



## TRANSCRIPT FROM EVENT: Getting Real II

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Section: Hawaii Feeling Safe Being Safe Training Strategies  
(Skaggs, Kelly, Getty)

>>Dawn Skaggs: My name is Dawn Skaggs, and beside me is Nicole Kelly, and beside her is Joanne Getty, and we are here from Hawaii today, so any foul ups, mess ups or flub ups, we're going to count up to the time difference. So, that's my, my preliminary disclosure. Next, we do not believe in Hawaii, about having singular people, we do everything as a group, and you are part of our group today, so here's my challenge for you, to start out the day. You've been sitting nice and quiet for the first 35 minutes, and now I need you to day [inaudible].

>> [Inaudible]

>>Dawn: Awesome. You'll have a test at the end. You just asked if you were ready. This is one of the tag lines that was used by one of our partners on the Disability and Communications Act, this board, when they made some of their videos a few years ago, and it's used very regularly within the culture for groups and teams that get together and have to go do something together, so, we included that today, because we're all in this together, so [inaudible].

>> [Inaudible]

>>Dawn: Awesome. In Hawaii, we have a few unique features that I wanted to touch on today. It's a collection of island counties in the middle of the Pacific Rim, and, effected by natural disasters throughout the Pacific, with no emergency response or supplies assistance for thousands of miles. That means, we can't go and go to the next county or send buses of supplies from the next state over. It also means that individuals are subject to earthquakes, hurricanes, tsunamis, volcanoes, tropical storms, fires, flooding, international pandemic diseases, and we're the first point of entry of the United States. So, if you can think of a disaster, we have it. It means we need to be prepared, and what you're looking at, at the slide, are two individuals standing in different locations in Emergency Disasters in Hilo, in 2000.



>> [Inaudible Speaker Comment]

>>Dawn: Now you're looking at Kauai in 1998 and the big island in March. If you live in Hawaii and experience a natural disaster emergency, you can reasonably expect to be self-reliant for 5 to 7 days; forget the 72 hours, that a lot of people have for their guidance, we are, we've got to go a week. However, many homes in Kauai, after Hurricane [inaudible], were without power for months, following the hurricane. Emergency effects, if the emergency affects the ports, we will go even longer. So, we need to be prepared for all individuals and all communities, to be prepared without looking for first responders or support from elsewhere. This is Oahu in 2004 and the Big Island in 1989. We can't drive to the next state or send for trucks for supplies, and if the electrical grid goes down, there is no other grid to tap into, we start from scratch. So, we had to ask ourselves how do communities, whole communities become prepared, and how do we help individuals become prepared? So, what we did was find a strategy that supports individuals. We are a project funded by the Administration on the Developmental Disabilities, the US Department of Health and Human Services. It's administered through the University of Hawaii, Center and Disability Studies, and we coordinate diverse agencies to create a system of supports. And, what we needed to do is build on existing strength. We could not start from scratch, we had to look around, in the community, at what the supports and what the strengths were within our community, and we developed a system of support. The greatest strength in our community is the people. Many agencies, organizations, groups and individuals were doing significant work in emergency preparedness for whole communities and individuals with functional needs. Individuals and families needed a way to get that information. There was fantastic things being done, but the average family member didn't have any idea what they were. So, what we decided to do was stand in the gap and pull those two things together. We looked for state agencies that collaborate on inclusive policies, plans and procedures. We looked for community organizations to provide the face to face support that our previous presentation, so well articulated, it's essential. We looked for individual community leaders and groups that bring families together. The key, with the individual; the individuals needed a way to make the whole community planning on emergency management policies real and implementable in their homes. There is no point in having a fantastic plan on paper, if the family can't implement it in the day that it's needed. So, we went looking for these special individuals; individuals who attend Emergency Preparedness training. We wanted individuals who will take action to become prepared, and individuals who commit to the community leadership and to helping others. People who would go beyond my own personal preparedness to how do I support my neighbor and my friend and my family members? The community strengths, that we identified, and I'm sorry, from the angle, the type looks awfully dark, I hope you can see it better

than I can, were the tools that demonstrated inclusion and integration. We wanted to build on existing community strategies. We began with a project that was already in existence in California, it was called the Feeling Safe, Being Safe Curriculum, and that was actually funded, originally, by the Department of Homeland Security. We added the support of the Department of Health and Human Services, and transferred it into the Hawaii Feeling Safe, Being Safe training strategy. We used partner agencies and non-profit agencies to implement it within the community, because, just as our previous presentation, we are a project with a timeline, and we won't be here forever, but there are other people in the community who will. So, we went back to the community and looked at the strengths, and the strengths were, again, the individuals and the non-profits that worked with those individuals. We looked for the support and for the opportunities for equal access. The power of the strategy and the strength of the community relationships and supports, non-profit agencies and community members made a commitment to support individuals with functional needs to become personally prepared. This is a lead by example opportunity, and, I have to disclose to you that, when I first started this, I was not prepared. I had to take the training myself. Non-profit agencies and community members made a commitment to support the individuals and then we began with three focus groups. As I mentioned, we started with a California tool, that was not applicable for our communities in Hawaii, so, we used focus groups to create that applicability to make it culturally relevant to what our needs were in our communities. We used train the trainer events for any interested stakeholders. One of our outstanding community partners is here with us today, and they are representing Easter Seals Hawaii, and they will talk to you, in just a moment or two, about what that's like to translate something into something that's meaningful for your population. Together with those agencies, individuals with functional needs stepped forward to become trainers. We did not go looking for people, we said, "Here's an opportunity, who's interested?" And the hands flew up around the state, and people said, "We're interested, I'm interested, I'd like to do this." So, they collaborated with community members and non-profit agencies to identify a facilitator. For every individual trainer who wanted to become a trainer, we also asked them to bring along someone that they would like to work with, who would work as a facilitator. They became a training team. Participants attended our train the trainer opportunities, and the self-advocate and facilitator completed one and a half days of training, both in the Feeling Safe, Being Safe Curriculum, that we had developed, as well as professional development, organization, planning, communication and presentation skills that were essential to host a successful emergency preparedness training. When the successfully completed all aspects of the training, they were officially declared Feeling Safe, Being Safe Certified Host Trainers, and they became a member of network of other self-advocate trainers, who became their own support system for each other. This is not something we planned, this is something that happened, because of the fabulous people that stepped forward and said, "We'd like to be involved." They, then, returned to their natural community to train others and provide follow up support and lead by example. So, we do not go out into the communities to do trainings, member of the community do the trainings for their own communities. In that way, we're reaching whole communities. The



success of the project, the process, has demonstrated the adaptability of the training to various languages, cultures and geographies. Hawaii has no predominant culture or ethnicity, we are the true meaning of the mixed bag, we call it the mixed plate, because that's what we often eat is a mixed plate bento, but we have adapted this curriculum to our culture. What that means for you is that it can be adapted to yours. It can be implemented within the community, because it is a train the trainer model, we support individuals, going back into their own communities, and then they train other family members, friends, co-workers and neighbors, their peers and anybody else who says, "I'd like to take the training." This makes it a culturally competent and linguistically accessible, functionally relevant, training that reaches a wider population. Just as the previous presentation eluded, or spoke about, the person who goes out into the community is somebody who needs to relate to that community. And, I've brought somebody who relates to their community with me today. I have, would like to introduce one of our certified host trainers, in Feeling Safe, Being Safe, her name is Nicole and she is representing Easter Seals today. She's a recent graduate of our training program, however, she's already made a huge impact on her community, and she's going to share with you some of her thoughts and perspectives of being a trainer, for this program.

[ Silence ]

>>Nicole: Okay, thanks. Hi everyone.

>>Hi.

>>Nicole: [Inaudible] When I was taking the training, I fill out the worksheet and fill out the magnet, put the certificate together, and I thought I have lots of fun. I learned a lot too. I met new friends. I was, it was a lot of fun and to put together, fun activities, and fun papers, and money, and for the water.

[ Silence ] [Inaudible] cover shoes, a can opener, a first, first aid kit.



[ Silence ] And that what I feel is safe and prepared and for anything. I want to be a trainer and because I saw my friends being training and trainer, and they were, and professionals.

[ Silence ] I saw that, and that knew, and they knew how to take care of themselves. [Silence] And, I get to do and train a group, and show the slideshow, show my magnet and the worksheet. [Silence] I help my friends and with the worksheet, they had do and do alone, and I let them, and do it by themselves. [Silence] And thank you.

[ Clapping ]

>>Dawn: Thank you Nicole. She just outlined for you what the training is like. Participants receive a magnet that they put on their refrigerator for first responders. They receive a worksheet that helps guide them through the creation of their kits, and they take on responsibility to make sure their kit meets their personal needs, so that whatever they're specific requirements are, being it sheltering in place or at a shelter, they have what they particularly need. Nicole was very good about touching on the fact that she needs things to do, in a shelter. If we're going to live in shelter for seven days, I'm going to be beside her because she's bringing fun games to do. And, we need to remember closed toed shoes, which is very important for most of us that live in slippers. Together with the trainers, they go out into their communities to share with others, with a facilitator, the second piece of their training team. Beside Nicole today is her facilitator Joanie Getty, who's representing, actually, our, one of our most fantastic community partner. Easter Seals has done an amazing job of making this opportunity available to individuals, supporting them as they go out and helping them to take it as far as they'd like, from personal preparedness through to community leadership. So, I'm going to let Joanne share with you what it's like from her role.

[ Silence ]

>>Joanne: So, I'm sorry, I'm not as well spoken as Nicole is. So, I'm here to talk about the role of a facilitator. Nicole is one of our trainers and I function as her facilitator, which means basically I'm her assistant in the trainings. What's important about being a facilitator is that I'm always their biggest fan. We visualize success for them and we help

them learn how to ask for help. As I said, we are their assistant, they are doing the training. It's very important to keep your expectations for a person real. For some people, you know, reading may not be realistic for them, so you may need to use visuals, and, also, our job is to gently, to push them to do the most that they can do for themselves. Also as a facilitator, it's our responsibility to give the trainer the opportunity to make mistakes sometimes, so they can learn from them and try again. And, also, of course, always provide plenty of positive reinforcement, so that they're having a positive experience about it, and that they want to do more trainings. It's also my responsibility to reshape the materials with the trainer, whether that means visuals or different modes of communication, so that they're individualized for the trainer. Being a facilitator also means a lot of work upfront, because you are reshaping the materials and things like that, but then stepping back and let the trainer shine on their own, as you saw from Nicole today. The role of the agency is to present the opportunity to individuals, as Dawn said, we were given the opportunity and I went back to my adult program, and I, basically, said, "Who wants to do it?" And, some people raised their hands, and now that we have a first couple of trainers interested, we have several more people that are now interested and ready to move forward, and, of course, to support them however necessary to make that happen. At Easter Seals we're currently trying to, kind of, figure out what our role is going to be and where we can take this program in the future. Nicole didn't get a chance to say, but she's looking at, some of her personal goals are to train her Special Olympics team, the Terminators, as well as train our Easter Seals Ohana group, and Ohana means family, if you saw Lilo and Stitch, so training out Easter Seals parents and family members. Training to be prepared is completely in line with what we're all about. We support people to become independent, and it's difficult to be independent, when you're never given any responsibility. We want to support trainers to be able to take this program out to the communities, as I said, to Special Olympics teams, to families, to churches, to different school organizations or community organizations. So, that's it.

[ Silence ]

>>Dawn: Thank you Joanne. As I mentioned before, when someone becomes a trainer, they become a member of a network of supports. What you're seeing on this slide right now are some of the supports and friends of Nicole. We were fortunate enough to test our program in March, March 11th of 2011, when we had the Tsunami from the Japan natural disasters, and one of the things that we were fortunate enough to have was the experience to implement, and I'm going to read for you a few of the comments from some of our trainers, who were certified trainers at the time, and their experiences during an actual Tsunami. I watched TV and listened to the radio to know what was happening. I got my stuff all ready, I heard the sirens and I slept with my radio on, to see

if I needed to evacuate. I also called my friend to see if she was ready. She needed some help, so I told her what to do. When it was all over, we went to my friend's house and watched our training video, just in case things happen again. Another individual shared; my mom was really nervous when we first heard about it, so it was important to calm her down. I told her to listen to the radio, to know if we had to go. I had my kit and was ready, but I had to help my family get ready too. I made sure we were ready to leave if we had to. I called my uncle and told him we might be coming to his house. I was glad I knew what to do. Other trainer shared; I checked my kits to make sure I had batteries for everything. I was ready and okay. When we had the fires it was very dangerous. I was glad I was prepared. We, our neighbors, helped each other.

[ Silence ] Validating these efforts, the Feeling Safe, Being Safe training strategy includes key supports. The first of them is trainers following up with participants, we don't just train and leave. The second is the community based implementation, the electronic data management tools, the electronic data training follow-up supports, and data collection or quality effectiveness. We have heard that there is no data, we are trying to create data, as we go, to show how effective this might be. What does this mean for you? It means that because we've demonstrated it in Hawaii, with the diverse cultures and needs that we have, it's something that can be done anywhere. It can be replicated through the participation of self-advocate trainers, startup support and coordination sources and materials, it's that simple. The next steps; strengthening our Ohana, because we believe that Ohana is never leaving anybody behind. Creating the firm connections within the natural community is the important piece. And, I was told to put the contact information on the last slide, so there it is, but what you're going to do is practice again, [Inaudible].

>>[Inaudible]

>>Dawn: And I think we've left about two minutes for questions, if anyone has any questions. If we don't get time to all of your questions, we will be presenting again tomorrow morning so you can pop back in then, but are there any preliminary questions today?

[ Silence ] Oh, you mean I could have kept talking? We would like to thank you for coming, and for your interest in participating with us. If you do have any questions on how this program could be implemented or what it feels like to be a trainer, Nicole,



Joanne and I are very willing to chat. One of the things we do best in Hawaii is talk stories, so, take us from behind the table and the mic and we'll tell you what it's all about. Thank you very much.

[ Clapping ]