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Skip all front matter: [Jump to Page 1](#) ▼

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# Community Resilience Action List

Action List for Community Track

## 1. Focus on Assets

- Consider the following the assets available to my community:
  - Competencies
  - Money
  - Infrastructure
  - Equipment
  - Services
  - Relationships
  - Data

*What else can I do? Are there assets that my community has, which have not been identified in these areas?*

- Conduct an assessment focused on community-level assets.

Refer to these resources for help planning an assessment:

  - University of Wisconsin – Identifying, Mapping and Mobilizing Our Assets  
<http://www.uwex.edu/ces/lmcourse/pdfs/assets.pdf>
  - Healthy NOLA  
<http://www.healthynola.org/>
  - MedMap  
<https://medmap.hhs.gov/>
- Build assets into my next community health needs assessment.

Refer to these models showing key asset categories:

  - <http://extension.missouri.edu/about/fy00-03/assetmapping.htm>

## 2. Improve the community's plan for long-term recovery

- Include the following items in my plan:
  - Recovery activities that extend beyond the acute phase of disaster.
  - Supports for the long-term behavioral health consequences of disaster, as well as the immediate physical impacts.
  - Recovery activities that extend until normalcy resumes.

*What else can I do? What steps for long-term recovery planning has my community not yet taken?*

- Develop a coordinated, community-wide, long-term recovery plan.

Your plan should consider the following:

  - Data for tracking progress.
  - Long-term behavioral health needs.
  - Adaptations for your community.
- Exercise and improve my community's long-term recovery plan.

Follow these steps:

  1. Plan an exercise.
  2. Conduct the exercise.
  3. Use findings to improve plan.

## 3. Consider the effects of climate change

- Include the following items in my plan:
  - Descriptions of the slow-moving effects of climate change.
  - Plans for community-level adaptation, such as floodplain management.
  - Public communication on climate change as part of your community's general emergency preparedness dissemination.

*What else can I do to address climate change issues?*

- Conduct a community-wide assessment.

To improve your community's focus on climate change, conduct a community-wide assessment to determine vulnerabilities and risks in the face of climate change, as well as the community's assets.

For more, check out the Coastal Community Resilience Index.

<http://www.masgc.org/pdf/masgp/08-014.pdf>

- Prepare the public for slow-moving changes.

Work with a community planning group to identify the best resilience-building messages and channels to reach your audience.

For communication tips, check out [climatechangecommunication.org](http://climatechangecommunication.org).

#### 4. Address behavioral health before, during, and after disaster

- Include the following items in my plan:
  - A plan to assist with community-wide efforts to map behavioral health assets and vulnerabilities.
  - Professional development/training opportunities addressing evidence-based practice for responding to disasters (e.g., psychological first aid).
  - Plans for increasing capacity and infrastructure by addressing issues of pre-disaster workforce development and preparedness.

*What else can I do to help address behavioral health issues in my community?*

- Assess self-care practices within your organization and work to increase opportunities for those types of events.
  - Educate employees about behavioral health promotion opportunities within your organization as well as the plans for accessing those resources during a disaster.
  - Offer activities on how to create supportive work environments.

#### 5. Help community members plan for the social and economic impacts of disaster

- Include the following items in my plan:
  - Information on rapidly providing economic supports to disaster-affected individuals.
  - Ways to estimate long-term economic effects and strategies for accessing relevant funding.
  - Support for those who may be considered socially isolated (via distance, vulnerabilities, etc.).

*What else can I do to support social and economic recovery after a disaster?*

- Develop a plan for disseminating information about economic preparedness and recovery.
  - Map and plan for those at greatest "social risk."

## 6. Develop data systems to track preparedness and recovery planning

- Include the following items in my plan:
  - Sources of data on community assets and vulnerabilities.
  - Plans for accessing organization and community-level information on how resources are distributed after a disaster.
  - Information on the health and well being of individuals before and after a disaster.

*What else can I do to build or strengthen data systems?*

- Use assets and vulnerabilities data to inform community planning and decisionmaking.
  - Synchronize data systems that will provide information on community recovery.

## 7. Plan for sustainable development after disaster

- Include the following items in my plan:
  - Discussion of how your community will rebuild new service lines and more-resilient infrastructure.
  - Partnerships that support redevelopment of relevant services, infrastructure, etc.
  - Development of a community rebuilding team.

*What else can I do to plan for smart rebuilding after a disaster?*

- Develop plans for supporting innovative rebuilding in community.
  - Identify public-private partnerships for strengthening ongoing health and social resilience.