

ECHO Q&A

Emergency and Community Health Outreach

Questions & Sample Answers / ECHO-TV “Recovering from the Storm”

(Recording Show: Feb. 28 @ TPT)

(Host: To our viewers we’d like to say we’ll be talking about may bring back some difficult emotions, but the goal of this program is to lead viewers to resources so they can work through emotions, rebuilding and community resiliency so our communities are stronger in case there is another tornado or disaster.

(Introduces guests)

(Questions for “Storyteller” guest who experienced the tornado)

1. Tell us what happened that day from your perspective. (ROLL THREE PICTURES: Picture 1, Picture 2, Picture 3)

2. Having experienced a tornado, I am sure that you have and will be affected in many ways. Tell me about the signs, emotions or feelings that you have experienced since the disaster.

3. In addition to addressing your emotions, what other challenges did you face around recovering and rebuilding after the storm?

(HOST: acknowledge that these are common emotions and feelings and introduce expert guest.)

(Questions for expert guest)

4. What are some additional signs and symptoms of problems after a disaster?

- Unable to get back into your daily routine
- Sleep difficulties
- Increased anger or irritability
- Anxiety, sadness
- Unable to stop thinking about what happened, distracted
- Feeling on edge... worrying about the next tornado or disaster
- Fear, overwhelmed

5. How does our culture handle issues that result from a disaster and does it look into being mentally and physically prepared and resilient?

6. Children may also have a hard time coping. What should parents look for? (Picture 6 of Children holding hands)

- Crying, tearfulness
- Sleep problems
- Headaches, body aches unrelated to a physical problem
- Increased anger, irritability, acting out behaviors
- Withdrawn or clingy
- New or increased problems at school, or day care
- Worrying about storm clouds or when there's bad weather.
- For younger kids, more potty accidents or bed wetting

7. What can you do to help a child who is struggling to recover from the crisis?

- Monitor television and media exposure of the crisis
- Talk with them and ask what is bothering them...don't assume that you know what they are thinking
- Listen to their concerns and worries and reassure them
- Provide extra hugs and attention, and positive support
- Teach them simple relaxation methods
- Get help from a mental health professional

- Remind them that they are safe now.

8. (If the storyteller guest has children)

How have your children been affected by the disaster?

9. What can people do to prepare their family for crisis and disasters?

- Make a family Emergency Plan that includes a way to communicate in a disaster and emergency contact numbers
- Make an emergency preparedness kit
- Know your workplace emergency plan
- Know your child's school emergency plan
- Practice your emergency plan

10. What can they do to prepare their community for crisis and disasters?

- Encourage your friends and family to make an emergency plan **(Emergency Plan Video Clip from SPNN)**
- Work with your church, workplace, or school to provide emergency education to your community
- Monitor local weather stations for sudden weather bulletins
- Encourage your friends and family to get to know their neighbors

11. How about *during* an emergency situation. Where can you find community resources to help yourself and your family?

- ECHO www.echominnesota.org on screen
- Red Cross
- County Health & Human Services
- Community Social Service organizations (like NorthPoint Inc.) **Northpoint Outside Shot**

(Back to the storyteller guest who experienced the tornado)

12. As you reflect, do you see connections in your community with your neighbors before a crisis occurs?

13. How has your “community” (could be family, neighborhood, cultural group) gotten stronger since the tornado?

(for expert guest)

14. Where can people who are having trouble coping after a crisis find help?

- For information and referral assistance concerning mental health and social services in Hennepin County, please call the Front Door Access line at (612) 348-4111.
- For 24/7 mental health crisis assistance in Hennepin County, please call the Child Crisis line at (612) 348-2233, or, for Adults, COPE (Community Outreach for Psychiatric Emergencies) at (612) 596-1223
- Family
- Friends
- Your clergy/church
- Your doctor
- Your local community mental health provider
- School counselor
- Contact your county 24/7 mental health crisis line – number in the phone book
- (Resources specific to that language)

As show is wrapping show graphic slide created with websites with additional resources.