

THRIVE INDIANAPOLIS

PREPAREDNESS WORKSHOP

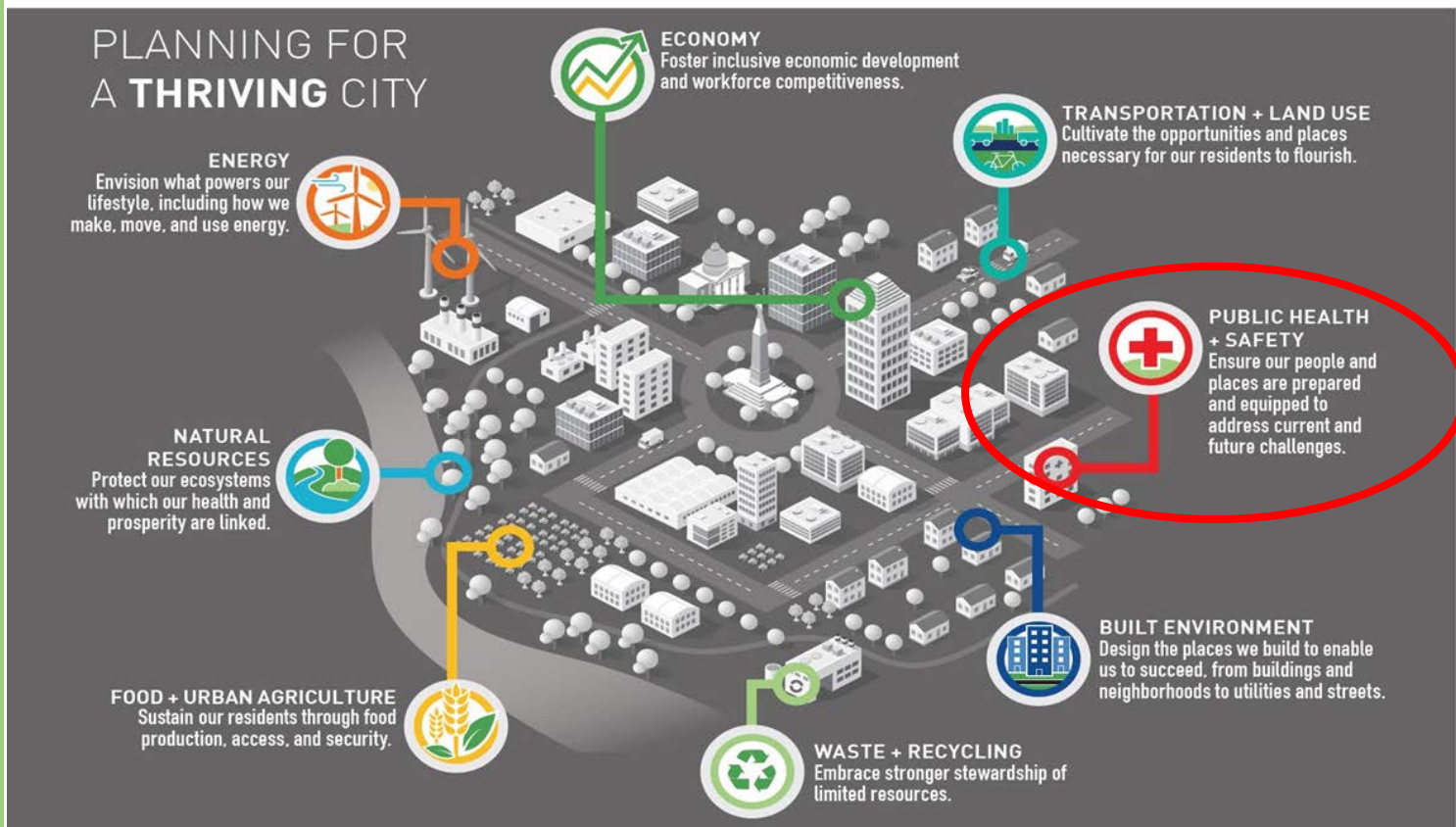


AGENDA: **What is Thrive?** → **What challenges do we face?** → **What can we do to prepare?**

PART 1: WHAT IS THRIVE INDIANAPOLIS?


Thrive Indianapolis, the first actionable plan of its kind in our city’s history, brings together City agencies, community partners, and residents to chart a course for an Indianapolis that is equitable, healthier, and prepared for the challenges of the 21st century– and then, together, we will create a more resilient future. Our community’s ability to mitigate and adapt to these challenges is dependent on your voice.

“Indianapolis is an authentic, inclusive city with healthy, happy, and resilient neighborhoods.”



CORE VALUES

The four core values represent the City's commitments and they are the metrics we use to ensure Thrive Indianapolis truly addresses our community's needs. The strategies identified for each plan element will be evaluated on how well it helps us address these core values.



CAPACITY BUILDING
Helping residents to build prosperous, interdependent neighborhoods.

EQUITABLE SERVICES
Delivering high quality public services to all.

POVERTY REDUCTION
Creating pathways to prosperity for all community members.

FISCAL RESPONSIBILITY
Managing public resources to meet the present and future needs of the Indianapolis community.

Resilience (noun)

"A resilient Indianapolis is able to anticipate, adapt, and flourish in the face of change."

Sustainability (noun)

"A sustainable Indianapolis provides equitable services and supports inclusive, healthy, and happy neighborhoods."

Any questions?

Chronic Stressor *(noun)*

“A chronic stressor is a challenge you face on a day-to-day basis.”

Examples of Chronic Stressors:



Financial stressors

Feeling like you aren't making enough money to provide for yourself or your family



Social stressors

Feeling unsafe in your neighborhood due to crime, isolation, or other factors.



Health stressors

Feeling like you can't put your best self forward because of physical or mental health challenges



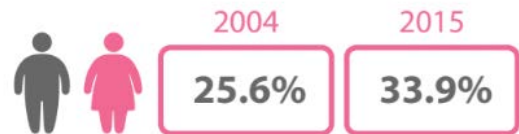
Environmental stressors

Feeling like your environment is lessening your quality of life (e.g., water quality, air pollution, lead, litter)

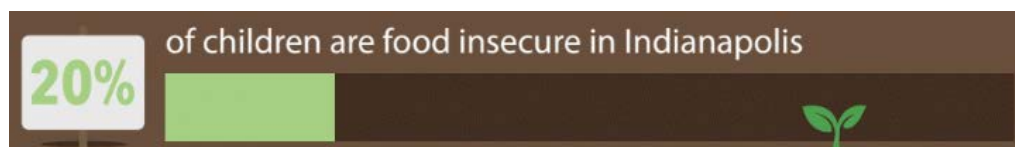
Stats:

35%

of Marion County residents are **burdened by the cost of housing**



Like, most of the US, Indianapolis has seen an increase in adult obesity rates.



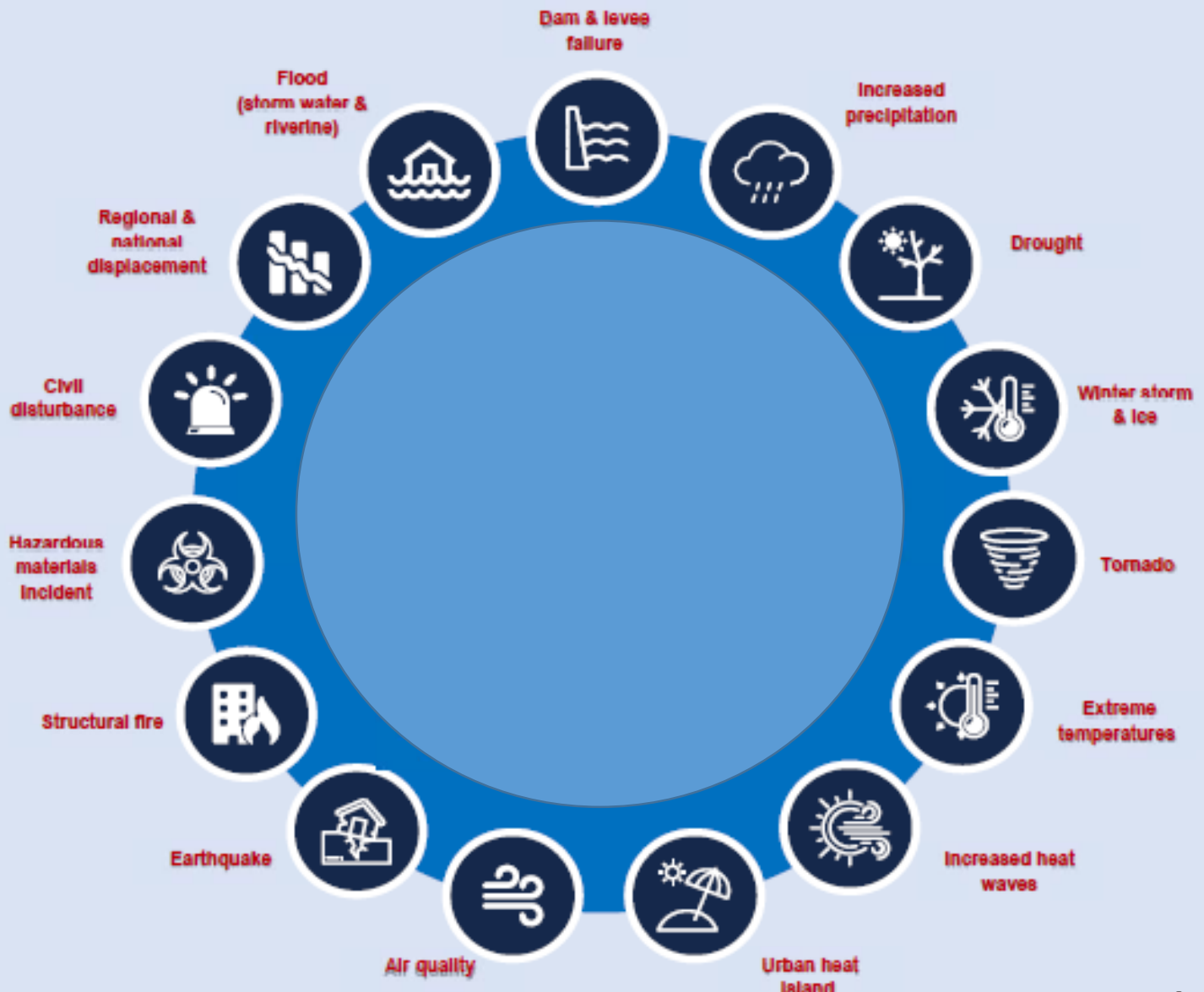
PART 2: WHAT CHALLENGES DO WE FACE NOW AND IN THE FUTURE?

Shock (noun)

“A shock is a significant event that is often dangerous and requires immediate action.”

As our climate changes, many shock events (e.g., flooding and days of extreme heat) will happen more often. Day-to-day chronic stressors can make the effects of shocks much worse.

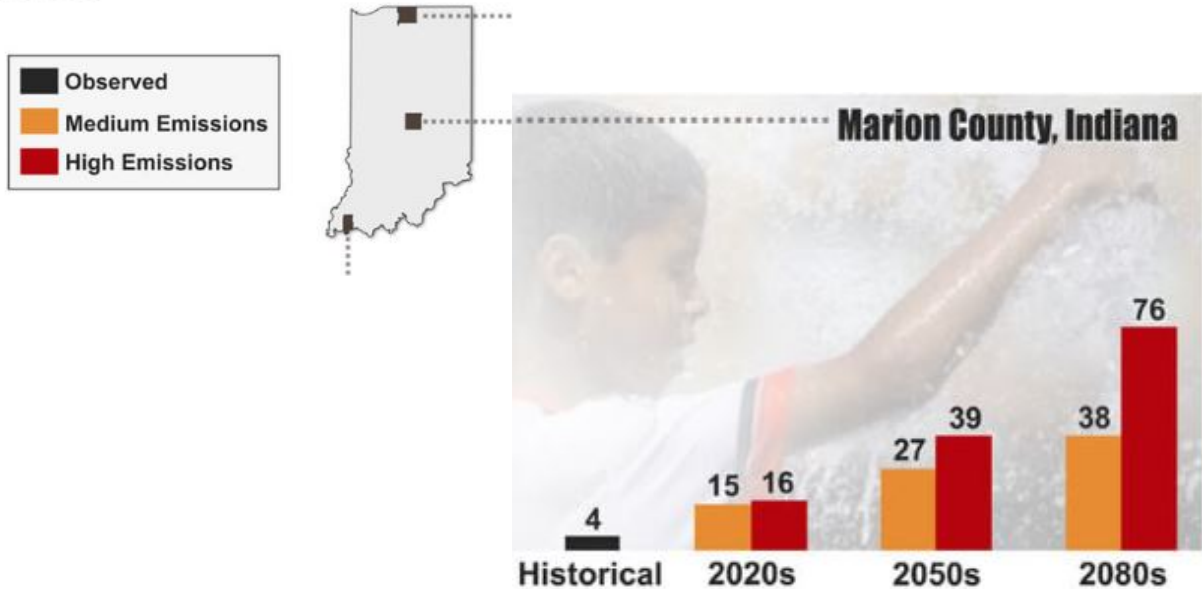
Shocks that could happen in Indianapolis include:



Climate Change Projections for Marion County

Extreme Heat

Number of Days With High Temperature Above 95°F



KEY TAKEAWAY

Key finding: Indiana has already warmed 1.2°F since 1895. Temperatures are projected to rise about 5°F to 6°F by mid-century, with significantly more warming by century's end.

Why it matters: A rising average temperature increases the chance of extreme heat and reduces the chance of extreme cold, and it also changes the timing and length of the frost-free season when plants grow. These shifts will impact air quality, extend the growing season and the allergy season, and create more favorable conditions for some pests and invasive species.

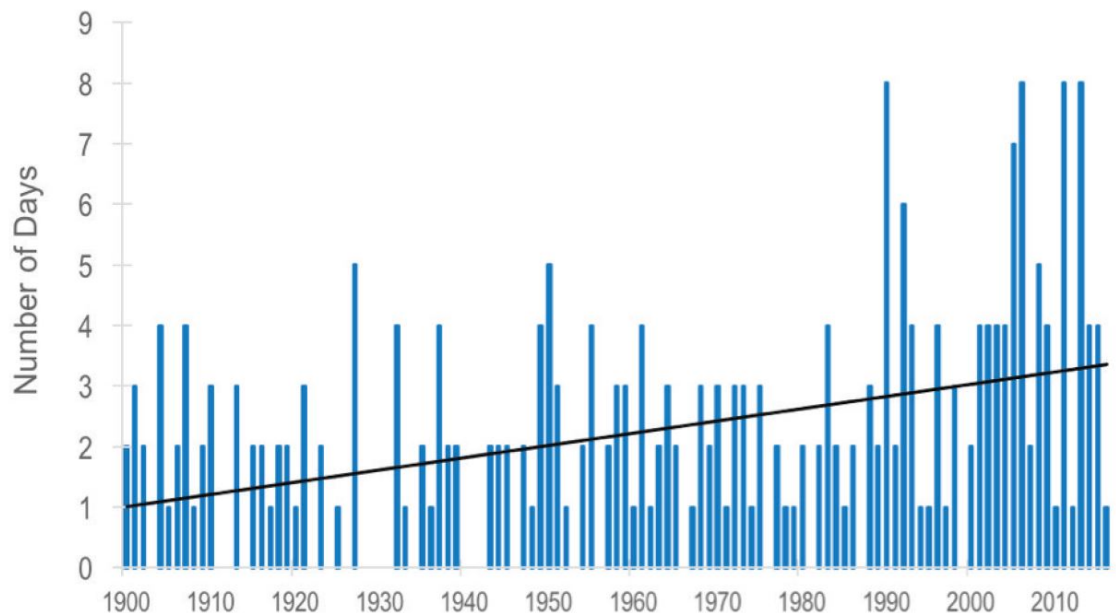
<http://indianacclimate.org>



Climate Change Projections for Marion County

Rainfall in July of 2015 broke the 1875 record, making it the wettest month on record for Indianapolis. The 2018 Indiana Climate Change Impacts Assessment indicates more precipitation is falling in Indiana. The 2013 Multi-Hazard Mitigation Plan ranked **flooding and dam/levee failure as two of the top three potential hazards** (tornadoes are the third). Within the **current** flood hazard area, there are over 28,000 structures, including 177 critical facilities (three hospitals, 11 emergency response facilities, and 40 schools). Potential damages to these structures range from \$500,000,000 for those in floodways to nearly \$7 billion for facilities within the 500-year floodplain.

More Frequent Extreme Precipitation Events in Indiana



Above: The number of days with precipitation events that exceed the 1900 to 2016 period's 99th percentile for Indiana (statewide average). The black line represents the trend line (0.2 days/decade) for the 1900 to 2016 period. Source: Midwestern Regional Climate Center.

Discussion Questions

1. What “chronic stressors” or challenges do you think Indianapolis struggles with the most?

2. Please indicate which 1 - 2 shocks you are most concerned about.

___ Extreme rainfall

___ Fire

___ Hazardous materials incident
(e.g., a chemical spill)

___ Flooding

___ Earthquake

___ Winter storm & ice

___ Heat Wave

___ Dam or levee failure

___ Civil disturbance

___ Drought

___ Other (please describe):

___ Tornado

4 Ways to Take Action

1

Create an emergency plan. Making a plan is an important step to feeling prepared. Chances are your school or workplace has such a plan (whether you know about it or not) and your home should too!

Things to include in your plan:*

- Discuss the types of disaster most likely to happen. Explain what to do in each case.
- Make sure everyone knows where to find your emergency supply kit. (See what should be included in your kit on page 10.)
- Have a flashlight and a pair of shoes under everyone's bed.
- Identify escape routes from your home. Find two ways out of each room. Find safe spots in your home, especially for tornadoes and shelter-in-place.
- Pick two places to meet: Right outside your home in case of a sudden emergency and outside your neighborhood if you can't return home.
- Ask an out-of-state friend to be your "family contact". After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Post emergency telephone numbers by phones (fire, ambulance, police, etc.)
- Teach your family how and when to call 911.
- Teach each member of your family how to use a fire extinguisher, and have fire extinguishers available on each level of your home.
- Learn how and when to turn utilities off.
- Conduct emergency drills once a year.
- Take into account the special needs of elderly family members and family members with disabilities, children, and pets.



*Information courtesy of the Indianapolis Metropolitan Police Department, for more information on preparedness, visit: www.indy.gov/eGov/City/DPS/DHS/Preparedness

PART 3: WHAT CAN WE DO TO PREPARE?

2

Stash an emergency kit. In addition to the supplies shown below, you should have enough food and water and non-perishable food stored in your house to last you for 3 days following a shock event.



3

Monitor emergency alerts. Turn on your radio or TV for The Emergency Broadcast System on radio and TV stations will announce a “watch” if an emergency situation is expected and a “warning” if it is imminent or in progress.

4

Volunteer. Sign up to be part of Indianapolis’ Community Emergency Response Team (CERT). CERT volunteers can assist their neighbors when a disaster occurs and professional responders haven’t arrived yet. For more information on upcoming CERT trainings, log on to: www.indy.gov/eGov/City/DPS/DHS/Preparedness/Pages/cert.aspx

You can also be a neighborhood hero simply by checking on your friends and neighbors that may need additional assistance during a shock event.

Discussion Questions

1. How have your own life experiences shaped what preparedness means to you?
2. Will some of the “chronic stressors” in Indianapolis make preparing for a shock harder? If so, how?
3. What other actions do you think you or your community could take to be better prepared?
4. What other resources or information do you feel you need to take action?



TELL US ABOUT YOU

1. Please provide the zip code in which you reside.

2. What is your age?

Under 18

18-24

25-34

35-44

45-54

55-64

65-74

75+

3. With which race/ethnicity do you most associate? (Please choose only one.)

American Indian/ Alaskan Native

Asian/ Pacific Islander

Black or African American

Hispanic/ Latin American

White/ Caucasian

Multiple Ethnicities/ Other

4. Which housing status best describes your current situation? (Please choose only one.)

Homeowner

Renter

Live with family/ friends

Currently without permanent housing

Live in an institutional facility

Other (please describe):

HOW CAN WE IMPROVE?

1. What did you like about this workshop?

2. What do you think we could improve?

Resources

Health & Wellbeing

Marion County Department of Public Health
3838 N. Rural Street, Indianapolis, IN 46205
317.221.2000

www.marionhealth.org

Indiana Family and Social Services Administration: Supplemental
Nutrition Assistance Program

800.457.8283

<https://www.in.gov/fssa/dfr/2691.htm>

Education & Training

Indianapolis OASIS (for people over 50)
10800 E. Washington Street, Indianapolis, IN 46229
317.396.3751

<https://www.oasisnet.org/Indianapolis-IN>

Indiana Department of Workforce Development

800.891.6499

<https://www.in.gov/dwd/2678.htm>

Indy Reads

Central Library, 40 E St Clair St, Indianapolis, IN 46204
317.275.4040

<http://indyreads.org/>

Housing

Partners in Housing

725 North Pennsylvania Street, Indianapolis, IN 46204

<http://www.partnersinhousingindy.org>