



Be Ready Utah Webinar November 13 & 14, 1:00 to 5:00 p.m.

Webinar Session Descriptions and Instructor Bios

Friday, November 13

1:00 Disaster Myths – Talisha Bacon

Session Description: Find out if you believe any of the common myths about disasters and current recommended responses. The facts could save your life!

Bio: Talisha Bacon works at the Utah Department of Agriculture and Food as the Utah Rapid Response Team Coordinator where she responds to foodborne illness outbreaks for human and animal food. Talisha has a license as an Environmental Health Scientist; she currently serves as the President for the Utah Environmental Health Association Board, and is a member of the Disaster Discovery Center Board of Directors. Talisha received her Master's Degree from Westminster in Public Health and her Bachelor's Degree from the University of Utah in Exercise and Sports Science with a Minor in Nutrition.

When Talisha is not working she enjoys spending time with her Husband, trying new restaurants, baking, crafts, and traveling.

2:00 COVID-19 and Pandemic Prep – Annie George

Session Description: Situation update on COVID-19 in Salt Lake County. Discussion will include how it spreads, symptoms, stigmas, guidelines to follow, prevention & treatment. What you can do to prepare and prevent the spread in pandemic situations.

Bio: Andrea George is an infectious disease epidemiologist with the Salt Lake County Health Department. Among other duties, she is the lead surveillance epidemiologist for Covid-19.

3:00 Don't Let Anyone Dull Your Sparkle! Beating Stress One Step at a Time – Lanette Sorensen

Session Description: We are all familiar with stress — it's a fact of life. With the rapid pace of modern living, it feels increasingly difficult to keep up. Sadly, the negative effects of stress are widespread and growing. Our stress response is triggered when we are faced with overwhelming demands. The demands can be large or small, but it is the importance we attach to them that decides their impact. Stress can also grow slowly and go unnoticed, or ignored, for years. Lack of time, information and motivation can cause it to build up until something breaks under the pressure. With this in mind, one of the most important skills we can ever learn is the right way to manage stress. Once the skills are in place, moods become more stable, thoughts become clearer, relationships improve, and the risk of illness diminishes. It requires a commitment to yourself to take the necessary time and effort to learn new stress management skills. Whether you are experiencing major stress or just a few minor bumps in the road, join us for some great ideas on how to manage your stress during uncertain times. These simple steps will help you keep your inner “sparkle” and remind us all of what is truly important.

Bio: Lanette Sorensen serves as the Training and Exercise Coordinator for the Utah Department of Health (UDOH), Bureau of Emergency Medical Services. She has worked for the UDOH for the past fifteen years in multiple capacities, training and education being her favorite. She works with various hospitals and health clinics throughout the State of Utah, coordinating with various state agencies, EMS agencies, local health departments, regional healthcare coalitions and other partnering agencies. Lanette is currently assigned to the Unified Command Group with various responsibilities including Mental Health. She has been working on various outreach activities to help with the long-term impact the COVID-19 response has had on those responding to the incident on a state level. She coordinated a partnership with Health and Human Services to provide a behavioral health and stress management workshop series entitled the “Utah Strong Project.” Lanette’s formal education is a Bachelor of Science in Animal Science with an emphasis in Communications from Utah State University. She has also graduated from the Great Basin Public Health Leadership Institute and the Master Exercise Practitioner Program from the Emergency Management Institute. She is the Garland City Emergency Manager and is a firefighter/AEMT on the Tremonton and Garland fire department. She has trained search and rescue dogs, as well as therapy dogs and started the second 4-H dog program in the state of Utah.

4:00 The Flood that Follows a Fire: Preparedness and Protection for Residents at Risk – Kathy Holder, Hunter Merritt and Danae Olsen

Session Description: Despite being a dry region, Utah experiences floods. Among the various types of flooding, one type is flooding that follows a wildfire. This can have an increased risk due to altered landscapes and involve flash flooding and debris flow flooding events that can occur very quickly. Federal, state, and local governments can assist in preparing residents for flash flooding and debris flows following wildfires, as well as provide emergency response and recovery. This presentation and workshop is designed to assist individuals, families, and communities by providing practical tools on how to be safe directly after wildfire, how to be prepared for post-wildfire hazards, and what resources are available to help in the recovery process. A summary of lessons learned on post-wildfire flooding, a checklist of recommended items to have on hand prior to a flood after fire event, and facilitated discussion and identification of information needs will be the main takeaways from this interactive workshop.

Bio: Hunter Merritt serves as the Water Resources Planner, Public Involvement Specialist Silver Jackets Deputy U.S. Army Corps of Engineers Sacramento District. He is also the district's Public Involvement Specialist, working with the Institute for Water Resources (IWR), within the Collaboration and Public Participation Center of Expertise (CPCX), to provide public involvement support on all types of initiatives.

Bio: Kathy Holder serves as the Utah State Floodplain Manager/National Flood Insurance Coordinator for the State. She has 12 years of experience in emergency management. She is a certified Floodplain Manager. She holds a position on the board for the Utah Floodplain and Storm Water Management Association. She holds degrees in Masters of Business Administration, and a General Science Degree. She has taught at the University Level for over 11 years.

Bio: Danae Olsen has worked for the US Army Corps of Engineers, Sacramento District for four years, but is relatively new to project management with the Corps. She has her preliminary teaching credential in the State of California and managed several projects while serving with the Peace Corps as an Education and Youth Development Coordinator in the Democratic Republic of Georgia. She is excited about the work being done in the Flood Risk Management Program and looks forward to collaborating with our Utah partners on current and future efforts.

Saturday, November 14

1:00 When the Grid Lets You Down – Jonathan and Kylene Jones

Session Description: Are you prepared for a short-term power outage? This class is designed to help you prepare to stay warm, safely cook indoors, and keep from stumbling about when your neighborhood goes dark.

Bio: Jonathan and Kylene Jones are authors of the [Provident Prepper- A Common-Sense Guide to Preparing for Emergencies](#). Jonathan is a retired licensed civil engineer and an enthusiast of alternative energy source. He has served as city councilman and developed

the city emergency preparedness plan. Kylee has been the editor for the Journal or Civil Defense published by the American Civil Defense Association. They practice before they teach their tried and true techniques in preparedness. They host a website: The Provident Prepper.org.

2:00 “I Wasn’t Ready: Lessons learned from an Earthquake”: The things you don’t think about – Jeff M. Johnson

Session Description: Speaking from experiences in several earthquakes including a 7.8 and 6.5 quake and several other smaller ones in Japan in 1978, Jeff will help us plan and prepare for possible earthquakes here. He has lived it: No water, no power, no gas, no phone and no food in the stores for 5-7 weeks.

Bio: Jeff M. Johnson is the Safety Officer/School Readiness, for the Division of Emergency Management, Utah Department of Public Safety and also serves as Safety Officer with the Command Staff at the Emergency Operations Center. He has been employed there for 13 years, serving as an adjunct FEMA instructor for National Incident Management Courses, the state Coordinator for the Citizen Corps & Community Emergency Response Team Program. Prior to working with the State of Utah, he served as a Law Enforcement Officer for 25 years. Previous to that he worked as Ambulance EMT. He has background in SWAT, Hostage Negotiation, Crime Scene Investigation, Active Shooter Training, and is a certified instructor for the Civilian Response to Active Shooter Events Course.

3:00 Conversations in Preparedness – Kathryn McMullin

Session Description: In order to take care of our family in an emergency, we need to make a plan, but what kind of plan? Won't we be given instructions in an emergency as to what we should do? If we are being asked to evacuate, what do you do if your child is at school, your teenager is at practice and your spouse is at work? What should our family plan look like? It is also important to consider how we communicate with our children about disaster in order to minimize anxiety. This thought-provoking presentation will discuss HOW to communicate with your family and WHAT conversations you should be having before an event so that it is an adventure, not a disaster.

Bio: Kathryn McMullin is currently County Emergency Manager for Summit County. Previously she worked as an Emergency Operations Planner III within the Department of Public Safety, Division of Emergency Management. Her section managed the State Emergency Operation Plan as well as all the accompanying annexes. She served as the Situation Unit Leader in Planning on the State Emergency Response Team. She served as the lead for the critical infrastructure advisory board that built the Disaster Recovery Framework for the state and is currently developing the Re-Entry Protocol for the state, which will provide prioritized transportation access back into a damaged area after a large-scale event. She served 4 years within Utah's Public-Private Partnership, a collaboration between critical infrastructure utilities across the state, and responders. Her work has been

published in "Your Guide to U.S. Critical Infrastructure. She is a captivating and energetic presenter.

4:00 Water Storage and Treatment – Bryan Stinson

Session Description: You can only last three to four days without water. It is one of the most important parts of your emergency preparedness supplies. Learn how to safely and affordably store water at home and in emergency kits. We'll also discuss how to treat additional water when your stored water runs out. Make water storage a priority.

Bio: Bryan Stinson is currently a Community Outreach Specialist with the Utah Division of Emergency Management and Be Ready Utah. In 2007 he took a CERT(Community Emergency Response Team) course in his neighborhood and fell in love with helping people be more prepared for emergencies. He worked for nine years with Survival Solutions, an emergency preparedness retail store, as a preparedness researcher and instructor. In 2012 he graduated with a Master's Degree in leadership with an emphasis in disaster preparedness.