

CCANA DISASTER CONTINGENCY PLAN

****Revised 08/2019****

Note- This booklet is service material and is intended for use by group and area service committees. It is not for use in regular Narcotics Anonymous meetings.

INTRODUCTION

This simple booklet is intended to aid our fellowship back to recovery as quickly as possible from a natural disaster. These plans of action are adapted from the Carolina Region Service Committee by the Coastal Carolina Area Narcotics Anonymous Public Relations Subcommittee for use in our area.

HURRICANES

Hurricanes are common along our coastline; however, many members may have recently moved into your area and may be unfamiliar with securing their homes, storing supplies, and other general information for storm preparedness. It is advisable to discuss these matters, as well as the contents of this booklet, at group business meetings during the season in which hurricanes are likely to occur.

Hurricane season officially runs from June 1st through November 30th, yet they can occur at any time during the year. Our recent experience has taught us that during hurricane season coastlines experience the greatest amount of damage. However, devastation can be felt hundreds of miles inland. Therefore, it is important for all groups and areas to discuss storm preparedness throughout the region.

Encourage members to look into stocking supplies such as battery operated radios, canned food, water, paper supplies, sheets of plastic, and first aid supplies for any emergency.

Before the storm hits bring indoors all lightweight objects because loose objects traveling at a high rate of speed cause considerable damage. Tape or board all windows. Fill up bathtubs with water. Unplug appliances, turn off the main electrical breaker, and turn off water, gas, and hot water heaters. **FUEL ALL MOTOR VEHICLES.**

If there is time to evacuate the area, do so. You will not be asked to leave your home unless your life is seriously threatened. The death toll from Hurricane Hugo (September 1989) was minimal because over 150,000 were successfully evacuated from the coastline before the storm hit; however, the death toll from Hurricane Katrina (August 2005) was 1,836 both from the actual hurricane and subsequent floods afterward, primarily due to the fact that evacuations were late in being recommended and enforced. When you receive word to go, leave. Follow the escape routes designated by local officials. If you are unable to be evacuated and you are unsure if your home or apartment is sound enough to weather a hurricane go to an emergency shelter. Leave food and water for pets, as most emergency shelters will not allow pets in their buildings.

Take clothing, blankets, flashlights, extra food, water, etc. with you. Take your Basic Text and phone numbers. Take this booklet. If you cannot be evacuated or get to a shelter during the storm stay indoors and on the downward side of the house. Stay away from windows. Hurricanes often bring tornadoes. Stay in small interior areas like hallways, closets, or bathrooms. Do not use candles or open flame for lighting or cooking. Use phones only for emergencies. **DO NOT GO OUTSIDE** during the storm.

Major hurricanes generally last anywhere from six to eight hours and in some cases longer. Remember when the eye of the hurricane is overhead the storm is only half over and will begin again within minutes. **STAY INDOORS.**

When the storm is over stay away from downed power lines. Do not drink the water until you are told that it is safe. Unless you are injured stay where you are. Follow all instructions from local officials.

TORNADOES

Every year about a thousand tornadoes touch down in the U.S. with winds in excess of 200 miles per hour. They uproot trees, rip apart buildings, turn over cars and mobile homes, and send glass and debris flying everywhere.

Tornadoes can strike any place at any time. The season when most tornadoes hit is in the spring and early summer when the weather is unstable. Tornado season runs from March to August. Peak tornado months are April, May, and June but can also be spawned from hurricanes. Tornadoes often develop in the afternoon or early evening. As they move towards the ground they make a hissing sound. When the tornado touches down the hiss changes to a deafening roar, which is similar to a train.

During a WATCH

-A tornado WATCH means that conditions are right for a twister. When a Tornado WATCH is issued for your county get set:

-Watch your television or listen to the radio.

-Watch for signs of an approaching tornado such as blowing debris or a roaring sound (like a train.)

During a WARNING

-Be ready to react when a tornado WARNING is issued. That means a tornado has been sighted or is about to strike. When a WARNING is issued or you suspect a tornado is coming go to safety immediately. Stay away from windows. Go to the basement. If there is no basement go to the lowest floor. Go to a bathroom or closet in the center of the building. Protect yourself under something sturdy (like a mattress) and protect your head. Leave your mobile home or car and if there is no substantial shelter nearby seek protection in a ditch or low-lying area. (Be alert for flash floods)

-After a tornado hits listen to your portable radio for information. Use your flashlight to inspect your home for damage. Wear sturdy shoes and protective clothing to protect you from broken glass, fallen objects, and other hazards. Watch out for power lines that have fallen. Only use the telephone for emergency calls. Do not go into an area damaged by a tornado because you may interfere with emergency operations or you may injure yourself.

AFTERMATH OF A NATURAL DISASTER

In any major disaster services that we have come to depend on could in all likelihood cease to exist. No disaster preparedness can depend on telephones for information although it is critical to maintain up to date and accurate phone numbers. Electricity is another service we cannot depend on being available to us. For example, gasoline pumps run on electricity; therefore, if there is no electricity for weeks, there will be no gasoline. Any services run by computers will also be downed such as banking. You will be unable to cash checks or use debit/credit cards. Cash is the only thing accepted during a disaster. Streetlights, television, radio stations, and refrigeration will also be discontinued. Transportation could be drastically affected. Roads and bridges could be washed out, collapsed, or impassable from debris. Airports could be closed. There may be no food supplies except what is already in the affected area for days or weeks. There may be no clean water. In a major disaster the saving of human life is of course the first and foremost priority. As recovering addicts staying clean is also a priority. Our lives depend on it. The following sections deal with plans of actions to begin NA meetings quickly and in an organized manner.

THINGS TO CONSIDER

This booklet has been formulated to be in conjunction with current information on phone numbers and addresses of local radio stations and newspapers. During a natural disaster if all modern services are out getting information back and forth may have to be done by hand or word of mouth; therefore, it is important to consider every alternative that is available to you. For example, a disaster hits- there are no phones, roads are damaged, and the status of meeting places is uncertain (although the PR Subcommittee has attempted to set up contacts and make meetings available throughout areas of town that hopefully will be accessible to most members). LISTEN to the radio. Map out the meeting places and check the radio again for broadcasts on any road information and reroute accordingly. Do not travel unless you are sure the way you are headed is clear. Never send a recovering addict alone—together WE can. If martial law and curfews have been imposed follow all directions exactly. Remember martial law and curfews are for your protection and to insure emergency services can get through to injured people and to aid in setting up relief stations.

WHAT TO DO

1. Check the location of your pre-determined emergency meeting places. A meeting will take place at all predetermined meeting places at 5:30PM the day following the disaster and will alternate between locations nightly at 5:30PM until regularly scheduled meetings can resume.

ALL MEETINGS BELOW WILL BEGIN THE DAY AFTER THE NATURAL DISASTER OR THE FIRST DAY IT IS SAFE TO BE OUT. THE FOLLOWING MEETINGS BEGIN AT 5:30PM IN THESE LOCATIONS THROUGHOUT THE AREA:

Downtown: TURNING POINT – Mother Hubbard’s Cupboard, 315 Red Cross Street

Monkey Junction/South College: ANSWER GROUP - Trinity Life Center, 4008 S. College Road

2. Keep a continuous watch on www.coastalcarolinaarea.org for up to date meeting and cancellation information.

3. Check emergency shelters for NA members that may be there

LONGRANGE PLANS

Major natural disasters have very long-range problems. Getting meetings started again is just the beginning. Areas should consider public information efforts to last four to six months after the disaster. Refer to the Public Relations Handbook often. In some instances meeting directories for the Area may need to be altered and reprinted. Area phone lines may need to be changed.

Groups may also consider holding social events such as special speaker meetings, dances, bring a dish dinners, and outdoor activities to keep up morale. With effort the fellowship will return to normalcy much more quickly.

A disaster is a very frightening and disturbing event. Our reactions are bound to vary widely from one day to the next. The re-emergence of these and other feelings are common after days, weeks, or months after the actual event. We may go through this process many times.

Our program of recovery teaches us that “Just for Today” is an important ingredient in living life on life's terms whatever those terms may be. It is important to remember that grieving for our losses is a natural and normal human response and that all of us accept changes at different times and on different terms. What is easily accepted by one person may not be easily accepted by another. Various things are important to various people. Sharing our feelings, one addict helping another, is the fastest way to recovery. Dealing with a natural disaster and the changes that come with it are no different from living life on life's terms. By not using, going to meetings whenever and wherever possible, contacting our sponsor regularly, and by working the 12 Steps together we can and do recover.