



Coping with Technological Disasters Appendix E:

Outreach Activity - Community Education Leaflet Distribution

*Prepared by: Prince William Sound Regional Citizens' Advisory Council
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This appendix provides sources of information and materials that can be accessed to develop community education leaflets.

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Introduction

Community education and resource leaflets should be designed to meet specific community needs and distributed throughout the impacted community as part of a community's response to an incident. These leaflets can be a useful tool for getting information on mental and community health issues distributed and shared throughout a community to address the social-emotional challenges of technological disasters, individual mental health needs, and community wellness.

Also, the lines between technological and natural disasters are becoming increasingly blurred. For example, after Hurricane Katrina, there were several oil spills resulting from damage to facilities. Climate-related natural disasters have raised the general stress level in many communities, making it hard to know which, if any party is at fault for impacts that ensue, such as drought, wildfire, changing species distribution, flooding, and rising sea level.

The original leaflets provided in earlier versions of the Coping with Technological Disasters Guidebook have become outdated and there are more contemporary and relevant resources available to address today's situations. Three such relevant sources of community and mental health leaflets are provided below.

These sites have information based upon the latest research and data and they are being continuously updated. However, more research should be done as needed for your specific community needs, and you may want to seek out information related to trauma informed practices, such as post-traumatic stress, resilience, mindfulness, or adverse childhood experiences.

Additional relevant research and resources can be found at the National Center for Post-Traumatic Stress Disorder (PTSD) in the U.S. Department of Veterans Affairs. The National Center was created to advance the care and welfare of veterans dealing with PTSD and stress-related disorders.

Resources

U.S. Department of Veterans Affairs, National Center for PTSD: Flyers and more resources. <https://www.ptsd.va.gov/publications/print/index.asp>

U.S. Center for Disease Control and Prevention: A resource with information and materials relevant for coping with disasters and traumatic events is the Center for Disease Control and Prevention. This site includes resources for a suite of emergency preparedness and response needs. This includes resources for children, community leaders, and emergency responders. This site has resources available online and for download that can be distributed: <https://emergency.cdc.gov/coping/index.asp>.

Alaska Resilience Initiative: An organization addressing similar issues and using a trauma-informed approach is the Alaska Resilience Initiative, administered by the Alaska Children's Trust. <https://www.akresilience.org/trauma>

Suggestions for use of the leaflets or information sources

- Determine the specific needs of your community.
- Review provided expert websites to see if they have information that fits your community health needs. Consider additional research for informational needs not covered by the provided sites.
- Place leaflets in areas of greatest public access (community centers, mental health facilities, hospitals, clinics, community centers, public meeting places, etc.).
- If your community hosts major public events, like festivals, or other activities, distribute leaflets from a booth or racks in a prominent location during the event. To draw interest, give away pencils, pens, buttons, and/or tickets for raffle items.
- Check with your local postal services to determine the cost of bulk mailings and how to acquire the mailing lists for the community residents to whom you wish to distribute public service leaflets. If your community is small enough or the impacted area is a neighborhood, door-to-door postings may be possible. Be sure to package the leaflets to meet current weather conditions and include appropriate contact information for where to obtain additional information on each leaflet.
- Consider what online platforms might be available to share electronic versions of these materials: community website, websites for local support systems, local social media pages and/or group, community blogs, etc.