



# Building Resilient Communities

May 2021

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## Kindness, Caring and Compassion

We hope that you find a sense of hope and beauty as the spring continues to unfold.

This has been a long and challenging period. The early stages of the pandemic and the ensuing lockdowns were hard on

all of us, in different ways.

Isolation, joblessness, childcare demands, the stress of working from home, feelings of disconnection from loved ones and many other challenges severely affected the mental well-being of many people around the world.

**At BRC we understand.** We know each of you are trying to stay healthy - both physically and mentally, are caring for loved ones, and doing all you can to help each other. Working with compassion and care, together we are finding our way through this painful period.

**May is Mental Health Preparedness month.** We hope that the resources we provide in this newsletter will help support your needs or you will pass them on to others who may need support. Although we know there is still much work to be done to mitigate the impacts of the pandemic, we are hard at work on many other fronts picking up the pieces and emerging stronger than ever.



Being prepared for disasters and emergencies can seem like an overwhelming job especially during this unprecedented time. But just like selfcare, start with just one thing. Taking small steps can make a big difference in an emergency.

The entire BRC team sends you best wishes for wellness and brighter days ahead. We believe that our focus on preparedness with all of its activities continues to move us forward toward a more prepared, empowered future ahead.

*Wishing you good health and better days. Debra*

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## MAY IS MENTAL HEALTH MONTH 2021



THERE ARE PRACTICAL TOOLS THAT EVERYONE CAN USE TO IMPROVE THEIR MENTAL HEALTH AND INCREASE RESILIENCY WHEN LIFE GETS TOUGH.

LEARN MORE AT [MHANATIONAL.ORG/MAY](http://MHANATIONAL.ORG/MAY)

This past year presented so many different challenges and obstacles that tested our strength and resiliency. The global pandemic forced us to cope with situations we never even imagined, and a lot of us struggled with our mental health as a result. The good news is that there are tools and resources available that can support the well-being of individuals and communities.

Now, more than ever, we need to combat the stigma surrounding mental health concerns. That is why this Mental Health Month BRC is supporting what individuals can do throughout their daily lives to prioritize mental health, build resiliency, and continue to cope with the obstacles of COVID-19.

Throughout the pandemic, many people who had never experienced mental health challenges found themselves struggling for the first time. If you found that it impacted your mental health, you are not alone. Learn about warning signs and symptoms here.

It is important to remember that working on your mental health and finding tools that help you thrive takes time. Change will not happen overnight. Instead, by focusing on small changes, you can move through the stressors of the past year and develop long-term strategies to support yourself on an ongoing basis.

BRC wants to remind everyone that mental illnesses are real, and recovery is possible. By developing your own tools, it is possible to find balance between life's ups and downs and continue to cope with the challenges brought on by the pandemic. For more information and access to a free screening tool, visit [www.mhanational.org/may](http://www.mhanational.org/may)

## BRC Learning Center Upcoming Trainings

### May 5 – Emergency Public Relations

When disaster strikes your church or nonprofit, the requests for media interviews is almost immediate and can be overwhelming without a plan. This course is designed to teach you how to view the media as an ally to communicate your talking points. Topics include the importance of designating/training a spokesperson, what to say and what not to say.

### May 19 - How to Develop an Evacuation Plan

Having an Evacuation Plan, and training your people in its use, is crucial for life safety. Topics include identifying exit routes, evacuation procedures for multiple scenarios, evacuation communication best practices, procedures for reunification of children and parents, training and equipping evacuation team, congregation and employees/volunteers.



### June 2 - How to Keep Your Church or Nonprofit Safe and Secure

Acts of targeted violence against houses of worship and nonprofits are a real—and potentially growing—problem in the United States. Keeping these facilities secure while sustaining the open and welcoming environment necessary requires a holistic approach to security. This course is designed to teach you how to assess your current security policies and posture and identify potential threats and vulnerabilities. Topics include developing a security plan with procedures, creating a safety/security team, securing your assets. Go to the BRC website for details.



## Partnering for Preparedness

More than entrepreneurial cookie purveyors, Girl Scouts and their action orientated community service builds girls of courage, confidence, and character, who make the world a better place.

Recently, the Girls Scouts of San Geronimo dedicated an afternoon to helping BRC prepare **more than 1,000 Emergency Packets**. Despite numerous obstacles - being under tents outside and blustery winds - these Scouts stayed the course to completion.

BRC expresses a deeply heartfelt thank you to these young volunteers and Joyce Knoll, Director of Outdoor Program & STEM. Words cannot express BRC's gratitude for not only the completion of this task but the true spirit of volunteerism exemplified. The time and service provided by the Scouts means the world to BRC and the many lives they will touch with their outstanding efforts.

*Thank you!*

## Prepare Your Community - Resource Corner



**BRC reminds us that an emergency can happen at any time and to anyone.** Help your family be prepared for any emergency situation with a safety preparedness plan, some basic supplies, and advance planning. Our partner in safety, Southern California Edison (SCE), provides critical tools in preparedness. BRC encourages you to explore its Public Safety Power Shutoffs and Medical Baseline Allowance programs.

### Help Prevent Wildfires

During high-risk conditions for a wildfire, power to your neighborhood may be shut off temporarily. This can prevent our electric system from becoming a source of ignition. Proactive shutoffs are temporary and meant to keep you and your community safe. One of the ways Southern California Edison (SCE) is reducing wildfire risks is Public Safety Power Shutoffs (PSPS). Learn more about PSPS and sign up for alerts today!

### Get Help If You Use Medical Equipment

If you or someone in your household requires the regular use of electrically powered medical equipment or other qualifying medical devices, you may be eligible for our Medical Baseline Allowance program. This program provides an additional 16.5 kilowatt-hours (kWh) of electricity per day. Provided at the lowest baseline rate, this helps offset the cost of operating the medical equipment. Apply today!



**MEET BRC TEAM MEMBER**

**Meet BRC's newest superhero – Kim Anthony.**

As Program Manager for the COVID-19 Response program, Kim is a boots-on-the-ground-advocate dedicated to addressing the racial and ethnic disparities in the vaccine rollout through education by dispelling

myths about vaccines, increasing collaboration with other organizations serving communities of color, and providing care and compassion.

Persons from communities of color are more likely to die from COVID-19 and have the lowest rate of vaccinations. As the United States recognizes the one-year anniversary of its first pandemic lockdowns, ensuring that the vaccine is available for communities of color is critical and urgent. This is where BRC and Kim step in **determined to level the playing field** by opening the door to vaccines for communities of color.

Kim has witnessed firsthand the devastating health impact of the pandemic. As a Major in the Army AMEDD Reserve as a Psychiatric Nurse with a Master's degree in Nursing Education, Public Health degree and currently serving as an adjunct Nursing

Instructor for mental health, she is uniquely prepared for the task. Beyond her nursing and crisis intervention skills, Kim knows with certainty that it takes a builder of faith to establish and cultivate trust with a community.

**Faith is the cornerstone of BRC's work.** And, like all of BRC's team members, when you have a call to serve - *you must answer.*

Kim attended an educational program provided by BRC CEO Debra Williams and was inspired by Debra's visionary drive to prepare churches and congregations for disasters. She knew she had to be a part. "I really felt God put me into that meeting for a reason.", shared Kim.

BRC is building resilient communities. In addition to being prepared, Kim believes that all people need and deserve to have emotional and spiritual support especially during times of disaster. Her high level of skill provides both and more. She brings caring and trust that paves the path to building resilience in an effort to close the racial divide on the pandemic war.

*Kim, thank you for your compassionate dedication to help save lives.*



**Get Vaccinated -  
Continue to  
MaskUp!**

Our communities have been forever changed by the pandemic.

It is time to take a step forward - for you, for your loved ones, and for your community.

See website for list of BRC's Current Vaccination list.

**ARE YOU READY, CALIFORNIA?**  
 FOLLOW THESE 5 SIMPLE STEPS:

- 1. GET OFFICIAL ALERTS** 
- 2. MAKE A PLAN TO PROTECT YOUR PEOPLE** 
- 3. PACK A GO-BAG WITH THINGS YOU NEED** 
- 4. BUILD A STAY BOX** 
- 5. HELP FRIENDS AND NEIGHBORS** 

LISTOSCALIFORNIA.ORG  
 #YOURACTIONSSAVALIVES 

**Let BRC Help You!**

Shop our easy online store! Disaster preparedness kits and supplies for every size household or business.

Make your purchase to prepare yourself and family while supporting our mission. Go to [www.brcus.org](http://www.brcus.org)!



**Shopping on Amazon?** Experience feel-good shopping and support BRC by using Amazon Smile! When you shop at [smile.amazon.com](http://smile.amazon.com), you will find the exact same low prices, vast selection and convenient shopping experience as Amazon.com with the added bonus that Amazon will donate a portion of the purchase price to BRC. Get shopping and make a difference today!



*Preparing for Disaster | Strengthening Communities | Training Leaders*

Building Resilient Communities is a 501 (C)(3) nonprofit organization that relies on the support of its donors to provide service to the community. Your gift can make a difference to a lifesaving opportunity for another.

**Donate Today!**

**Business Address: 301 N. 9th St., Ste. 312, Entrance Reception 200, Redlands, CA 92374**

**Website: [BRCUS.org](http://BRCUS.org)**