



## Monthly Newsletter

Tri-County Strong Crisis Counseling Team

## May 16, 2022

### What Causes Flooding?

According to Disaster Center (n.d.), flooding occurs in known floodplains when rain continuously falls over several days, intensely falls over a short period of time, or ice/debris jams cause rivers and streams to overflow. The last two types of flooding mentioned are also called flash floods. Floods and flash floods are especially problematic in urban areas because roadways and parking lots cannot absorb rainfall (Disaster Center, n.d.). Without an effective water drainage infrastructure, roads will swiftly become fast-moving rivers and basements will become increasingly dangerous as they fill with water (Disaster Center, n.d.).

#### TOP NEWS INSIDE

- What Causes Flooding
- How to Prepare for Flash Flooding
- Personal Risk of Flooding
- Rain Gardens
- Survivor Story
- Upcoming CCP Meetings and Events in Oakland County



image retrieved from <https://www.insurewithsnryder.com/a-case-for-flood-insurance/>

## How to Prepare Your Home for Flash Flooding

Flooding in your home can be costly and detrimental to the structure for your home or business. There are a handful of ways to protect your property and personal possessions from flooding. For starters, FEMA (2022) recommends removing items like furniture, electronics, and valuable possessions from the basement, instead placing them in a space above flood levels. It is also recommended to store important documents, policies, and valuables in a safe deposit box or in an air-tight and water-proof locked box to ensure these items are not damaged by water (Disaster Center, n.d.).

Disaster Center (n.d.) also recommends raising your HVAC equipment above flood levels to help prevent damage in the event of a flood. Finally, Disaster Center (n.d.) recommends installing check valves in building sewer traps to prevent flood water from backing up into the drains with your home or business. For additional information, go to <https://www.disastercenter.com/guide/flood.html> or <https://www.michigan.gov/miready/Be-Info/med/flood>

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### Did You Know: Most Homeowners Policies Don't Cover Flood Damage. Are You Covered?

FEMA offers a National Flood Insurance Program (NFIP) for anyone that lives in an NFIP participating community. Good news! All residents in Oakland County are eligible for flood insurance with the NFIP. If you are interested in learning more about the policies, coverage, and rates offered by the NFIP, please contact your current homeowners insurance agent. If need help with finding a provider, call the NFIP at 877-336-2627 or go to [FloodSmart.gov/flood-insurance-provider](https://FloodSmart.gov/flood-insurance-provider).



For additional information on flood insurance and the NFIP, please visit <https://www.fema.gov/flood-insurance>.

# Rain Gardens & Urban Tree Canopies

*Alternative ways to decrease your home and business flood risk while also improving curb appeal and the environment.*

According to the EPA (n.d.2), rain gardens are depressed areas in the landscape that collect and absorb rainwater from the street, roof, or driveway. Rain gardens are cost effective and visually appealing ways to reduce flooding on your property and to filter out pollutants lurking in rain and flood water (EPA, n.d.2). The EPA (n.d.1) has developed several guides to help you create a personal rain garden for your home or business based on your budget and geographic location. To access these guides, go to <https://www.epa.gov/watersense/landscaping-tips>

An urban tree canopy (UTC) is the layer of leaves, stems and branches of trees that can be seen when looking down from above (USDA, 2019). UTCs are an effective way to soak up stormwater, provide cooling shade, and improve landscape beauty in urban areas (USDA, 2019). Urban tree canopies also improve air quality and increase time spent outdoors (USDA, 2019). Additionally, UTCs offer financial benefits including decreased energy bills due to tree shade and increased real estate values (EPA, 2020). For additional information on rain gardens and UTCs, go to <https://www.epa.gov/sciencematters/throwing-shade-exploring-benefits-trees>



## Upcoming Events

**June 16 7-8p**

*Flood Preparedness and Disaster Trauma  
Presentation @ Hazel Park Library*

**June 30 12-1p**

*Flood Preparedness and Disaster Trauma  
Presentation @ Facebook Live*

**July 20 7-8p**

*Flood Preparedness and Disaster Trauma  
Presentation @ Hazel Park Library*

## Crisis Hotlines

**Tri- County Strong Crisis Line**

Call/Text: 1 (888) 874-1819

**Tri- County Strong Website**

<https://www.crisiscounseling.care/>

**Disaster Distress Helpline**

Call: 1(800) 985-5990

TTY: 1(800) 846-8517

Text: "TalkWithUs" ("Hablanos" for espanol)  
to 66746

**Crisis Text Line**

Text: "HOME" to 741741

**Common Ground Crisis Line**

Call: 1(800) 231-1127





Image retrieved from <https://www.hsph.harvard.edu/news/press-releases/fruit-vegetables-breast-cancer/>

## Revealing A Resource

Are you struggling to afford enough food for you and/or family every week? With the rise in food prices and gas, it can be hard to make ends meet especially after a natural disaster strikes. This month's resource is Forgotten Harvest, a non-profit that rescues excess food from caterers, grocery markets, farms, and restaurants. Once rescued, Forgotten Harvest redistributes food

are getting enough to eat. Forgotten Harvest has a variety of pop-up locations throughout the greater Metro Detroit Area. Below are a few of their upcoming locations:

**Oak Park Rec Center – 5/18/22 from 8:30a-11:30a**  
**Bussey Center (Southfield) – 5/20/22 from 2p-4p**

For additional information please visit <https://www.forgottenharvest.org/find-food/>

## References

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## Do You Know Your Home and Business Flood Risk?

It is important to know your home and business flood risk because if you live in a high-flood zone, your chances of dealing with water damage increases greatly. One of the easiest ways to check your flood risk is by going to <https://floodfactor.com>. Once there, you can type in your address, city, or zip code to obtain a complete report on your flood risk.

Flood Factor breaks down flood risk into 5 categories: residential, road, commercial, infrastructure, and social. Each of these categories is rated from minimal to extreme. Flood Factor also has an interactive map on flood risk that can be viewed in the context of county, city, and zip code to help you understand how your flood risk compares to your neighbors and other community members.

Finally, Flood Factor offers personal solutions to increase your home's or business's flood resistance. Some of the lowest costing options include installing rain barrels to collect runoff from the roof, clearing and maintaining your gutters, and applying a water-proof coating or sealant to your foundation, walls, windows, and doorways.



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