

# ECHO Script

## *Emergency and Community Health Outreach*



Final Script  
Jan. 6, 2012

### **ECHO Show** **"Recovering from the Storm"** Word count:

**-1-**

#### **Uprooted tree**

Trees, ripped from their roots....

**-2-**

#### **Scattered power lines**

Power lines, knocked down....

**-3-**

#### **Damaged home**

People's homes, so badly damaged, they weren't safe to live in....

**-4-**

#### **Any damage**

This was what residents of North Minneapolis had to deal with after a tornado ripped through their city in the spring of 2011.

**-5-**

#### **Any damage**

Two lives lost, and millions of dollars worth of damage.

**-6-**

## **Concerned person**

A traumatic event like this one can be hard to recover from. You might feel stress, worry and fear as you deal with your loss, and putting your life back together. You can feel like this even if you didn't have losses of your own.

**-7-**

## **Concerned person**

These are natural, emotional responses to the traumatic event. You *can* recover, if you are aware of the symptoms of mental and emotional stress and where you can go for help.

**-8-**

## **Concerned person**

You don't have to go through this alone. After a crisis like a tornado, if you or someone you love is feeling anxious, scared, insecure or worried that it will happen again, call a counselor or health care provider for help.

**-9-**

## **Worried child**

Children who are having problems that may be related to recovering from a crisis can receive counseling or mental health supportive services at their school and in the community.

**-10-**

## **Clean-up**

Communities are important when it comes to recovering from a crisis. In Minneapolis, people began working together to help their neighbors soon after the storm hit. Taking care of yourself, your family and your community, is important when dealing with a crisis. We can all grow from the most difficult events.

**-11-**

## **Guy handing out water from Community Resilience pkg**

Get to know your neighbors. By having a social network in place, you can help yourself, your family, and your community recover faster.

**-12-**

## **Still of person hugging from Community Resilience pkg**

If a crisis has already hit, it's important to show compassion and concern for others. Anything you can do to help ease someone's pain will be a big help to them and your community.

**-13-**

**ECHO Minnesota | 125 Charles Ave., St. Paul, MN 55103 | [www.echominnesota.org](http://www.echominnesota.org) | 651-789-4337**

## **Red cross or any volunteer agency**

Be familiar with what resources are available in your community if there is an emergency. Be open to receiving help and be prepared to volunteer. By helping out either before or during a crisis, you will be helping everyone who was impacted by the emergency. It can also help you and your family feel better and more hopeful.

**-14-**

### **People talking or meeting**

*Before* a crisis happens, we can help our chances of successfully dealing with it by making ourselves as healthy as possible. We can also learn from how we handled difficult situations in the past. That can help us get through our current problems.

**-15-**

### **Family**

You and your family can be ready by taking responsibility for your health and safety. Develop an emergency safety plan with your family that includes where you will meet if you're separated and names and numbers for contact people who can help.

**-16-**

### **Family eating, being active**

Make sure you are in good physical and mental condition by eating and sleeping well, being active and not smoking, or abusing drugs or alcohol, and learning how to manage stress.

**-17-**

### **N. Mpls. today?**

In North Minneapolis, people are still dealing with the after effects of the tornado, but they are making progress-- by helping each other, and by seeking help for themselves.

**-18-**

### **People together**

No matter what, when or how the crisis occurs, we know we can recover. It takes time, but we can do it—by being prepared, working together, and taking care of ourselves and our families.