



# Baseline Community Resilience

The material in this section builds on systems and stuff outlined in the Emergency Preparedness and Response section to deepen resilience in the day-to-day. Many people in our communities are in crisis all the time, and working towards a reality in which everyone is safe and has their needs met as a baseline means we can all be more resilient when acute disaster strikes.

## 2.1 Basic needs

Folder with resources and templates: [2.1 Basic needs](#)

### Community food production

Growing food locally and in a decentralized way increases food security. Community and collective gardens, town orchards, and other shared food production can produce fresh abundant food for community meals and households.

- ☐ Support your local community garden and look for ways to make it more accessible and successful.
- ☐ If there isn't a community garden in your area, consider starting one!
- ☐ Integrate community garden produce into regular community meals, where you can discuss food justice and food access in disasters.
- ☐ Identify people with knowledge to preserve growing season abundance for winter distribution and ways to share that knowledge.

### Directory of local farmers and producers

Collaborate with farmers through on-going community food justice projects that help address food insecurity and compensate farmers fairly. Consider new farmers and those from disadvantaged identities who likely want to serve diverse populations.

- ☐ [Create a directory](#) of [local producers](#) who are interested in connecting with community groups to provide local food through free, low-cost or sliding scale programs.
- ☐ Identify [gleaning networks](#) that have surplus to share for community meals, and could be mobilized to help farmers pre-flood, late or early frost, etc to protect or rapid harvest crops before they are lost.

### Community meals and food distribution

- ☐ [Create a directory](#) of free [community meals](#) in your town or nearby.
- ☐ If your community doesn't already offer free meals, reach out to communities that do so to learn their tricks. Often these can be found at churches, senior centers, community centers, parks. The main components you need are: food, cooks, place to offer the meal, volunteers to distribute the food.
- ☐ Pick a place for food distribution that is convenient and accessible for most people.
- ☐ Offer meals on a consistent day/time.
- ☐ Try to get food donated from local grocery stores or farmers.
- ☐ Consider ways to make meals available to people at home through delivery and distribution channels.
- ☐ Identify people who would benefit from food delivery.
- ☐ Recruit volunteers via social media or community networks to drop food off

### Hygiene: Public Showers

- ☐ [Create a directory of public showers](#) for use for those who are unhoused or when running water is not available in people's homes. A few leads are - gyms with low-cost memberships, recreation centers, schools (for the children who attend), etc.
- ☐ Consider the needs of your community and if portable/solar trailers or shower stalls would help meet an ongoing need if no public or low-cost shower access is available.



## Ridesharing and carpooling

Building and strengthening transportation systems enables people to meet their own needs and become more connected to community. During a crisis having relationships built between carpooling neighbors will create more opportunities for community members to check up on each other.

- ☐ Build, utilize, and strengthen existing mechanisms for low-cost shared transportation
  - ☐ Example: <https://capstonevt.org/find-a-ride>
- ☐ Create community-run and specific carpooling initiatives, like:
  - ☐ organizing community events / meals to advertise & create a carpooling framework
  - ☐ designating carpool areas
  - ☐ Promoting at library, community stores, on Front Porch Forum, etc
- ☐ Creating and disseminating maps (on and offline) of nearest transportation, trails, and routes
  - ☐ Example: Trails maintained by snowmobile clubs such as [Drift Dusters in Derby, VT](#)

## Network of community physical and mental health workers

- ☐ [Create a directory](#) of people in your community who are trauma-informed and have specific therapeutic skills to support mental health and nervous systems in disaster-related events. Caring for victims and responders is a part of recovery and can build capacity and resilience for future disaster. Take note if they can:
  - ☐ Offer free, low-cost or sliding scale sessions as a part of their practice
  - ☐ Offer group sessions
  - ☐ Show up near disaster sites to offer emotional support and counseling
  - ☐ Examples: [KURRVE mental health](#), [Vermont Care Partners](#), [SAMHSA Disaster Distress Helpline](#)
- ☐ Consider setting up a recurring community health clinic day with local practitioners and partner with your local Department of Health office
- ☐ If individuals have a primary care provider, it is important to connect them to that same provider for continuity of care. Add community health centers and other similar resources/sites to your directory.
- ☐ For those still needing assistance accessing in clinic healthcare services, connect individuals with a [Community Health Worker](#)
- ☐ [Free Clinics](#) and [Community Health Centers](#) are great resources for those who need sliding scale and financial assistance options
- ☐ If individuals need help applying to health insurance, adjusting information due to disaster (i.e. income) they can connect with a [Vermont Health Connect Assister](#), who is trained to help community members navigate the Vermont health insurance marketplace

## Network of herbal support

- ☐ [Create a directory of local herbalists](#) who are available to offer herbal healthcare (physical, emotional) in emergencies as well as long term.
- ☐ Connect local herbalists/apothecaries with long term and emergency resilience planning efforts, and find ways to help them offer free, low-cost or sliding scale services for community members.
- ☐ Work to develop a ready and rotating stock of herbal medicinals as part of the first aid supplies.
- ☐ Offer regular community activities and services where herbal support is available.
  - ☐ Example: [Rose Core Collective](#)