

VERMONT

AIR NATIONAL GUARD



FLOOD RELIEF RESOURCE GUIDE

VERMONT AIR NATIONAL GUARD MILITARY & FAMILY READINESS PROGRAM

HQ BLDG 170, FSS, Room 104A
105 NCO Drive, South Burlington, VT 05403

Vermont has experienced more rain and flooding events in numerous communities across several counties throughout the past few years. This flood relief resource guide will hopefully jump start our assistance to you in the event of a flood. Safety is the number one priority. Please review the safety measures below to help protect you and your family during our rainy seasons.

- Secure or protect hazards in your home before the flood strikes
- Turn off electrical power, gas, and water supplies before evacuating
- Wear protective equipment when working in flood-prone areas
- Keep calm, follow local advice, and avoid entering flood-prone areas
- Maintain a clean drainage system and unplug electrical gadgets
- Store enough food and drinking water
- Do not drive in flooded areas

If you or your family need any assistance, please reach out to your ANG Family Readiness Team.



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Family Readiness Program Manager
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Organization email: 158fw.fsf.familyreadiness@us.af.mil

RESOURCES:

- Federal Emergency Management Agency: <https://fema.gov/>
- National Weather Service: <https://weather.gov/btv>
- Vermont Emergency Management: <https://vem.vermont.gov/flood>
- Vermont Public: <https://www.vermontpublic.org/tags/flooding>
- ANR Flood Recovery: <https://anr.vermont.gov/flood>
- VEM Flood Resources: <https://vem.vermont.gov/flood>
- DMH Mental Health Resources: <https://mentalhealth.vermont.gov/flood>
- VDH Flood Recovery: <https://healthvermont.gov/emergency/prepare/stay-safe-flood>
- VDH Free Drinking Water Tests:
<https://www.healthvermont.gov/emergency/prepare/stay-safe-flood>
- CDC Safe Post-Flood Cleanup: <https://www.cdc.gov/disasters/cleanup/facts.html>
- FEMA Debris Removal: <https://www.fema.gov/assistance/public/process/debris-removal>
- Agricultural Sector Flood Resources: <https://agriculture.vermont.gov/flood>
- Boil Water Notices: <https://anrweb.vt.gov/DEC/DWGWP/license.aspx?Report=Boil>
- Vermont 211: <https://vermont211.org>
- Vermont 511 (road conditions): <https://newengland511.org/>
- Air Force Aid Society: [Air Force Aid Society | The Official Charity of the Air Force](#)

DONATE:

- Vermont Community Foundation Flood Response and Recovery Fund: <https://vermontcf.org/>
- Vermont Food Bank: <https://nokidhungry.org/>

VOLUNTEER:

[Volunteers Register | Vermont.gov](#)

OR affiliate with a reputable disaster relief organization directly and become part of their team



Disaster Relief and Recovery

You are not alone!

The goal of the the American Red Cross Northern New England - Disaster Cycle Services is reducing human suffering by helping people prevent, prepare for and recover from community emergencies and large scale disasters — natural or human-caused. This program is central to the overall mission of the American Red Cross.

We work with affected families to meet their immediate disaster-related needs and help them develop a plan for long-term recovery. Red Cross emergency services employees and volunteer Disaster Action Teams offer emotional support and immediate shelter, food, clothing, replacement prescriptions and eyeglasses and direct mental health counseling to families throughout Northern New England. Our trained and highly skilled volunteers are available to assist those in need 24 hours a day, seven days a week, 365 days a year. All Red Cross disaster services are free of charge and made possible by the generous donations of the American public. We provide services to people affected by emergencies such as fires, floods, winter storms or other natural or man-made disasters, such as:

- Food
- Clothing
- Shelter
- Disaster Health and Mental Health
- Referrals to Partner Agencies

CONTACT US

American Red Cross Norther New England Region serves New Hampshire, Maine, and Vermont. If you or someone you know has recently experienced a disaster, please call our **24/7 National Emergency Dispatch Center at 855-891-7325**.



EMERGENCY ASSISTANCE QUICK-START GUIDE

1

Register for an account in the AFAS Application Portal: <https://portal.afas.org>

- New users must REGISTER first and then SIGN IN to create an application

2

Registration Eligibility Check:

- ✓ Choose from the drop down - “TYPE OF ASSISTANCE” requested
- ✓ Select “ELIGIBILITY CRITERIA” that pertains to you

3

Application:

- Complete Tab 1-6 of the application process
 - Upload supporting documents at Tab 5
- Select “SUBMIT” when Tab 1-6 are complete

4

Decision:

- Monitor your phone and/or email as AFAS may be trying to reach you!
- Allow 24-36 business hours for processing (Sooner if emergency classified as "Urgent" - eviction, shut-off, etc.)
- If approved, an AFAS contract will be e-mailed
- Sign contract and return for release of approved funds

Contact the AFAS Emergency Assistance Department at **703-972-2604** or Toll-Free at **877-246-7650, Option #1** should you have any questions applying through the Application Portal.


Disaster Distress Helpline

PHONE: 1-800-985-5990
TEXT: "TalkWithUs" to 66746

 **Call us:**
1-800-985-5990

 **Text:**
'TalkWithUs' to 66746

 **Visit:**
<http://disasterdistress.samhsa.gov>

 **Like us on**
Facebook:
<http://facebook.com/distresshelpline>

 **Follow us on**
Twitter (@distressline):
<http://twitter.com/distressline>

Disaster Distress Helpline

PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746

Call 1-800-985-5990
or text 'TalkWithUs' to 66746
to get help and support
for any distress that you or someone
you care about may be feeling
related to any disaster.

The **Helpline** and **Text Service** are:

- Available 24 hours a day,
7 days a week, year-round
- Free (standard data/text messaging
rates may apply for the texting service)
- Answered by trained crisis counselors.

TTY for Deaf / Hearing Impaired:
1-800-846-8517

Spanish-speakers:
Text "Hablanos" to 66746



Administered by the Substance Abuse and Mental Health
Services Administration (SAMHSA) of the U.S. Dept. of Health
and Human Services (HHS).

Disaster Distress Helpline

PHONE: 1-800-985-5990
TEXT: "TalkWithUs" to 66746

**If you or someone you
know is struggling
after a disaster,
you are not alone.**



*"Ever since the tornado,
I haven't been able to get a full
night's sleep ..."*

*"I can't get the sounds of
the gunshots out of my mind..."*

*"Things haven't been the same
since my shop was flooded ..."*

Talk With Us!

Disaster Distress Helpline

PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746

Disasters have the potential to cause *emotional distress*.

Some are more at risk than others:

- Survivors living or working in the impacted areas (youth & adults)
- Loved ones of victims
- First Responders, Rescue & Recovery Workers.

Stress, anxiety, and depression are common reactions after a disaster.

Warning signs of distress may include:

- Sleeping too much or too little
- Stomachaches or headaches
- Anger, feeling edgy or lashing out at others
- Overwhelming sadness
- Worrying a lot of the time; feeling guilty but not sure why
- Feeling like you have to keep busy
- Lack of energy or always feeling tired
- Drinking alcohol, smoking or using tobacco more than usual; using illegal drugs
- Eating too much or too little
- Not connecting with others
- Feeling like you won't ever be happy again.

TIPS FOR COPING WITH STRESS AFTER A DISASTER:

Take care of yourself. Try to eat healthy, avoid using alcohol and drugs, and get some exercise when you can- even a walk around the block can make a difference.

Reach out to friends and family. Talk to someone you trust about how you are doing.

Talk to your children. They may feel scared, angry, sad, worried, and confused. Let them know it's okay to talk about what's on their mind. Limit their watching of TV news reports about the disaster. Help children and teens maintain normal routines to the extent possible. Role model healthy coping.

Get enough 'good' sleep. Some people have trouble falling asleep after a disaster, others keep waking up during the night.

If you have trouble sleeping:

- Only go to bed when you are ready to sleep
- Don't watch TV or use your cell phone or laptop computer while you're in bed
- Avoid eating (especially sugar) or drinking caffeine or alcohol at least one hour before going to bed
- If you wake up and can't fall back to sleep, try writing in a journal or on a sheet of paper what's on your mind.

Take care of pets or get outside into nature when it's safe. Nature and animals can help us to feel better when we are down. See if you can volunteer at a local animal shelter- they may need help after a disaster. Once it's safe to return to public parks or natural areas, find a quiet spot to sit in or go for a hike.



Know when to ask for help. Signs of stress can be normal, short-term reactions to any of life's unexpected events- not only after surviving a disaster, but also after a death in the family, the loss of a job, or a breakup.

It's important to pay attention to what's going on with you or with someone you care about, because what may seem like "everyday stress" can actually be:

- Depression (including having thoughts of suicide)
- Anxiety
- Alcohol or Drug Abuse.

If you or someone you know may be depressed, suffering from overwhelming feelings of anxiety, or possibly abusing alcohol or drugs ...

Call 1-800-985-5990 or text 'TalkWithUs' to 66746.

You Are Not Alone.