/dynamic-discussions>
- Host: Extension Foundation. Presenters: Michelle Krehbiel and Soni Cochran

\*\*\*\*\*

## Every Person's Safety and Interaction Matters

*Training will equip you to handle situations in our work where you may be concerned about your personal safety. (Note: if you register for one of these sessions, go ahead and submit it to the challenge)*

- **November 13, 10 am – 3:30 pm, CST. Register by October 27**  
Location: Nebraska Extension – Buffalo County | Minimum: 8 – Maximum 40
- **December 6, 10 am – 3:30 pm CST. Register by November 20**  
Location: North Platte | Minimum: 8 – Maximum 20

Registration link: [https://ssp.qualtrics.com/jfe/form/SV\\_e2NZcuqXjFfvmb](https://ssp.qualtrics.com/jfe/form/SV_e2NZcuqXjFfvmb)

Contacts: Jill Goedeken, [jgoedeken2@unl.edu](mailto:jgoedeken2@unl.edu); Angie Heller, [angi.heller@unl.edu](mailto:angi.heller@unl.edu)

## Available on your schedule:

## Nebraska Extension's Role in Disasters – Recorded June 20, 2023

*Complete the Survey* shared at the end of the webinar and your name will be automatically submitted to the H.O.P.E. Challenge.

- Approximately 1.5 hours | Access the recording and slides at <https://disaster.unl.edu/employee-resources>

\*\*\*\*\*

## Nebraska Extension Disaster Education Webinars

*Resources and recorded webinars are available on the website that cover emergency management and disaster response. Take time to review these webinars during blue skies.*

- **Website:** <https://disaster.unl.edu>.
  - Log in (upper right) > Go to "About Us" > Click on Employee Resources
- **Webinars:**
  - Emergency Management and Public Safety with Mark Robertson, UNL Campus Emergency Management Director
  - Disaster 101 for Nebraska Extension with Chris Schroeder, Nebraska Emergency Management Agency
  - Long Term Recovery Groups with FEMA Region VII
  - Active Shooter Resources – includes training webinars, UNL

## Reach Out for Wellness Disaster Recovery Self-Assessment & Wellness.

*Research-based toolkit designed to support the mental health needs of Extension professionals whose jobs include helping communities following natural disasters. Community members and volunteers can also use this self-paced course (they will sign in as “guest”).*

- Cost: Free | Website: <https://extensionwellness.org/wellness-toolkit/>

\*\*\*\*\*

## Extension Disaster Education Network Webinars

*Online learning opportunities for Extension professionals to learn about disaster resources and programs used by colleagues across the nation, federal disaster programs, toolboxes for disaster resilient communities. Archived webinars include emergency planning for local and regional fairs, case studies on wildfire response, disaster financial preparedness, communicating risk, saving pets and people, biosecurity, chemical and oil spill response, the urban canopy and more.*

- Website: <https://extensiondisaster.net/news-events/webinars/>

\*\*\*\*\*

## FEMA Independent Study Courses

*In order to take one of these courses, you need to apply for a FEMA Student Identification System ID (FEMA SID) – <https://cdp.dhs.gov/femasid>.*

*After completing a course and take a short quiz, you will receive an online certificate. Courses are free. All courses can be found at <https://training.fema.gov/is/> | Suggested courses:*

- [IS-100C: Introduction to the Incident Command System, ICS 100](#) (English)
- [IS-100C: Introduction to the Incident Command System, ICS 100](#) (Spanish)
- [IS-700B: An Introduction to the National Incident Management System](#) (English)
- [IS-700B: An Introduction to the National Incident Management System](#) (Spanish)

\*\*\*\*\*

## FEMA Region 2 Individual and Community Preparedness Webinar Series – Empowering People and Communities

*FEMA Region 2 includes New Jersey, New York, Commonwealth of Puerto Rico, and the Territory of the US Virgin Islands, and eight Tribal Nations. Each FEMA Region has a “focus” and Region 2 has many resources and webinars on disaster preparedness. Includes Spanish language webinars and resources.*

- [Subscribe to the Individual and Community Preparedness e-newsletter](#) (many resources)
- Upcoming webinars: <https://femacqpub1.connectsolutions.com/content/connect/c1/7/en/events/catalog.html?folder-id=142643103&from-origin=fema.connectsolutions.com>
- Archived webinars: <https://www.fema.gov/emergency-managers/individuals-communities/preparedness-webinars>

## ***Schedule a Training:***

You can schedule a training any time, including after the H.O.P.E. Challenge ends for Nebraska Extension on October 31, 2023.

### **Stop the Bleed**

*About: Learning how to control bleeding from a serious injury is important for everyone. There are several ways to become informed, educated, and empowered.*

- **Scheduling contact:** Josh Yox, Citizen Corps State Coordinator, [josh.yox@nebraska.gov](mailto:josh.yox@nebraska.gov)
- Cost: Free | Time: 1.5 hours
- Minimum Participants: 10 | Maximum Participants: 40 | \*Ages of participants: 13 and up

\*\*\*\*\*

### **CPR/AED/First Aid**

*Trains participants to provide CPR, first aid, and use of an automated external defibrillator (AED). Certifications are valid for two years.*

- **Scheduling contact:** Josh Yox, Citizen Corps State Coordinator, [josh.yox@nebraska.gov](mailto:josh.yox@nebraska.gov)
- \*\*Certification Card Cost: \$20-30/person | Time: 8 hours
- Minimum Participants: 8 | \*Maximum Participants: 16
  - Larger classes may be possible – case by case basis
- Ages 16 and up
- \*\*Visit with Josh about abbreviated trainings without the certification card.

*More options for CPR/AED/First Aid:*

- American Red Cross – Online at your own pace. <https://www.redcross.org/>
- American Heart Association – Search for a class <https://cpr.heart.org/en/>

\*\*\*\*\*

### **Disaster Psychological First Aid**

*Evidence-informed approach aimed on reducing stress symptoms and assist in healthy recovery following a traumatic event, natural disaster, public health emergency, or personal crisis. This training is provided by University of Nebraska Public Policy Center instructors.*

- **Scheduling contact:** Josh Yox, Citizen Corps State Coordinator, [josh.yox@nebraska.gov](mailto:josh.yox@nebraska.gov)
- Class Cost: Free | Time: 8 hours
- Adults only | Minimum Participants: 15 | Maximum Participants: 50

\*\*\*\*\*

### **You Are the Help until Help Arrives**

*Life-threatening emergencies can happen fast, and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately.*

- **Scheduling contact:** Josh Yox, Citizen Corps State Coordinator, [josh.yox@nebraska.gov](mailto:josh.yox@nebraska.gov)
- Cost: Free | Time: 3 hours

## Community Emergency Response Teams (C.E.R.T.)

*Educates volunteers about disaster preparedness for hazards that may occur where they live including basic disaster response skills, fire safety, light search and rescue and more.*

- Scheduling contact: Josh Yox, Citizen Corps State Coordinator, [josh.yox@nebraska.gov](mailto:josh.yox@nebraska.gov)
- Cost: Free | Time: 1.5 days +

\*\*\*\*\*

## Question. Persuade. Refer.

*Learn how to recognize and respond to potential signs of crisis and suicidal behavior.*

- Registration required | Cost: Free | Time: 1.75 hours

*Also see: [Nebraska Behavioral Health Regions](#) | [University of Nebraska Public Policy Center](#)*

\*\*\*\*\*

## Communicating with Farmers Under Stress

*Workshop is designed for people and organizations working with farmers and ranchers on a regular basis. Website: <https://ruralwellness.unl.edu/communicating-farmers-and-ranchers-under-stress>*

- Contact: Glennis McClure, [gmcclure3@unl.edu](mailto:gmcclure3@unl.edu)
- Cost: Free | Time: 1.5 hours | In-person or virtual

\*\*\*\*\*

## Mending the Stress Fence

*Presentation/workshop on managing stress levels and reducing the effects of unwanted stress. Designed for farmers and ranchers, their families, and others working closely in the agricultural industry. Website: <https://ruralwellness.unl.edu/stressfence>*

- Contacts: Glennis McClure, [gmcclure3@unl.edu](mailto:gmcclure3@unl.edu); Brandy VanDeWalle, [brandy.vandewalle@unl.edu](mailto:brandy.vandewalle@unl.edu); Ashley Ahrens, [agoad2@unl.edu](mailto:agoad2@unl.edu)
- Cost: Free | Time: 20 to 30 minutes
- Virtual or in-person. Consider adding to a scheduled agricultural program

\*\*\*\*\*

## Ambiguous Loss

*It is often said that life is a journey. Good-byes, disappointments, and losses are also a part of life's journey. Some losses, like the death of a loved one, are well defined while others are a bit more ambiguous like the loss that comes with disasters, addictions, health conditions, or divorce. Nebraska Extension is providing online programming about Ambiguous Loss and how to move forward through communication, building resilience, and utilizing resources.*

- Scheduling Contact: Michelle Krehbiel, [mkrehbiel2@unl.edu](mailto:mkrehbiel2@unl.edu)

## Sleepless in Nebraska

*Program featuring strategies for self-care related to sleep hygiene. Customized for a variety of audiences including faculty and staff, businesses, organizations, students, healthcare professionals, teachers and more. Youth version provides interactive, fun environments for learning about sleep.*

- Contact: Hannah Guenther, [Hannah.guenther@unl.edu](mailto:Hannah.guenther@unl.edu)
- Website: <https://ruralwellness.unl.edu/sleepless-nebraska>

\*\*\*\*\*

## Livestock Emergency Response Plan (LERP)

Contact: Megan Patent-Nygren, [mpatentnygren2@unl.edu](mailto:mpatentnygren2@unl.edu)

\*\*\*\*\*

## Mental Health First Aid – Adult

## Mental Health First Aid - Youth

*Courses to help the public understand mental health and substance abuse and associated risk factors. Like emergency first aid, you do not learn how to diagnose. You learn how to direct persons in crisis to help. Certifications should be renewed every three years.*

- [Behavioral Health Regions](#)

\*\*\*\*\*

## Storm Spotter training – Basic and Advanced

Cost: Free | National Weather Service - <https://www.weather.gov/cys/skywarn>

\*\*\*\*\*

## CRAKE Information and Training Program (Civilian Response to Active Killer Events)

*Developed to provide information on awareness and steps a civilian can take to increase their safety in active killer events. CRAKE focuses on three steps: Avoid, Deny, and Defend.*

To request a CRAKE presentation from Nebraska State Patrol, contact the local Troop Office.

- |  |  |
|--|--|
| • Troop A – Omaha: 402-331-3333        | • Troup E – Scottsbluff: 308-632-1211  |
| • Troup D – North Platte: 308-535-8047 | • Troop C – Grand Island: 308-385-6000 |
| • Troup B – Norfolk: 402-370-3456      | • Troop H – Lincoln: 402-471-4680      |

Be sure to explore other learning opportunities and preparedness training and programs offered by our Nebraska Extension teams, NU campuses, and through your networks locally, regionally, and nationally.

