

Emergency Preparedness: Resources for On and Off Campus

Toolbox Series Video Transcript

Okay. Hello, everyone. Thanks for being here. Thanks for being patient about lunch today.

For whatever reason. Freaky fast. Jimmy John's was not freaky fast today.

Even though we always ask him to be here an hour early. They are on their way.

They're supposed to be here at about 12:05, but I don't want to hold up us starting our presentation today.

So there will be a little bit of a disruption as the sandwiches come in and we get that set up and then then we'll you'll be able to still grab lunch.

We've got plenty of time. Greg is always great about giving us extra time in regards to questions and those types of things.

But I do want to get it started, because I do want to make sure that we have plenty of time for questions and presentation and all of those kind of fun things, but also for you then to be able to grab some lunch as well.

So again, welcome for being here.

For those of you who most of you know me, I see a lot of familiar faces and some faces that I haven't seen in a while.

So thank you for being here. But I'm Debbie Lammers, I'm the Assistant Vice Chancellor of Learning and Development.

And you know, we have the great pleasure of helping to support and sponsor these monthly talks.

We've had a variety of these talks from various different units on campus.

We're going to continue these. We have two more this year after today.

Next month in October, we're going to have OIT is going to come in and talk about

individual security considerations in the OIT world.

And then we're going to end off in November. It's going to be about government, some government side of the world.

We've got Tobin Bliss and Ryan Davis and a few, Neal Krauss and a few others coming in to present.

And then we're going to take December off, because it's kind of a short month, and we've got some time off and we'll start back up in January.

They will continue to be the fourth Wednesday of every month.

And in January we're going to start off with event planning, and we've got the events people coming in to talk about that.

Yeah. So we've got a variety of things lined up to talk about.

And then some popular ones will come back as well in 2025.

So we've got a lot of things lined up. These have been extremely popular and have been gaining momentum.

So you know, we're really excited to be able to offer these and thanks to Terry Carruthers and her leadership team for wanting to put these on and continuing to do this and to support this.

So thank you for being here. So as I said, I've we've got Greg Martinez here today.

So we appreciate him being here. It is a little bit of an introduction.

He's been here before presenting on other topics.

And, you know, Greg is the director of emergency management within the university Police department.

He joined the university in 2018, where he has dedicated much of his time in the emergency preparedness for the Denver campus.

But in November of and in November of 22, he transitioned to the Anschutz campus where he's where he's been serving as the director since April of 2023.

The Emergency Management Division works, collaborating with students, faculty and staff providing guidance and support in the realm of emergency preparedness for the campus community which includes continuity of operations planning, which he's presented here before on um development and facilitation of preparedness education.

They offer a lot of classes, and he's going to talk about that today as well.

Trainings and exercises, whole community emergency planning community outreach and coordination management for the campus emergency operations center.

So he's got a great line up in his presentation for you today to learn a lot about.

How do we be prepared for any sort of emergencies we might face on this campus, or just emergency preparedness in general?

So with that, I'm going to turn it over to Greg to introduce himself a little bit more, but to also get ready for his presentation.

So thank you again for being with us today. Thank you very much.

How is everyone today? Okay. Hungry?

Thirsty. Ready for better weather? Yes.

I am so ready for sweater weather. That little entry will play a role in what we talk about today.

So I am getting back to the house. He is great because I really think that it's more important for us to engage in dialog.

You're obviously here to know more about emergency preparedness, effective response and continuity management not only on campus in your professional life but also how you can be spreading those knowledge tasks to your personal life as well, right?

So with this. Hey, look at first work. So this is my entry slide.

So we're all about making a plan. Building and building for all of these things on the street playing against one another.

You can't be prepared without making a plan. You can't have a cake without making a way.

And make a plan without knowing what risks or hazards you're vulnerable, right?

So that's what the emergency management does on the scheme and to medical pins.

So as many of you know, we are the largest medical center in the Rocky Mountain region that supports the academic medical professions in this region.

We're also 256 acres, which doesn't seem like a lot of acreage when we're talking about building an expansive campus.

But we're a very tall campus, which means you don't shout.

Sometimes you can say, oh, I'm at the corner of 17th and Marquette, right?

But it's more challenging when you're say, I'm going to okay at the corner of 17 and you.

But I'm also on the seventh floor in this lab that's down this second to hallway.

Understanding where you are within the campus will be tremendously beneficial to not only your own resiliency but also to your school department and college on the larger resilience.

So emergency management for a mighty team of two that supports all three colleges departments on campus.

And the things that we focus on is emergency planning and preparedness, campus preparedness and education.

Facilitation of training and exercises. Uh. I don't have a microwave.

I mean, look at that. Adaptable. Perfect.

Yes. All right, let's see if these work.

Yeah. This works. Wonderful. All right.

Fantastic. So again yes, please I'm very parent.

So if you could continue to project despite using the microphone, that will make it much better for me because I can hear you.

But once you go to the microphone, then it starts getting some distortion. Thank you so much.

I appreciate you sharing that with us. I'll definitely do my best.

This is now a prop for me, so please, let me know if I do not utilize it correctly.

So the emergency management team, as I was saying, is a small but mighty team.

We're a team of two, so I'm the director of emergency management for the Q Anschutz Medical Campus.

And my colleague Alex, who really is the star of the show, is the program manager.

He's the one that many of you have probably worked with in the past, whether it's on your continuity of operations, plans training and events across campus, the Stop the Bleed trainings, the building kit trainings, and what we try to focus on are the things on the screen.

So emergency planning and preparedness, preparedness exercises and trainings and we coordinate and collaborate with not only the schools, colleges and departments on campus, but as part of our role we have to coordinate with the local municipalities, the county governments the state and the federal government to make sure that there's a progression of support and aid for resources.

If we were to have an emergency or a disaster on campus, everyone please take two seconds and knock on wood three times.

Wonderful. Thank you so much. So how do we achieve that?

We achieve that through the preparedness loop. The preparedness. Look, I'm hitting the wrong button. I can't manage to two props at the same time.

So how we achieve this is through the preparedness loop.

So when we're looking at the preparedness loop it is preparedness response recovery mitigation.

All of these things are constantly moving. So whether or not we're actively in an emergency or a disaster or whether we're planning for the next semester or the current semester, we're in a response or we're in the recovery stage.

All of these are constantly going and. Thank you so much.

All right, so I will stay right here. Hopefully this works.

All right. So how do we achieve these things on the screen. You can see that in mitigation that we achieve that through public education

hazard vulnerability assessments improved infrastructure for preparedness. It's emergency response trainings plans and the built environment preparedness for response.

It's life safety incident stabilization, property preservation, evacuation, sheltering, reunification and mass care.

And then recovery is the economic recovery, debris and facility management and reconstitution.

So my goal today is to break all of this down into stuff that actually means something for you because those are a lot of big words on the screen that might not be helpful for everyone, right?

So the first thing that we'll look at is mitigation. So what mitigation means is it those those are the actual things that you set into

place to reduce the impact of an emergency or a disaster that you're impacted from?

Now, we put it from the lens of the campus community as a whole.

But you can also take this into your personal life. So say, for example, the fires that we had in Boulder, I think it was in 2022.

Right. Christmas, no one expects to have a wildland fire that enters into an urban corridor, especially in the middle of December.

So what things did they say to do after the fire to help mitigate for future, future fire planning?

It's moving back a brush, changing some of the construction material that you're using.

So those are some of the things that we look at on the campus.

We we achieve this through public education hazard vulnerability assessments and improved infrastructure.

So now we're going to dive into what this what this means. So for infrastructure, did you know that every building across campus has a generator?

No. Do you know how long those generators last for backup power?

Eight hours. Now, what happens if those generators are on diesel fuel and we're competing for diesel fuel from every other public private organization and building across the Denver metro area?

It's going to create huge price increases, right? We're going to come up with a resource scarcity issue.

So one thing that emergency management assist with is getting mutual aid agreements and getting on what we call red alert agreements.

So we're the first ones that receive those resources so our campus community can sustain all of the important work that we're doing.

But for you, whether you're in the education buildings, you're in the research squad it's important for you to understand where those generators are and how much power is going to be available for you as you're looking at continuity planning. So if we had the network outage yesterday, it wasn't a power issue.

It was a network issue. Right? But it still had its significant impact in our day to day operations.

Well, what if we had a power outage? How would you start activating your continuity of operations plan to say, okay this group needs to go home and work from home, and then we're going to go on rotating shift approach.

So if you have labs that you're responsible for doing research 24 hours a day, then you're starting to get on a cadence understanding that the generators are only going to be available for the first eight hours.

And then we have to rely on getting it refueled, right. And so understanding how that fit, how you fit into the bigger campus picture is important.

Other things that we have, which I'm so grateful to have, I'm not going to ask you to do anything I promise, but we have two, experts in the audience today.

We have Jim and Randy Martinez. The three Martinez's in the room together, so you better watch out.

There's trouble. They oversee the electronic security for campus.

And one of those things is the campus or the classroom security project.

And what that is, is, as you can see, that the, uh flags on the the picture here are research one north on the first floor, Ed one, Ed two North and Ed two South.

All of those facilities have been equipped with extra safety or security precautions to support you during an a disaster or an emergency.

So the panic buttons that are in the classrooms, does anyone know where the panic buttons are in this classroom?

Right behind me. Fantastic. There's another one in the classroom.

So if you are a faculty or you're presenting, there's going to be one here right on the podium.

And it's a double click.

And what that does in in emergencies situations is if you hold both of these buttons down on the podium, or if you flip that open and press it not only does the CU Anschutz police department get immediately notified, we're able to send officers your way but it also locks the interior doors of all of the classroom spaces into the building, outside of the building or outside of outside of the classroom, there's a blue strobe light, and that helps first responders understand where exactly the emergency is.

So if we have multiple agencies, Aurora, Denver, the University police department responding, this helps in wayfinding.

So we can we can reach your location as quickly as possible.

Now, just because the doors lock, I want to make sure that you know that you can always exit the space.

It'll just prevent you from coming into the room until the all clear has been done.

And the threat has been controlled or neutralized. So some of these things are really important for you to understand, right.

The other thing that we that's included in that classroom security project.

Is the bleeding control kit. So. Throughout the these buildings we also have what's called bleeding control kits.

These are these kits right here on the wall. Now these kits are not first aid kits.

Please do not open them for a band aid. They are linked to the C U Anschutz Police Department.

So if you do open them we will get dispatch and will be able to send help your way.

These are for Life-Threatening Bleeding Situations. So they have things like hemostatic gauze, gloves, shears, tourniquet kits in them.

Now how many of you know how to use any of those things that I just said, oh my goodness, you all are phenomenal.

So if you're if you're joining us virtually those in the room, I think more than half of the room raise their hand which is phenomenal.

That's so fantastic. But please, if you don't know what any of those things do or how to utilize them please know that the Emergency Management Division does provide training on how

to identify Life-Threatening Bleeding and Control life threatening bleeding which we'll talk about a little bit later.

Another element that's on this screen that's not part of the classroom security project, but it's important for situational awareness is the ads.

The ads are the automated defibrillators. Those are deployed throughout the campus.

How many of you know where the AED closest to us right now is?
So I do see one hand raised. I told you I wasn't going to put you on the spot.

You're also the subject matter expert, so it doesn't count.

So if you come out of this classroom and turn left, it's right down the hall on your right hand side.

So although this might not be your primary space, how many of you know where the closest aid is to your primary space?

Whether that's an office, a lab, a classroom? Fantastic.

I do see some hands raised. Wonderful. So what I'd ask for all of you to do is, after today's session, on your way back, please just take note of.

Do I have a bleeding control kit near me? Do I have a fire extinguisher?

Do I have an aid? Because although you may not be the person that needs it, someone within your immediate vicinity might be.

And knowing where those resources are is tremendously valuable during an emergency.

Yes, please. People.

Like, oh wonderful question.

So I'm going to repeat the question for those those that are joining us online.

The question was about signage and identification of the ads throughout campus.

So while although there are no signage indicators on the exterior of the buildings there are signage indicators down the hallway and those are triangular that protrude from the wall.

But if you're ever wondering where one is safe, you're going to teach a class like facilitated training.

In this building or in another building, you're going to be working on an assignment somewhere across campus.

You can go to the Q and Chutes emergency management website and we have where every aid and where every bleeding control kit is on campus through our campus Community resources page, which is linked at the end of this presentation.

I'll save that. I'll save some extra time on the screen so you can scan the QR codes and save them to your phone if you'd like.

But we also have them available on other platforms that I don't want to get too far ahead on, because we'll talk about them in just a moment.

So other things on mitigation is built infrastructure.

How we communicate to you during times of emergency, and how you maintain your own personal well-being and preparedness while you're on campus.

So the first one is how many of you received an alert around 11:00 that says, this is an emergency test only no emergency exists.

I hope everyone raises their hand. If not, that's okay.

I'll tell you how to receive them via your cell phone.

So the See You Anschutz Alerts is the official emergency notification platform that we use on campus to notify our campus community of emerging threats to campus or significant impacts to campus operations.

Now, the test that you received today was part of the Cleary, the Department of Education's annual requirement.

We're federally mandated to do that. But I'm sure all of you also received the network emergency notifications as well yesterday.

Right. So you're probably sick and tired of hearing those, at least for a couple of days.

But that is how we communicate to you during times of emergency.

And what we commit to you is if there is an emergent threat on campus that poses that threat to the campus community we will send you an initial emergency notification that will provide context of what is the threat where is it, and an immediate action that you need to take.

Then we'll send follow up information if there's follow up information readily available to share.

Sometimes incidents are static where we're just standing and waiting for something to be confirmed right, or waiting to confirm additional information. We don't guarantee that you'll receive one every 10 minutes or 15 minutes but please rest assured, as if it's an evolving incident, you will receive updates.

Then lastly, you're going to receive the all clear, letting you know that there is no longer an emergent threat posed to the campus community.

Now, the other thing that I'd like to talk about is the c u and shoot safe app.

How many of you have the Q and Shoot Safe app on your phone?

Bianca I know you do. Yes. Fantastic.

Wonderful. So some of you might, know it as the The Safe Zone app.

So we did do a rebranding of this. It is Q and Shoot safe powered by safe zone.

And doing so allowed us the privilege to add a variety of different features that weren't, previously available.

So on the screen, what you can see is that primary screen, the second phone image.

So inside there you have the emergency button. So if you're experiencing an emergency situation this button acts as your personal panic button.

If you are within the CU Anschutz geography and you press this button it'll notify the CU Anschutz police department and provide your exact location within a 20 foot radius.

That's tremendously helpful in a campus that's not expansive in and square footage like wide, but because of we're a tall campus it's tremendously helpful because this app also not only provides x, y coordinates and also provides z coordinate.

So we can know if you're on the first floor, the seventh floor, or the fifth floor.

Then if you're experiencing a medical emergency, you can press the green button.

That green button goes directly to the Aurora EMS dispatch line, and we're notified as well.

So if you're experiencing a medical emergency or someone near you is you can press that button and get directly connected.

The blue button on there is if we ever have any disruptions to university operations on campus you can press that button and listen to the prerecorded line stating what the impacts are to campus.

Now, this is tremendously helpful in Colorado when we experience all four seasons of weather, sometimes in one day.

Right. How many of you were here last year when we had significant low temperatures that they were saying, oh, it's dangerous for you to be outside?

Or when we were getting the bomb cyclone of 2020 that just impacted the entire Front Range, right?

Those have a tremendous impact on campus operations.

Now, luckily, our campus has really been at the forefront of innovation when it comes to adapting to those types of impacts.

We're now we're able to do much of what we do on a day to day basis, sometimes in an altered modality, whether that's working remotely.

We're staging out the people that are coming into campus, but we realize that some of the work that you do requires you to be in the physical space.

So having this app and pressing that alert or that alert info button will allow you to get all of the updated information of any university impacts to campus.

Then we've recently added the Q and Sheetz Mental Health Resources app.

So whether you or someone you know are working with are experiencing a mental health crisis, we don't want you to wait until after the fact.

You can use this button to receive services before you are at the onset.

Someone that you know experiences a mental health crisis.

These link you directly to the faculty and staff. Mental Health clinic the student and resident mental health clinic.

The 98 eight number. Telehealth a variety of mental health resources are available to you in one platform now if you've ever had.

Had to find where your insurance card is. Find a primary care physician during an emergency.

That's almost an impossible task, right? We're an ill equipped to to multitask during an emergency.

And having this app allows you to do that. The second option in there is going to be right at the info button.

Right? Nope, I cannot do it.

So if you're looking at the second image of the phone where it says press for more information.

Remember when I was I was mentioning? You can find where the ads are on campus or the bleeding control kits on campus.

Clicking that button allows you access to the CU Anschutz interactive campus map.

So say you're looking for accessible parking options on campus.

If you're looking for bike racks.

If you're looking for where building addresses are on campus, you can you can click that button gets the interactive campus map.

If you're experiencing a, uh. I apologize if you're experiencing a medical emergency that requires an automated defibrillator.

You can click on that button, the emergency button to get first responders your way.

And then you can click on that, press for more information and find that closest aide, all within an app.

You can also request an escort from law enforcement. So say you're walking to your car or to the public transportation, station.

It's late at night. You just don't feel uncomfortable, for whatever reason that might be.

You can request an escort. What if you lock yourself in your car and you need help getting, motorist assist?

You can also do that from this app. So this app provides a diverse, level of resources available to you free of charge.

Yes, please. Yeah.

Great question. So at the end of this, presentation, I have a QR code which you can scan.

You can also go to the Q and Anschutz Emergency Management website, and you can type in Q and shoot safe.

And it'll take you right there with the QR codes or the links to download it to your app.

All right. So that's mitigation. Now we're onto preparedness.

Preparedness is one of the things that I really enjoy and how we do that.

Those are the efforts that we take before an emergency happens while an emergency is happening.

And we're we're in the recovery mode. We can't just say, oh goodness gracious, thank goodness that's done right.

How many of us lived through the pandemic? I think everybody should raise their hand for this, right.

All right. Fantastic. So when the pandemic was winding down, restrictions were winding down.

People were feeling more comfortable to go cohabitate with one another for professional and personal reasons.

We didn't just shake our hands and say, oh, thank goodness we made it through that, right.

There were real impacts that the pandemic caused on us, and we put preparedness planning right into effect not only during the response in the recovery efforts, but directly into preparedness.

Back to where, if we were ever impacted, we can take the lessons learned from what we went through at the last hopefully the last, epidemic that we have, into action and prepare us for the next.

So we're going to talk a little bit about emergency response plans, training and exercises, and built environment preparedness.

So the first one is the emergency response guide throughout the CU Anschutz Medical Campus.

You're going to see these one page fliers that are available for everyone.

And they have a QR code on them. So you can scan them onto your phone.

And it's going to be in English and in Spanish for you.

And what this provides you is that lowest level of instruction of what you should do during an emergency.

This is an all hazards approach. So whether it's a bomb threat, suspicious activity, a fire, inclement weather, you can take time.

Now see if you're headed from one class to another, one meeting to another.

If we ever get the luxury of having five minutes in between meetings, you can take one moment and say I'm going to read this box this time, but you can also scan the QR code and download it to your phone.

But it's also available in the Safe Zone app, so you can always refer to it.

The next one is our building wide plans. Every crew and its own building on campus does have an emergency response plan.

This covers the in-depth detail of the operational, unique qualities of each building.

So say, for example, some buildings are heavily based on research while other buildings are heavily based on academics, and other buildings are heavily based on clinical care.

So each building on campus that you Anschutz own has these emergency response plans.

The Emergency Management Division is able to provide you with those.

What we try to do is give them to building leadership and then they pass them out accordingly.

Inside there, you'll have things on what to do during a fire, what to do during inclement weather, an active harm or a bomb threat things like that, and also includes where your evacuation rally points are on campus, which we'll talk a little bit more later.

So how many of you know where your emergency evacuation rally points are for your primary building?

That's not a that's not a huge list. Right. But thank you for those of you that do.

I think that that alone says that there's merit in in taking some time to learn what's in this plan and go through the training that we provide on campus wide preparedness.

So if you're interested in that or if you'd like to host emergency management to provide that to your department school or college, we're happy to do that as well. The next one is the Comprehensive Emergency Management Plan.

So the Comprehensive Emergency Management Plan gives us the legal authority to provide

response and recovery efforts to the campus community during an emergency or disaster.

This is something that's posted on our website that's that's available to anyone to review.

Now, I won't go into the strategies of at 1015, we're going to do this action.

We're going to communicate with this person. But what it does identify is all of the primary stakeholders, their roles and responsibilities and our scope and capabilities to assess, respond and recover from a variety of emergencies.

And then what to do if that is that disaster, an emergency expands beyond our own capability, how we request mutual aid or disaster declaration.

Everyone. Again, if you can do me a favor and knock on wood three times.

Thank you so much. All right.

And then the other section that we have for the last section that we'll talk about today is continuity of operations planning.

How many of you are familiar with your continuity of operations planning?

Phenomenal. I see I see a good number of folks in here today.

So every month my colleague Alex hosts Cupe 101, which is continuity of operation planning, 101 training sessions for all primary continuity planners.

So your school department college has a primary continuity planner and then a secondary primary continuity planner.

And I know that I see some in here today. So thank you so much for being here.

And what we go over are your essential functions for your department, school or college.

We go over your capabilities, your contact lists, your orders of succession, your file archives.

So if just like the pandemic, where within 48 hours of being notified that we were going to remote operations we had to figure out what the heck are we going to do? We've never operated in this sort of environment.

Right? So with the lessons learned taken from the pandemic or any other emergency or disaster that we have that we've experienced on campus we're able to foreshadow or prepare to adapt and respond and recover to disasters.

And how we do that is achieved through your department school, our college's Continuity of Operations plan.

So if this is not something that you're familiar with and would like to learn more about please reach out to us and we're happy to identify or share with

you who your primary continuity planner is or if you have been so gracefully, I guess, told that you were going to be the primary continuity planner.

We're happy to work with you on on, building out your plan.

All right. So trainings and exercises.

The Emergency Management Division hosts a variety of training opportunities yearly for our campus community that are free of charge.

So whether you're looking to do severe weather preparedness, which identifies the type of weather that Colorado is accustomed to experiencing but we also cover things like tornadic incidents, hurricanes.

Now, how many of you have experienced a hurricane in Colorado? Please don't raise your hand.

well, there's benefit in you attending the training.

Yes. Bomb cyclones? Absolutely. But if we have a colleague right now in the police department who is currently out of the state attending a conference in Florida that's about ready to be impacted by a hurricane.

It's important for you to know, not only professionally, what weather, uh impacts we might experience on campus, but personally, if you are traveling summer vacation, winter fall where you're going, if they experienced adverse weather, weather, incidents, how you respond to those as well.

So that's a training that we offer. Now we also offer preventing targeted violence.

Preventing Targeted Violence was published earlier this year to respond to the adaptive

nature of active harm incidents or targeted violent incidents that happen in the community not just the campus community, but in our communities, whether that's Boulder, Brighton, Douglas County, any of those.

And what we heard from our campus community was when we were teaching the active harm or response training, we were teaching you, oh, it happened.

How do you respond to it? And we thought that there was value in understanding the escalating behavior, uh continuum and how to identify escalating behavior and how to de-escalate behavior, uh escalating behavior or behavior that is concerning or actions that are concerning toward you

so we can get them off of the pathway toward violence and provide them with the resources.

Now we teach this class by monthly. The next offering of this class will be in October, on October 16th, along with the next one which I'll talk about is the Stop the Bleed training, which we've talked a little bit about today, right, with the bleeding control kits.

So this class teaches you how to identify life threatening bleeding and control life threatening bleeding whether that's through applying pressure, packing a wound or a laceration, or applying a tourniquet.

You'll leave that class with a certificate that doesn't expire.

But we always recommend that you refresh the course every two years because it's like any other skill.

If you're not regularly utilizing it, it's no longer a skill that you you can, trust, right.

And then build a kit. Now pre class I received that there were two questions related to build a kit, whether that's personal or for your office.

On how you prepare a shelter in place kit.

Or if you have to leave the area and evacuate an evacuation kit.

This class that we teach, also by monthly, teaches you how to build a kit based on your personal situation.

So how many of you today, can say that you have, pet?

Whether that's a dog, a snake, a cat that you're responsible for.

Fantastic. Now, how many of you have a loved one that is under the age of 18 that you're responsible for?

Thank you. Now, what about if you care for an elderly individual in your household?

How many of you have that experience? Absolutely. And then what? If you are a member of your family, live with or experience an access or functional need whether that's a permanent one or a temporary one based on an injury?

All of those things are things that we want to consider when we're talking about building a shelter in place kit or an evacuation kit.

Things that we don't think about as medication. What about our primary care physician?

What about the closest pharmacy if we have animals?

Now the individual, if you're supposed to shelter in place, requires 72 hours of water available to you now.

So you get your three jugs of water and you're like, I am good to go.

And then you look over and my dog is named Odin.

So we'll say Odin. And I look over at Odin, and I was like, oh, I didn't get Odin any water.

What about his food? I'm going to then have to share my food and water with him, right?

But it's also a traumatic incident. So what about mental health resources for you, your family and your pets?

Your pet is also experiencing a crisis as you are so identifying what resources you need to adapt to respond and be resilient to shelter in place or evacuate.

It's what we teach in this class. Then we also have, it's the rad rape aggression defense systems training.

So this is a class that the Siu Anschutz Police Department has reintroduced to the campus community.

It is at an at cost for individuals to attend, but it teaches you self-defense tactics that you can utilize whether you're on campus or off of campus in your personal life.

And the next one is, is scheduled to be held in November.

And if you go to our CU Anschutz emergency Management Training and Events calendar website, you'll be able to see when that that goes live. And then we'll talk a little bit about the skill soft training. So as we transition from active harm or preparedness to preventing targeted violence we thought that it was still incredibly important to understand what to do during an active harmer or targeted violent incident.

Right. So this, skill set of training has been updated this year, and it was a collaboration with all of the C the C, U system, emergency management and university police department teams to create this.

That's very specific to the campus, but we're the principles and things that you learn in there are universal in nature.

So whether you're at a mall, a grocery store, out and about in a public space you can apply the things that we discuss in this skill set training to your personal life.

Now those are the official trainings that we provide campus wide all year round.

And then we also provide a variety of different trainings that are specific to your your unique needs as a department, school or college.

So I have a couple of pictures on here, discussion based exercises. So say for example, if you finished your continuity of operations plan for your department and you need to validate that it actually works we can help facilitate and organize a discussion based conversation around your

capabilities and the things that you've outlined in your Continuity of Operations plan so we can identify any opportunities for improvement or recognize the things that you have already identified that are working very well.

Then once we have that discussion based exercise we can take, we can participate in what's called tabletop exercises.

Tabletop exercises are a way, a great way for you, your colleagues, to get involved and to be the actors on scene.

So we can talk about what sort of capabilities would you like to test?

What sort of threats, hazards, or vulnerabilities are you looking to, evaluate as part of your capabilities as your department, school or college?

We can facilitate that training and build out that training for you.

And then the full scale is as close to the real thing as it gets.
So I had the distinct opportunity to participate in the university Colorado's UC Health's full scale exercise this morning that was based on a mass casualty incident.

We had 160 volunteers from across the Rocky Mountain region participate and we had kids from as as young as five years old to adults as old as 82 years old from, a, the entire spectrum.

So those that are able bodied to those that are wheelchair bound or, uh are hearing impaired and they were strapped up with mu large blood, guts, the whole nine yards.

And then what happened is we brought them into the emergency department and all of those medical health practitioners were able to then triage and escalate based on those injuries that were reported by those participants.

It was a tremendously beneficial exercise.

And so if that's something that you're looking to do, we're happy to facilitate and talk through the planning process of that as well.

All right. Remember when I talked about your fire evacuation rally point? So you're building wide evacuation rally points, and they're in those building wide emergency response plans.

So that's part of preparedness, right? It's that built preparedness in our campus community.

Now it's going to probably be impossible for you to see all of those on here.

But please reach out to us if you would like to learn more about where your primary, secondary and alternate evacuation rally points are throughout campus, you'll see the primary, which is 300ft away.

The secondary is 500ft away in the opposite direction.

And then the alternate one is your inclement weather.

So because we experience all four seasons at all times, we need to have one that's indoors somewhere, right?

And so please reach out to us if you'd like to learn more about those or attend one of our campus preparedness trainings where we talk about where all of those evacuation rally points are.

All right. So now we've done mitigation and preparedness.

Now we're onto response. So response are the short term efforts that we apply to do immediately address the emergency or

disaster that's impacting our campus community and the things that we focus on our life safety incident stabilization, property preservation, evacuation, sheltering and reunification and mass care triage.

So how do we achieve this? How many of you know that we have an emergency operations center here on campus?

Not an Ed, not a clinic, but an emergency operations center where command and control is delegated for the campus community to respond recover and plan and communicate to our campus community during emergencies or disasters.

We have one and you can get a tour of it.

So if you are interested in learning a little bit more about the Emergency Operations Center, please reach out to us.

You can see the screen on the are the picture on the left.

That's my left. Fantastic. I'm doing all right. It's in the campus services building.

And then the picture on the right is a picture of what it shows in there. So it has a variety of technology that we utilize.

So whether it's cameras, it's maps, communication modalities those types of things we we use that as our hub for situational awareness

support the incident command that's in the field responding to the emergency.

Now how do we do this. I want to take a moment to acknowledge the tremendous work that many of our campus colleagues, participate in monthly.

So we have what's called the Emergency Response Team which is a collection of professionals across campus that are identified by leadership to say these people

will serve as the emergency response team to represent their area of expertise during an emergency disaster or planned event. And we operate so in what's called the incident command structure which is FEMA's incident command structure that we utilize to make sure that if the incident or emergency goes beyond our capabilities we can seamlessly flow into the Municipals emergency Operations Plan, the counties, the states and the federal governments.

That way, there's consistency across, and we're all speaking the same language.

But how we also do responses throughout campus. We also have what's called access control cabinets.

These access control cabinets were initiated after the James Holmes Theater shooting where we had to control access to all of the buildings on campus.

So for this building here, if you come right outside this hallway or right outside the door down the hallway on the left hand side is where that access control cabinet, is.

And what we do is in times where we have to, more closely regulate or understand the flow of traffic that's coming in and out of our buildings.

We'll set up these access control cabinets where we'll be able to verify your affiliation to the institution and understand where it is that you're going.

And if you're going out. This is tremendously helpful during a time of an emergency or crisis where you have to access a classroom your office or a laboratory to do that essential work that you've outlined in your Continuity of Operations plan.

And then for response. It wouldn't be helpful if we didn't know how to communicate, right?

So we have a 24 hour emergency communications center that is within the

Siu and Sheetz police department, and our telephone number is (303) 7244444.

How many of you have this number programed into your cell phone?
Wonderful.

And I'm assuming those that don't have it programed into your cell phone are because you have

the Safe Zone app downloaded where you can hit the emergency button and get it and I right.

Yeah, I'm seeing some chuckles. Fantastic. So it's very important and we advocate for this all the time is download this number into your phone.

Because you never know if and when an emergency is going to happen.

And you're going to need to call us because we're a special district within the city of Aurora.

If you dial 911 from your cell phone, it will go to the Aurora Police Department.

Now, how many of you know the address of your primary building?

Holy smokes, you guys are doing such an amazing job.

I could tell you that I do not know the address to the building that I'm in right now and so if there was an emergency, I would have to look and find what that address is, right?

But I know in the police department I know what our address is. 13309 East 17th place, Aurora, Colorado.

80045. Did I get that right? I'm seeing heads shaking the right way.

So thank you for the support. But So if I don't know the address and I call 911 from my cell phone and I get the Aurora Police Department and say I'm in had one room 1500, they will not know what you're talking about, right?

They're going to have to ask clarifying questions, which will delay the response of getting that an immediate aid to you.

But if you program this number into your phone, I don't know what happened.

I'm sorry, but if you program this number into your phone, you'll get to see you.

And it's police department that understands our culture. They understand the building layout and how to navigate the infrastructure to send response support your way. Yes, please.

Want to make that like last, lock all the doors? Or do you want to use your app?

All that. Great question. So the question that was asked is during an active Harmer incident.

Do you want to utilize the Safe Zone app to hit the emergency button?

Do you want to use the panic button on the wall, or do you want to call on the 4444 number to the Siu and its police department?

Is that correct? Did I get that question correctly? Thank you so much.

So I will never tell you that this is exactly what you need to do because especially active Harmer incidents let alone any other type of emergencies, they're dynamic and they evolve quickly.

So what we what we always advocate for is understand what resources are available to you, saying, I understand where the bleeding control kits are.

I understand where the ads are. I understand where my evacuation rally point is, or my closest primary and secondary evacuation route is on campus.

And then we subscribe to the national run hide fight model.

So we let the situation dictate our actions or influence our actions.

So by all means, we want you to get as far away as possible until you're safe during an active harm or incident.

If getting away or fleeing isn't an option based on your current situation.

Then the next option is to hide. You want to get into a place where you are out of sight, or out of view of that active farmer and then if the opportunity ever becomes available to flee or to escape we want you to use that as an opportunity to escape based on your unique situation.

That might not be possible, and then only as a last resort.

We want you to fight. We ask that you work together with teams if you're sheltering or hiding in place with with colleagues that you work together to disarm that active farmer.

But that's only as a last resort. I often tell myself that, oh, this is I'm going to do this, I'm going to do this.

And all of these crazy situations that I built into my head. So my job is to think of worst case scenario, right?

And then find out what capabilities do we have to respond and recover to it.

So when I think of active harm or incidents, there are just too many unknowns because it's so dynamic and evolves so quickly that

it's more important for us to understand what resources are available to us that way based on our current situation or the circumstances of the incident.

We're able to make the best decision possible for our current situation.

And if you'd like to learn more about that I welcome you to take the Skill

Soft Active Farmer Response Training or the Preventing Targeted Violence Training where we do address some of those questions as well. But I do appreciate you asking that question.

So now we're on to recover recovery. So recovery are the long term things that we do to address the resiliency of our campus community.

So that's talking about the economic recovery debris and facilities management and reconstitution.

So remember the pandemic that we had, we didn't just say, all right, everybody, you're coming back to campus.

We had to really reevaluate what that looked like, right? We had to reevaluate how we interacted with one another.

We also had to, uh respond to the social dynamics of how things have changed over those past three years of some people weren't comfortable coming into the office some people weren't comfortable being around other people or some people had underlying medical conditions that they didn't feel comfortable coming into the office yet.

Right. So the renaming genuinely changed. And so we couldn't just say, all right, everybody, your badges are back on.

We expect you to be in the office Monday morning. Know there was a reconstitution plan that was built into that.

And that's what we in emergency management do, is we work with your department school our college to help identify what that might look like based on your operational needs and capacity.

So for that, whether it's the pandemic, a tornado, a fire in a building we're constantly moving in that recovery phase of, we're understanding what our capabilities are what our vulnerabilities are through our our threatened hazard vulnerability

assessment and what our response capabilities are through mutual aid agreements independent capabilities. And we're moving through it. Please know that that tornado image is a real image.

But the fire image is a simulation.

So, but that I wanted to put in the tornadic image just to drive home that we are not free from experiencing tornadic incidents on campus.

So it's it is an important element to plan for.

So with that, I know that I threw a ton of information at you, and I promised that we would keep some time to have an open dialog.

So if you would be interested in learning any more about any of the topics that we discussed today for the emergency management campus resources there's the QR code for emergency management training and events.

We have the QR code on there. If you're looking to download the Q and Jud safe app.

There's that QR code. And then if you're wanting to download the emergency response guide, you can do so as well from that QR code.

And then with that, I just want to really thank you for dedicating an hour of your busy schedule to come and learn about how Emergency Management ICU, and sheets help support you, your missions, and your students, faculty, and staff.

So thank you so much. Any questions? Something that when people are required to comply and setting up emergency responses.

I'm not sure. It's not a single. When we were setting up emergency responses at our building.

Um. And establishing the rally points for when we were evacuating.

There were apparently people who did not understand why it was important to actually go and show up at the rally point instead of just because it wasn't just about getting away, because there were people who would be like, well, I got out of the building.

I was over here not recognizing that you don't show up at the rally point then somebody else is going to have to go back into the building to find you.

And then they're looking, wandering around looking for somebody who's not there, which jeopardizes our first responders and our firefighters.

Are you asking how to mitigate some of that miscommunication?

I'm just pointing out that that there's people who don't know that.

That's why that's important. No, you're absolutely right.

And based on that, you had not shared. So I wanted to point that out.

Thank you. So when we do host drills and it's much easier to host drills if you are in a building, say, for example the School of Dental Medicine, the School of Pharmacy, where it's your people in your building.

When we come to those multi-unit or multi department buildings such as RSV, which is just such a dynamic one to ever do anything in it really goes into that community outreach and training to understand the importance behind going to those evacuation rally points.

We go to those emergency evacuation rally points for reunification purposes.

So say for you or someone that you know in your office that lives with their experiences and access or functional need that isn't able to evacuate the building and they go to the closest stairwell because the stairwell first responders will go to those and then verify.

But if no one's going to those evacuation rally points, first responders don't know that there's somebody there that they should keep an eye out.

It doesn't matter necessarily for your personal life where your evacuation rally point is.

I think my mother and her law firm they go to Earl's downtown and they get a drink whenever they have to evacuate because whatever it is deserves a drink.

Right. But for us on campus, we identify one that's 300ft away as the minimum for any blast than 500ft based on the chemicals that we work with on campus and then that inclement weather one.

But it is incredibly important. And if any of you are receiving questions or comments or concerns from your colleagues please reach out to us and we're happy to facilitate one of those trainings and potentially even a drill to conduct an evacuation drill.

Thank you for sharing that, I appreciate it. Point of interesting information.

The Social Security office of the 16th bomb, 16th Street Mall.

Their rally point was also the hard Rock cafe. See?

So, the Social Security office at the 16th Street Mall is the hard Rock cafe.

So I don't know how, but that's what it was. Yes. Wow.

See? It doesn't matter, right? As long as there's one place to go for reunification.

Any other questions there? Yes, please.

Great question. So I'm going to repeat it. It was. Are any of the trainings ever recorded in case you can't attend them?

The answer is sometimes.

But the reason why it's sometimes is because some of the courses that we taught that we trained are really talking about personal lived experiences especially those like preventing targeted violence or building a kit where we're asking

you to be vulnerable with us in a space to understand how we can better whip you to be prepared and be resilient.

And we don't want to exploit those lived experiences to people that aren't in the room to create an environment of trust.

But for some of the for some of the trainings that we do that are more community based like this, we do record them when it's available.

Absolutely. Well, thank you so much.

I won't keep you. I hope I didn't bore you all to death, but I do hope that you've learned something.

If you do have any follow up questions or don't feel comfortable asking in this environment please feel free to reach out to us at emergency mgmt at CU anschutz.edu and we'd look forward to partnering with you.

Thank you so much.