

Animals and Humans in Disaster (501c3), FEMA–MRC 2473 Status, Goals, Objectives 2022-2025



Or Be a

Community Liaison?

Service Provider?

Information Liaison to
Resources or People in
your Community?

Wellness Liaison?

Someone to guide, talk
to or assist in some way?

Who we were (2010)

4 women/4 Bags of Food/\$40 serving Phoenix.7/2010.

- 3 Women Left./1 had a stroke in Dec 2010.
- Decided to reorganized Empty Bowl Pet Food from a Pet Food Bank Model to a Disaster Response Unit.
- From a Stationary Unit like Lost our Home to Mobile Response Unit Like Red Cross Disaster Response-2011.
- Invitation to Form an Animal –Based MRC by Az State Health Emergency Services, Antonio Hernandez, MEP, on 2/12/2012 inside the 501c3.
- Began reorg to expansion, to define Animals (and Humans) in Disaster, adding “America RU Prepared Department in 2017. Created a Animal Division (pets, service animals farm animals, wildlife (zoos and parks- OSHA) and Human Division focus on vulnerable populations- elderly, disabled, chronically/terminally sick-injure, veterans, homeless... to cultural in 2023.
- Mission foundation focus in 2012:
resiliency, find new norms
- **Mission addition in 2022:**
Wellness, Wellbeing and Resiliency.



All Lives Matter! We are not a specialty service!

- > Valley of the Sun 4.7 million people in 165 square miles, in 23 Communities and 4th largest and the wealthiest County in US for 4 years running (Phx Business Journal)
 - >**Arizona considered 85% Rural**
- >**2 Mining/Company Owned communities in AZ:** Bagdad and Morenci, Ajo, Clarkdale Kerney and San Manuel
https://en.wikipedia.org/wiki/List_of_company_towns_in_the_United_States#Arizona
- >**22 Federally recognized Tribes Nations in AZ:** there are laws, sovereignty, and cultures/customs to factor in.
- *Navajo Nation vowed to exceed OSHA Safety – I taught 4 Trainers from that Nation, OSHA 500 Trainer Course. (EAP) 29 CFR 1019.38: Emergency Action Plan Law>

Who we became/are:

Animals and Humans in Disaster, Inc (501c3) (Formerly Empty Bowl Pet Food Pantry – now a Department)

Though community and pets, we strived to help build resiliency and resources that are local for disasters/emergencies.

We are a FEMA response unit, National, (Medical Reserve Corp #2473) inside a 501c3, state.

- ❑ APPA per Ownership survey of 2020-2021 showed that 70% of US homes have at least 1 pet.
- ❑ We discover that people (from vulnerable populations and mainstream) will do things for and on behalf of their pets that they will NOT do for themselves – examples:
 - ❖ Disaster planning,
 - ❖ Look at the chemicals they have at home; expose pets and self to.
 - ❖ Exercise.
 - ❖ Eat healthier.
 - ❖ Get out of bed each morning resilient, mission driver, looking forward, not backward I loss and grief.
 - ❖ Look forward, instead of back in grief at what was lost, because a pet wants to eat, play walk, play NOW and the brain can only tink of one thing at a time!
 - ❖ We discovered we had thousands of vulnerable humans to deal with. They need help bringing to the ainstream community- mental health

Is why we added a Human Division, that helps vulnerable populations bend with main-stream and decided to help new, rural and start up nonprofits with disaster preparation, OSHA training and the BUSINESS of running a nonprofit!

We have survived! Will we continue to THRIVE?



Mission: Though Community and Pets we help people

in crisis regain stability and build resiliency!



Contact

602-909-7153 text or phone / Office Hours Tues-Fri 10-3
Mail: 610 E. Bell Rd., 2-271 Phoenix Az 85022

Animals in Disaster (and Humans) in Disaster Inc
animalsandhuamnsindisaster.org /ceo@animalsandhumansindisaster.org
<https://mrc.hhs.gov/MrcUnits/UnitDetails/2473>

Our Foundation; for Animals and Humans in Disaster

Wellness is a set of habits and behaviors, while well-being is a state of mind.

Wellness contributes to well-being, and a sense of well-being often begets more wellness habits.

Wellness is more focused on physical health, while well-being emphasizes mental and emotional health.

Resiliency = the Ability to move Forward during/after adversity!

Wellness, describes a healthy lifestyle beyond acute illness.

- It refers to a state of physical health in which people have the ability and energy to do what they want to do in life, without chronic suffering.
- Although wellness means something different at every stage of life, it's primarily supported through habits of eating, physical activity and quality sleep that lead to positive health outcomes.



Well-being, encompasses the broader holistic dimensions of a well-lived life. Although there are other definitions, Gallup's global research has found five elements of wellbeing that add up to a thriving life:

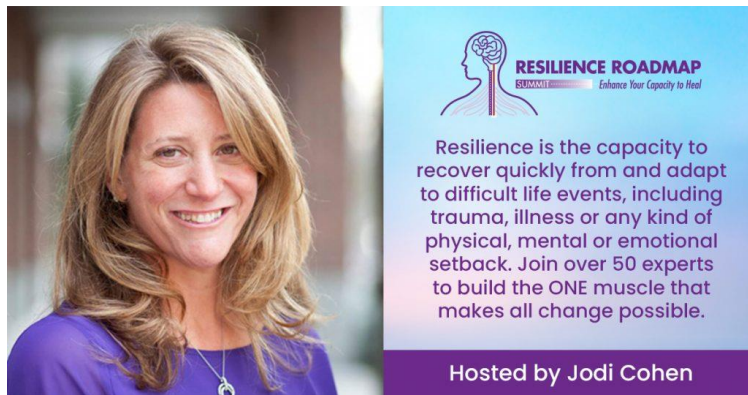
- **Career wellbeing:** You like what you do every day.
- **Social wellbeing:** You have meaningful friendships in your life.
- **Financial wellbeing:** You manage your money well.
- **Physical wellbeing:** You have energy to get things done.
- **Community wellbeing:** You like where you live.

Resiliency

IS the ability to overcome challenges of all kinds: trauma, tragedy, personal crises, plain old life problems— and bounce back stronger, wiser, and more personally powerful.

What we want to help people
improve
both as volunteers and clients:

- Listening/Speaking Style (2- Literal - fFgurative)
- “Bike”Paradigm View (Perspective - Mine)
- Generations: Morris Massey (Perspective-Others)
 - Baby Boomers 78 million
 - Gen X- Bridgers
 - Millennials 80 million
 - Gen Z
 - Alpha
- Through Diversity
Find new Solutions Resiliency Roadmap (Book Guide)



What our volunteer and clients
improve their skills in:



Mission Support Future: Change paradigms working in Communities as Coalition NOT Silos TO aid in Creating “neighbor helping neighbor assistance”.



Vitalyst Health Foundation is on a mission to connect, support and inform efforts to improve the health of individuals and communities in Arizona. Our two-tiered grant process is designed to invest in the development or demonstration of ways to positively address complex community health challenges and reduce structural and/or systemic gaps in health outcomes or opportunities. The 2022 Systems Change Grants will be an open request for proposals. The 2022 Spark Grants process will be by invitation only; more details will be shared during the information session.

SYSTEMS CHANGE GRANTS	SPARK GRANTS																
<p>Catalyze collaborative work that transforms systems through changes to policies and practices to improve the health for our communities.</p> <p>Award Amount</p> <ul style="list-style-type: none"> • Three-year awards • Ranging from \$150,000-175,000 total <p>The Systems Change Timeline</p> <table border="1"> <tr> <td>Letter of Intent Due</td> <td>October 29, 2021 by 5:00pm</td> </tr> <tr> <td>Invitation to Submit</td> <td>December 9, 2021</td> </tr> <tr> <td>Full Proposal</td> <td></td> </tr> <tr> <td>Full Proposal Due</td> <td>January 28, 2022 by 5:00pm</td> </tr> <tr> <td>Proposal Presentations</td> <td>February 14-17, 2022</td> </tr> <tr> <td>Award Notification</td> <td>April 2, 2022</td> </tr> </table> <p>Grant Criteria</p> <p>Letters of Intent and Full Proposals will be assessed based upon clear and concise responses.</p> <ul style="list-style-type: none"> • Clarity of the policy or practice change’s potential to improve community health • Detail the intersection of two or more elements of a healthy community through a health equity lens • Clear identification of the system where the policy/practice change will occur and the proposed pathways of change • Defined partners with experience to select a policy/practice change with the identified population 	Letter of Intent Due	October 29, 2021 by 5:00pm	Invitation to Submit	December 9, 2021	Full Proposal		Full Proposal Due	January 28, 2022 by 5:00pm	Proposal Presentations	February 14-17, 2022	Award Notification	April 2, 2022	<p>System change takes time, so Spark Grants support collaborations in their journey to address systemic change. Planning grants to fund time for partners to figure out solutions, not to fund an already identified solution. Support collaborations in the journey to address systemic change.</p> <p>Award Amount</p> <ul style="list-style-type: none"> • One-year awards • Ranging from \$10,000-20,000 total <p>The Spark Timeline</p> <table border="1"> <tr> <td>Proposal Due</td> <td>March 25, 2022 by 5:00pm</td> </tr> <tr> <td>Award Notification</td> <td>May 23, 2022</td> </tr> </table> <p>Grant Criteria</p> <p>Proposals will be assessed based upon clear and concise responses.</p> <ul style="list-style-type: none"> • Articulation of how health and well-being outcomes could be positively affected by a possible systems change • Readiness and capacity of the partners to work collaboratively • A clear equity lens approach to the work • The intersection of two or more elements of a healthy community <p>Learn More</p> <ul style="list-style-type: none"> • VISIT www.vitalysthealth.org/grants • VIEW www.youtube.com/c/vitalysthealthfoundation • EMAIL grants@vitalysthealth.org • TALK 602.385.6500 	Proposal Due	March 25, 2022 by 5:00pm	Award Notification	May 23, 2022
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Vitalyst Health Foundation (St Luke’s TAP) and AHS/MRC 2473 are celebrating a 10-year relationship and negotiations for 2023-2027 **Spark Grant** 1 year \$20,000 (2023) and **Systems Change** for \$150,000 3 yr grant for 2024-2027 for this proposed project. For more information:

<https://vitalysthealth.org/>

PLUS MRC Operational Grant 2022 = \$10,000 and MRC RISE \$75,000 in 2022 (In 2021 we received \$15,000 from MRC/NACCHO for our programs!)

Grants Information Meeting
Register at <https://bit.ly/3yCyRs9> for the session to learn more:
Wednesday, September 1, 2021 from 11:00am-12:00pm
The session is virtual through Zoom, will be recorded and posted to vitalysthealth.org/grants

***Problem: Pandemic Ongoing
Cause it ain't over by a long shot!
Are you a Zombie Yet?***

➤ In 45 years of experience with local and national disasters, this graph is absolutely true!

➤ Remember how it started 20 months ago?

“2 weeks to flatten the curve!”

In THIS pandemic, there was no where to run to get away from the disaster.

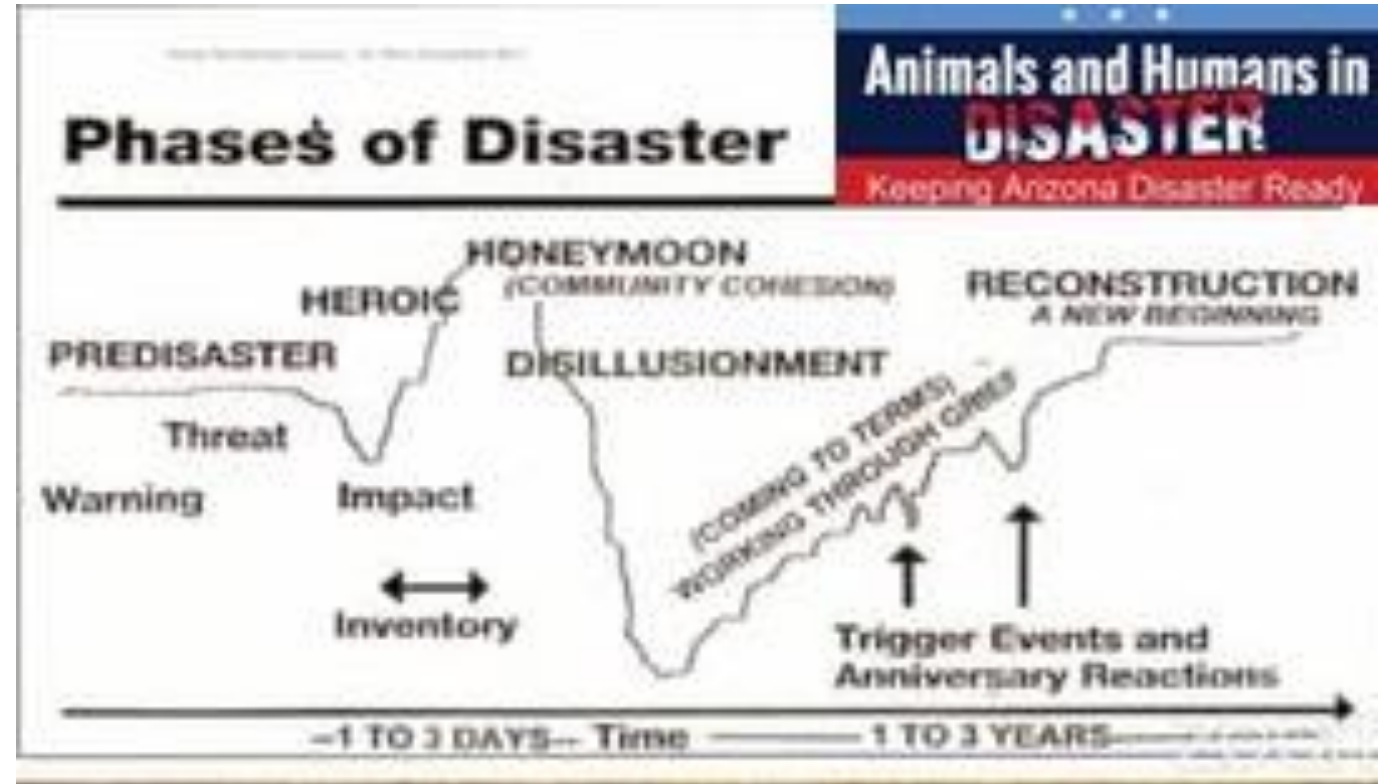
No relief. Constant feelings of :

> Helplessness, > Hopelessness

> Depression, > Despair

➤ Even thoughts of Suicide.

- Note any time you get a compound event- loss of job, home, death or disaster like flooding or wildfire, mental health issues goes up dramatically!



Join our Resiliency Reading and Discussion Form:

<https://www.goodreads.com/group/show/1178917-resiliency-to-get-through-tough-times-leadership-support>

Volunteers: Your inner Zombie's 2022 Assessment: ARE YOU really READY?

This is a solution assessment! Don't know about you, but I feel like asking myself "Am I dead yet?", when I wake up and remember there is yet another day of surviving the effects of the COVID Pandemic, fighting to resist trying to go back to my old "norm"!

Am I over this yet? Am I ready to thrive? Am I ready to help others?

Take a note from the airlines, who teach us that we have to take care of ourselves first, before we can take care of others.

We invite you to answer these questions, to get a deeper understanding of where you are stuck, what you are willing to let go of, and what you want to do differently moving forward. (Copy/paste or write questions to word doc or diary!)

1. Assess how your self concepts, fit your world view model. (YOUR world, or one someone designed for you?)
 2. What is your Hero's story of your journey to inspire (or discourage) others taking a similar journey?
 3. **How** do your dreams fit **and align** with your personal dream, your life mission, the world reality you live in?
4. How is your physical reality holding up? Do you need to transform you conflicts, support each other in alignment of what feeds you passion and brings joy??
5. What are the patterns in your life that work for you and against you – another words, are they circles, repeating the same outcomes for you or are they spirals, bringing YOU up and forward, or down and backward?
 6. What is your vision of where you are going? How does it integrate with others in your circle of influence?
7. When storms come, whether they are disasters that affect only you like losing your job, home ,or a death of a loved on – to a community (national= COVID). You can choose to be an anchor, the eye of the storm or a wave rider – depends how much work you want or are willing to do. List your choices, priorities and decisions for your emotional, mental, physical, and spiritual self.
8. What is your target? It may be on top of the mountain. Be inflexible about achieving this goal and be flexible in how you get there, what way up the mountain you will take!
 - PS: it is as ok to choose the easier way, with others, on an already made path, staying in hotels at night as it is to go straight up or go alone!
- (For this agency's CEO, She liked to go as fast as possible, for the first 56 years of her life. The first of four strokes in her 57th year, caused a re-assessment conclusion, **that maybe** she LIKES taking the scenic route with others, on existing paths, staying in a nice soft bed at night, but still moving forward!)

Problem: May 2018 FEMA California-Arizona Earthquake Drill

- CJ Anderson decided to play a disaster victim on the first day from California.
- A senior, disabled from 4 strokes with a (stuffed) dog driving by her self from LA.
- Then, for the rest of the drill, she was once again the director of MRC #2473.
- That we had always had top-down focus of in Texas response, then I thought of Hurricane Harvey and how the communities and people stepped up until the FEMA response could get in and operational.
- We needed a stronger response along the west side of the state, the I-8, 10, 40 and US 95 communities which would be overwhelmed and resources quickly consumed.
- That we would not know how those same communities would be affected by the effects of the earthquake as what absorbs earthquake energy is granite, but there is mostly sand between the Valley of the Sun –with the number of underground wells in populated areas, liquefaction with wells a factor.



Problem: Mar 7 2020: “Dog Days of Glendale”, while raising funds to benefit MRC 2473 (us)

- At event, I heard news that the second person affected from the pandemic at ASU.
- In that moment I knew of 4 things, that meant we were _____.
 1. The volunteers of MRC 2473/Animals and Humans in Disaster would not be allowed to help because they were 90% from vulnerable populations and community, church, business group volunteers.
 2. Supply chains would be broken, and our donation/financial sources cut – (Amazon was the last to go in May2020 and is the only one to come back so far.). We went from having 12-20 pallets a week and the occasional 50-100 pallets, to going house to house for a bag or two. Or a small business who gathered donations of 100-300 pounds
 3. That after 45 years of my doing local and national disaster planning, mitigation, response, recovery, - I had NEVER done a drill for pandemics.
 4. I, as a leader, did not know, what I didn't know, to cope effectively with this – personally and professional.



Animals &
(Humans)
in
Disaster, Inc
Resiliency in Crisis!

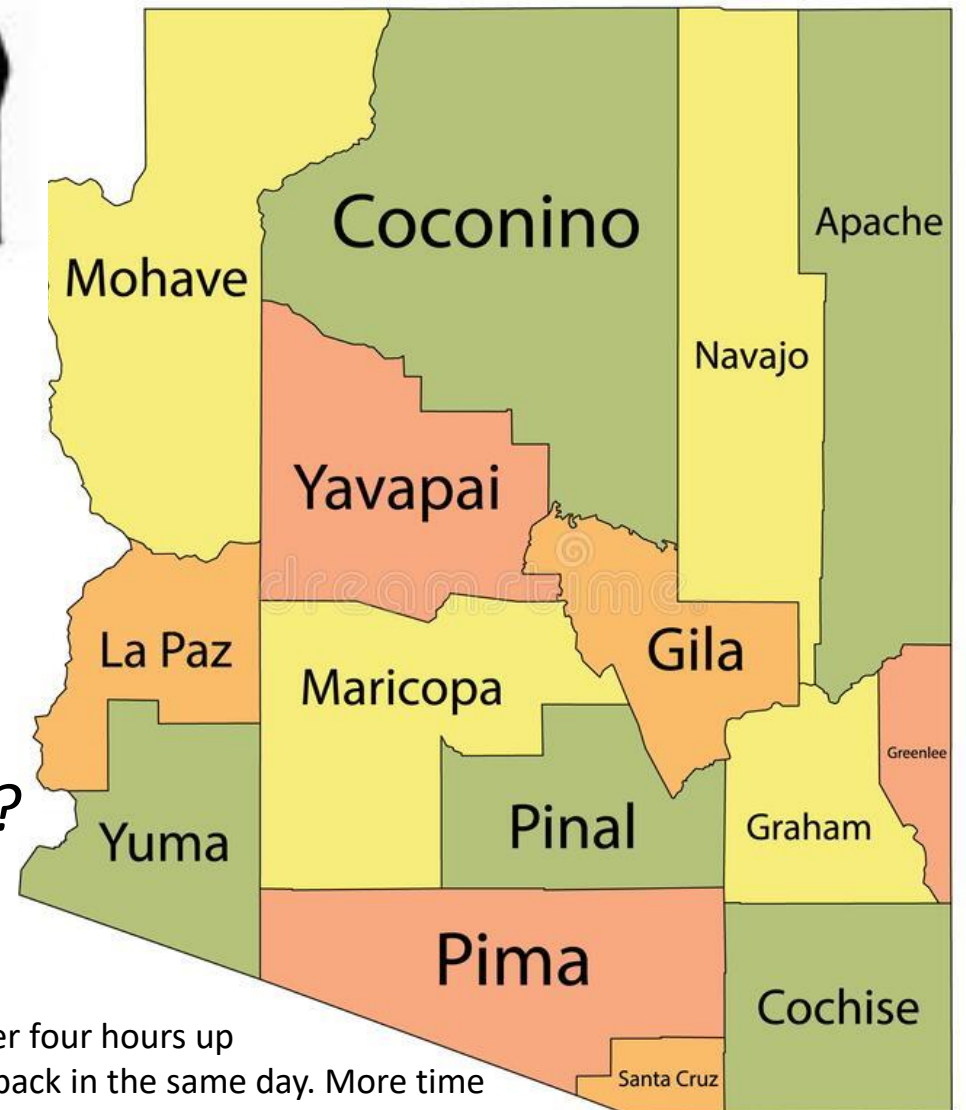




Join our Resiliency Coalition Moving Community (and individuals), from Surviving to Thriving!

Want to join us with your business, agency or group?

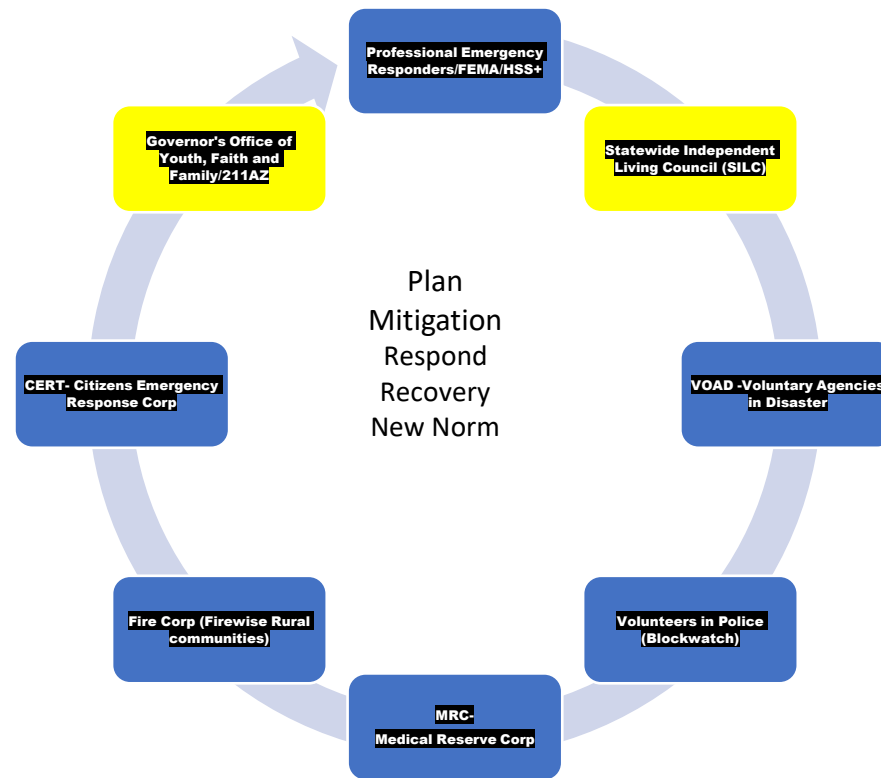
Text 602-909-7153 with name, group and location!



Under four hours up
and back in the same day. More time
driving, the option to stay overnight.

Example. Each Group member builds Support team Members = Coalition

Example: Members of Citizen Corp – State/County



Gain EXPERIENCE thru Service Activities!

Conducted like Disaster Assistance Centers (DAC)
(Now Disaster Recovery Centers)

- Arizona Veterans Stand Down
 - 10 County Based and growing City Based
- Faith Based Hopefest(s)
 - Prescott-Tucson-Phoenix
- United Ways Project Connect (s)
 - Per Month in the Valley of the Sun
12 cities/21 Towns /33 unincorporated communities
 - Annually (Prior Pandemic) Cottonwood, Flagstaff
Yuma

Citizen Emergency Responders to reality crisis circumstances in a scaled fown stress response which allowed for personal assessment of strengths and weaknesses: self monitor for wellness, ability to maintain humor, situational awareness, self pacing...

Programs/Projects/Partners:

Though [Next Door](#) App and [Webinar](#) Use

(I am on the National ND Leadership Team and have LogMeIn Webinar App for 1000 seats per class/session)

Though Community (Local) Projects such as:

Also <https://www.operationhiddentreasures.com/about/>
through Exec. Producer Jim Milio (Dog Masters),
Oct 10, 2021 Discovery Channel for Veterans

2021-2022 Representatives:
John Kavanagh for Insurance Carriers and David Schwiekert for Chemical Safety 2021- 2022

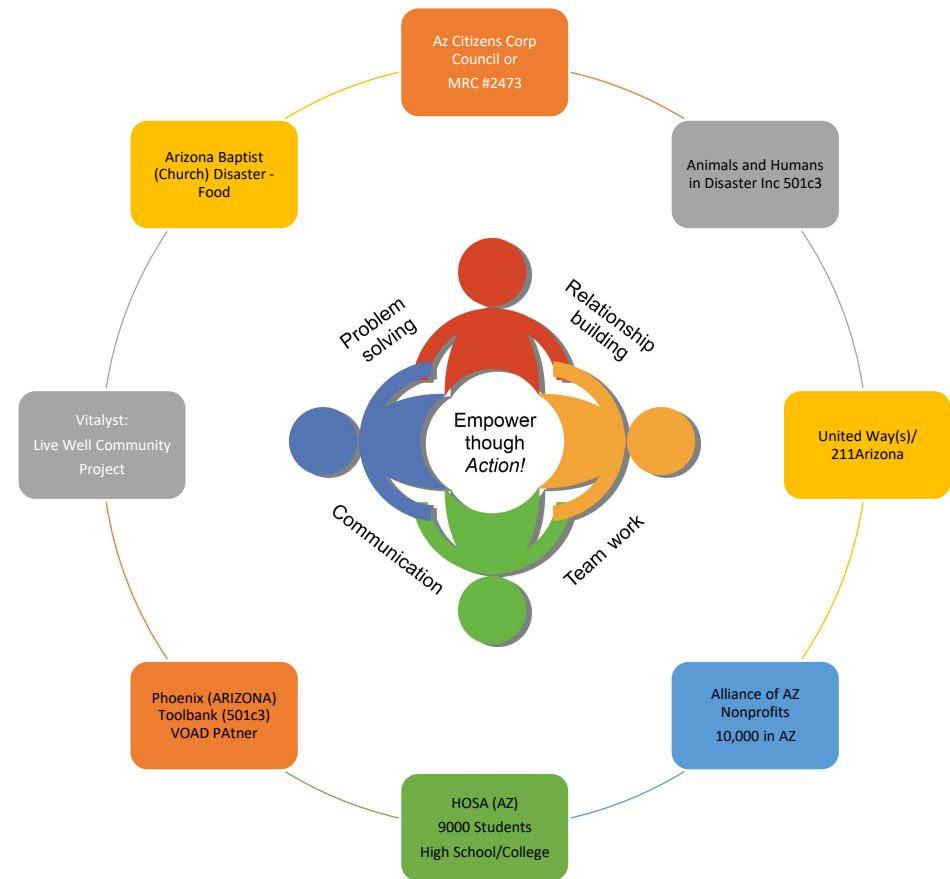


Membership within Food Bank coalitions in AZ and possible Block watches in Yavapai through Sheriff Office for outreach

Bruce Cameron Youth and Adult Books with Resiliency Study Guides

<https://www.wbrucecameron.com/books>

And Statewide Partnerships such as:



Arizona Pandemic State Disaster Response

-Directed by:

Animals (and Humans) Disaster Response, 501c3-EIN 01-0975325 /
FEMA MRC #2473

Project Proposal; Apr 2021- Apr 2022

In addition to ongoing Coalition Work with

- > Gov Ducey's Arizona State Citizen Corp Council
- > Az Statewide Independent Living Council, AZSILC
- > Arizona Disability Coalition
- > United Way Project Connects for Arizona
- > Arizona Coalition to End Homelessness
- > Arizona Coalition Against Domestic Violence
- > Arizona, Maricopa, Phoenix Food System Coalitions
- > Arizona Veteran's Stand Down (Counties)/Lift Ups (Cities-towns)
- > Hope Fest (faith-based) Phoenix, Prescott, Tucson
- > PACC911 Phoenix Animal Care Coalition

Resiliency Coalition

A single disaster is challenging enough to go through.

Multiple disasters at once including:

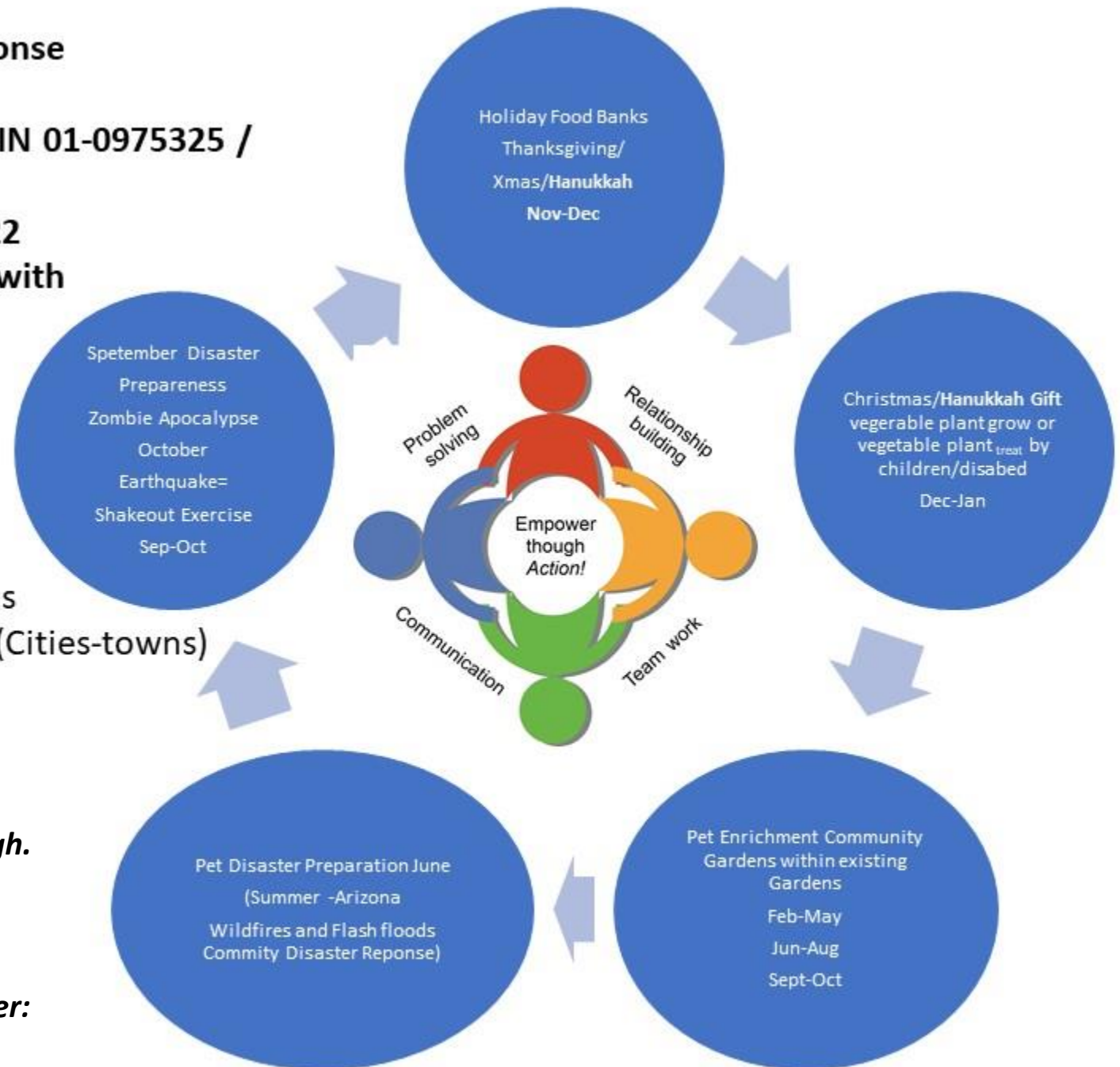
loss of people we care about, loss of job or home.

The "just bearable", can become unbearable.

Anniversaries of happier or holiday times, can trigger:

Helplessness, hopelessness, depression, despair...

even thoughts of suicide!



Goal: Zombie Apocalypse to Wellness: Dec-Jan 2021-2025

The term comes from [Haitian folklore](#), in which a *zombie* is a dead body reanimated through various methods, <snip>. Modern media depictions of the reanimation of the dead <snip> methods such as [carriers](#), [radiation](#), mental diseases, [vectors](#), [pathogens](#), [parasites](#), scientific accidents, etc.

This will also assist with natural disasters that impact regions which as the 13 state Mississippi River Flooding OR the coming CA 9.0+ earthquake.

9/2021-2/2022 Planning 15 counties in Arizona, mini pilot programs field test ,adjust model

2022 Forward Responders, Check your inner Zombie, FIRST!

How are you doing with YOU? Your Family? Friends Coworkers? Neighbors?

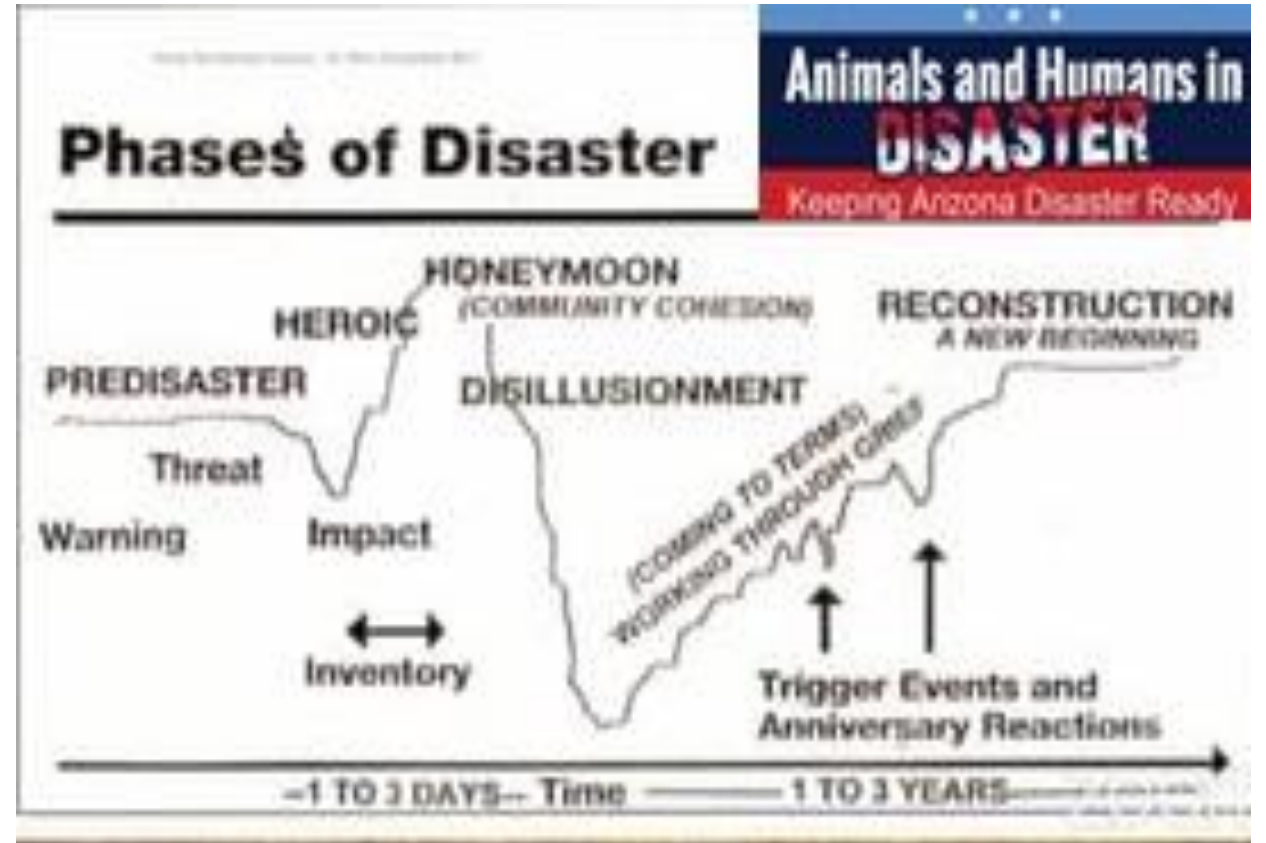
2022 Restabilize agency infrastructure, re-establish community outreach.

2023: County leads county's community event in a with Resiliency Coalition Support gaps identified. Pilot program field test

2024- 2025 County leads community event in a different rural community with gaps filled with new local support

Lesson of the Pandemic –

***Emergency responders cannot do it all, not even close!
Top down management has its uses, but we ALL need to be responders at the lowest community level!***



- **Everybody can do something!**
- **Mind can only think of one thing at a time.**
 1. Will it be backward? (Grief and Loss)
 2. Will it be forward? New Norm/Resiliency/Well Being (Mental/Emotional)/Wellness Physical

Goal continued- We are still in the Pandemic AND~ People are Emerging! Fear vs Triumph

Goals

- Dec 18, 2021-ongoing: Zombie (Self) Assessment (CDC.gov/zombies pages now removed in 2022)–
- Evaluate Self, Neighbors , Friends, Co-Workers.
- 2022 reactivation of our Coalitions (16 in AZ).
 - 2022 continue Leadership development in rural /vulnerable areas AZ .
 - Continue find local leaderships, teams of 3 (non-family).
- ☐ Provide MRC/FEMA and site/interaction Training
 - ☐ Provide Experience Opportunities
- Continue to Form/Develop“ Resiliency Coalition” With leadership skill education /activities

Project Strategies

- 2023 – 2025 Conduct Service provider event for each County like Disaster Recovery operation (Hopefest, Veterans Stand Downs United Ways Project Connect continue to end silo solutions and promote :Neighbor helping Neighbor, fill service gaps with Coalition Members.
 - 2023 We lead events
 - 2024 County Leads Event with our support/guidance
 - 2025 County leads event in smaller rural community with our support
- Empower Localized response with:
 - stronger knowledge and skills
 - broaden community resilience
 - decrease food in-sufficiency.

Active Service Alliances-Our partners during Pandemic



- **Alliance of AZ Non –Profit**
4th largest Employer in Arizona Over 10,000 Non-profits,
70% run nonprofit as operations-not business
Our Cooperative Collaboration Coalition Department helps new/startup, small and rural nonprofits with AANP
- **United Way on Arizona Our partner number is 1878**
Project Connect is run like FEMA Disaster Recovery Centers (were Disaster Assistance Centers-service provider
Cash Donations- we were getting around \$1000/yer pre pandemic now 500-750.
PUBLICITY- We are seen giving service to Business/Public Volunteers~ Business give cash and in-kind donations.
- **Arizona Veterans Stand Down/Lift ups; we are a service provider.**
Run like FEMA Disaster Recovery Centers
BEST resource for Volunteers, GREAT resource for Business Donations, Most Disciplined/Most actively grateful!
First to reactivate during the pandemic. Getting us into small towns like Williams, Coolidge, Safford, Quartzsite

➤ **Vitalyst Health/St Luke's TAPS – see next slides:**





Resiliency Coalition
 Medical Reserve Corp(MRC#2473)
 Gov Ducey's State Citizen Corp Council
 HOSA (Health Occupations Students of America)
 S.T.E.M. (Science, /technology, Engineering, Mathematics) Students
<https://www.meetup.com/Animal-Emergency-Response-Arizona/> 212 Members

AHD Agency Revised Goals 2022
 (continued from 2019)
 Questions: Text/call 602-909-7153 (fastest)
 Cynthia (CJ) Anderson or email:
ceo@animalsandhumansindisaster.org

Humane Laws – Arizona State/Federal 2022 - Liability and Responsibility
 >Introducing the PAWS Off Act of 2021; US Congressman *David Schweikert*
 >Stake Holder Meetings for Animal Groups Arizona Congressman *John Kavanaugh*

Communications / Outreach
 Dog Masters-Animal Planet Channel &
 Operation Hidden Treasures (Veterans) – Discovery/American Heroes Channels
<https://alliancecinema.com/coming-soon/> Working with Jim Milio

Pet Enrichment Gardening
 Phoenix/Maricopa/Arizona Food Coalitions
 Zoom/LogMeIn webinars
 Food Insufficiency/Wellness Support
 Individual /Community Gardens

Human/Animal Spiritually Connections
 (Pets Open hearts that are Closed
 and can help us move from grief/loss/being stuck into action forward.)
<https://www.meetup.com/DogWhisperers/> 2334 members
<https://www.meetup.com/Animal-Ministries-Development-Outreach-Support/> 416 members



Pets and People magazine
 (Was Phoenix Dog Magazine, transitioned from LLC status into our non-profit agency)
<https://www.petsandpeoplemag.org/> inside and
The Wag Magazine
 (Partnership) <https://www.thewagmagazine.com/>

Catmandu Community Care Colonies
 (Outdoor Cats :Pests to Allies)
 Field tested 2019-2021, Heber-Overguard AZ
 State-wide in 2022 patchesaz.org Wayne Miller,

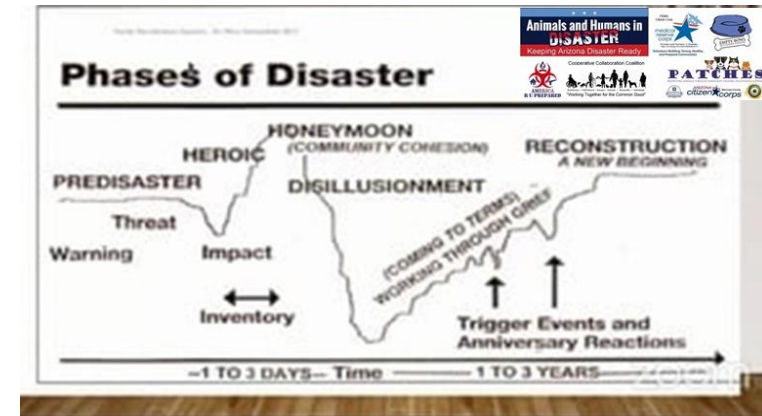
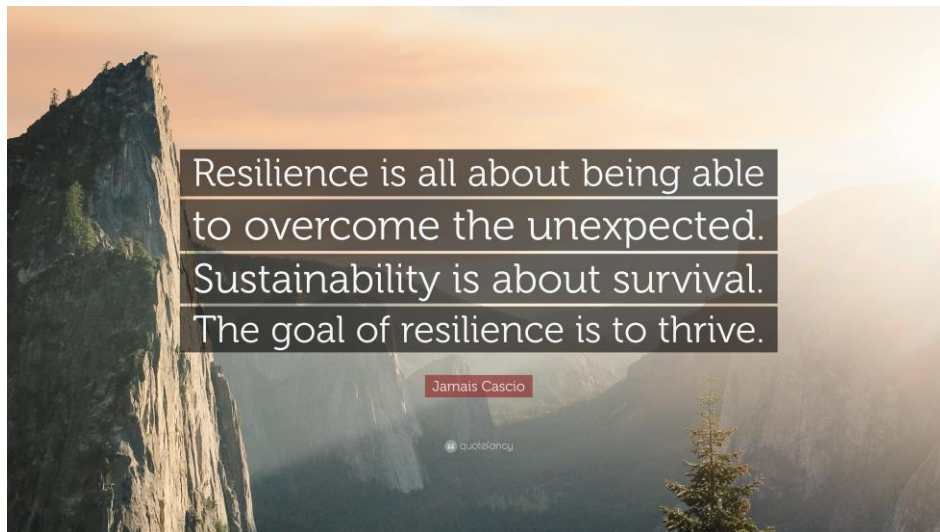
Book Club
<https://www.goodreads.com/group/show/1178917-resiliency-to-get-through-tough-times-leadership-support>
 W. Bruce Cameron study guides for individuals/community: <https://www.wbrucecameron.com/study-guides>
 Business resilieneve books: https://www.amazon.com/s?k=resiliency+business&i=stripbooks&crd=MHEUTSUB4IX8&sprefix=resiliency+business%2Cstripbooks%2C120&ref=nb_sb_noss

How do you want to join?

- Full Partner
- Liaison for your community
- Provider of services
- Resource for information or our community?
- Other?

-- C.J. Anderson, CEO, 602-909-7153
 ceo@animalsandhumansindisaster.org

Animals and Humans in Disaster, Inc – 501c3
 FEMA/Medical Reserve Corp-#2473



On Fox news 2am May 19 2020

