

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!

News Letter

National Preparedness Month

How prepared are you and your family for an emergency? According to the Centers for Disease Control and Prevention (CDC), only 39% of families in the United States have emergency plans in place, where all family members have awareness of actions to take in the event of an emergency.

As a result of this, the CDC and other national-level organizations actively encourage families to take time out of their busy schedules to not only develop emergency plans but also run practice drills to ensure everyone clearly understands what actions to take, should an emergency arise. What better time of year to focus on emergency plans than during National Preparedness Month?!

Since 2004, national government organizations like the Federal Emergency Management Agency (FEMA) and the Department of Homeland Security (DHS) have advocated the importance of emergency preparedness at home. In an effort to draw more attention to this important initiative, each year, the month of September is designated National Preparedness Month. This year, the theme for National Preparedness Month is: "Prepare to Protect. Preparing for disasters is protecting everyone you love." But what does that mean? How should families prepare for a disaster or emergency?

When developing an emergency plan, consider starting with the following items:

- **Plans and Procedures:** These should include things like locations of exits, where to go during severe weather, and where to meet if separated during an emergency.
- **Safety Equipment:** Everyone should know where to locate items like fire extinguishers, what different alarms sound like and mean, and locations of first aid kits and medical supplies.
- **Weather Awareness:** Review the differences between weather watches and warnings, as well as where to go to seek safety in the event of a weather-related emergency.
- **Survival Kits:** Work together to assemble survival kits with medical supplies, water, flashlights, and food – identify the locations of these survival kits in the house or apartment.
- **Emergency Contacts:** Aside from knowing to dial 9-1-1 during an emergency, identify other emergency contacts, with phone numbers stored in mobile phones and posted in highly-visited areas of the house.

For more ideas on preparing for emergencies, visit these great websites...

- **American Red Cross:** <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>
- **Ready.gov - National Preparedness Month:** <https://www.ready.gov/september>
- **Centers for Disease Control and Prevention:** <https://www.cdc.gov/cpr/infographics/pfe-family.htm>
- **National Weather Service (NOAA):** <https://www.weather.gov/sgf/NationalPreparednessMonth>
- **Military OneSource:** <https://bit.ly/3lKVK9d>

Families can also reach out to their local ARNG CYs Team for more information and resources on preparing for emergencies: <https://arngcys.com/my-local-cys-program!> If we all work together, we can better ensure we are prepared when an emergency happens.

IN THIS ISSUE:

- Happenings
- Training Ops
- Writing Challenge

Connect
with your local CYs team
to learn how you can
VOLUNTEER!

<https://arngcys.com/my-local-cys-program>

Do you want
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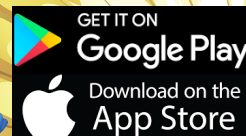


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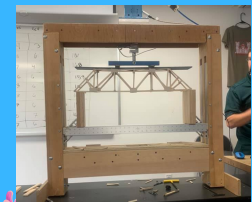




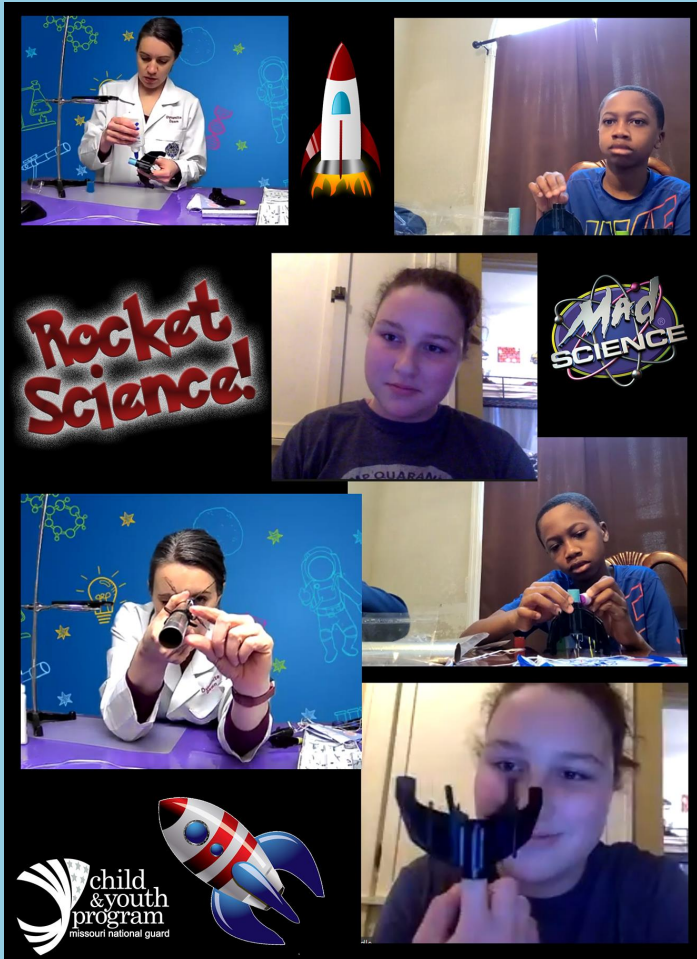
NEVADA Child & Youth "CHILL" Activity



MISSOURI Child & Youth Indoor Sky Diving Activity



ALASKA Child & Youth UAA Engineering Camp



MISSOURI Child & Youth "Rocket Science" Activity



KENTUCKY Child & Youth Camp



WRITING CHALLENGE

If you have a youth interested in participating in the **ARNG CYS Youth Writing Challenge**, be sure to check out the ARNG CYS Website for the latest topics and information on submitting their composition.

We are celebrating, "National Preparedness Month" the whole month of September.

- Consider preparations already in place. Are there any you need to know about?
- Initiate conversations to identify any potential areas to address.
- Unsure? – Check out the resources listed on the front page of this newsletter. Let those who are important in your life know about how you want to help be better prepared.

"How will you help you + your loved ones be prepared during National Preparedness Month?"

All writing compositions for this month must be submitted by
SUN, SEP 19, 2021, for consideration and review.

For details and how to submit your child's creative piece go to:
<https://arngcys.com/youth-writing-challenge>



TRAINING OPS



Lucile Packard
Children's Hospital
Stanford

Positive Parenting During COVID-19 Fall Webinar Series:

Stanford's Children's Health is offering a 3-

part webinar series titled, **"Fall Webinar Series: Positive Parenting During COVID-19"** that will touch on additional questions and concerns caregivers have related to:

- 1) The return to school
- 2) How to discuss sensitive topics related to COVID-19
- 3) Addressing COVID-19 questions from parents

<https://www.stanfordchildrens.org/en/service/child-adolescent-psychiatry/positive-parenting>



MCEC Parent workshops are available via webinar to support parents who are remote or not located near a major military installation. Webinars presented live on Tue's & Wed's at Noon EST.

**** Participants must register in advance for the live webinar ****

www.militarychild.org/webinars



TEXAS Child & Youth Camp



Free parent & caregiver Webinars created by family therapy experts. The webinars are designed to help parents & caregivers support their child's mental health across a diverse range of subjects. www.ackerman.org/training/

Promoting Child & Family Resilience During Difficult Times

Presented by: **Judy Grossman, DrPH, OTR**
Tuesday, September 21, 9:30–10:30 am (ET)

<https://www.ackerman.org/events/promoting-child-family-resilience-during-difficult-times/>

*Registration required; Zoom link will be provided prior to webinar.

This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.

