

Physical and mental health discoveries from the LA Fires REBUILD survey

A panel discussion of mental health experts and available resources

Welcome

The event will begin
shortly.

October 20, 2025



Special thanks to....

- ♥ Households and business owners who participated and encouraged their community to participate in the REBUILD survey
- ♥ Community groups such as Pali Strong and Eaton Fire Residents United who encouraged people to participate in the survey
- ♥ The R&S Kayne Foundation for providing funding for survey
- ♥ Brianne Gilbert and Chhandosi Roy at Thomas and Dorothy Leavey Center for the Study of Los Angeles at Loyola Marymount University
- ♥ Dr. Melissa Brymer at UCLA and Dr. Jack Hermann at the American Red Cross for joining us today

General Overview

- 11:30 Welcome and Introductions**
- 11:40 REBUILD Survey Results: Health**
- 11:50 Mental health and resources: Dr. Hermann and Dr. Brymer**
- 12:00 Discussion with Dr. Hermann and Dr. Brymer**
- 12:25 Wrap Up**
- 12:30 End**

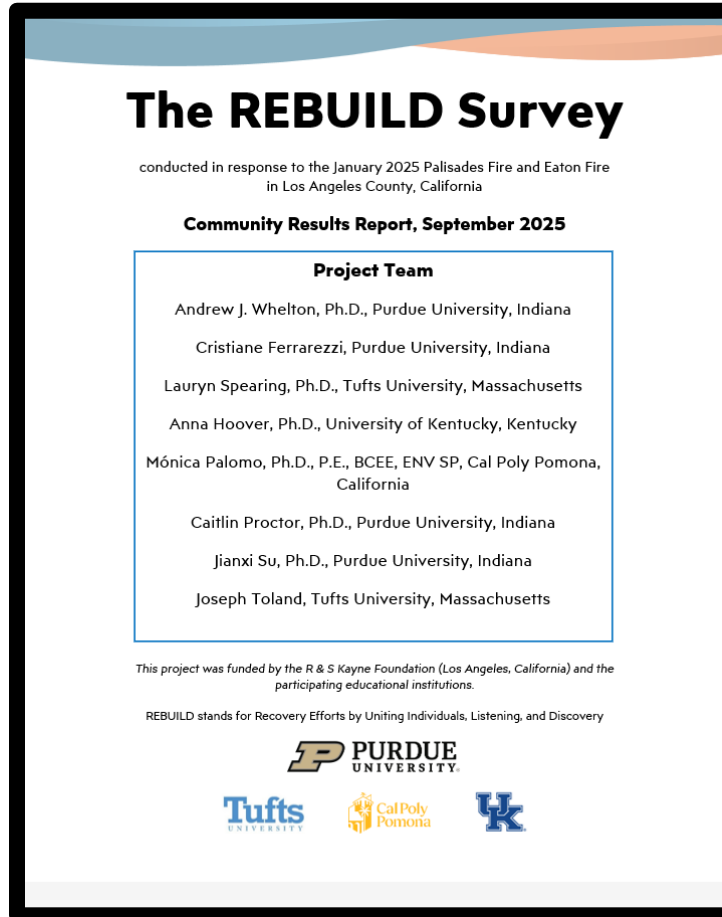
A recording of this event will be posted at www.PlumbingSafety.org

Our REBUILD Survey:

Recovery Efforts by Uniting Individuals, Listening, and Discovery (REBUILD)

Our Study Goal:

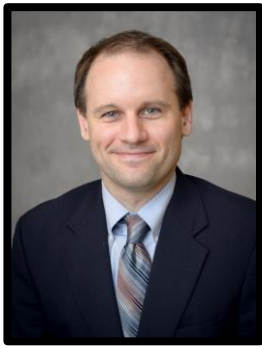
To better understand household attitudes, experiences, and needs so that community and elected leaders can better address gaps pertaining to health, economic security, and rebuilding.



September 2025

Household Impacts
Evacuation &
Displacement
Property Impacts
Environmental Safety
Concerns
Mental Health Impacts
Property Testing &
Remediation
Trust & Looking to the
Future
Insurance & Rebuilding

Access free report here → <https://docs.lib.purdue.edu/red/2/>



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University of Kentucky,
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Caitlin Proctor, PhD

Agricultural, Biological,
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Environmental Eng., Purdue
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The REBUILD Survey

New Results:

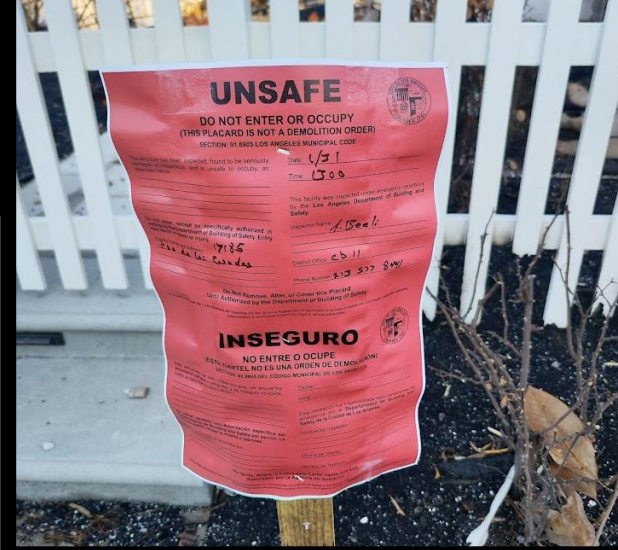
Physical and mental health
discoveries from the LA
Fires REBUILD survey



*Cristiane
Ferrarezzi*

Survey Design

- February 2025: Onsite Los Angeles households support visit, questions
- Online, Qualtrics, Purdue University
- English and Spanish versions, April to June 2025 (4 to 6 months after the fires)
- Adult participants, 18 years or older, own or rent



Who responded to the survey?

1,229 verified responses: 37.9% Palisades Fire vs. 62.1% Eaton Fire

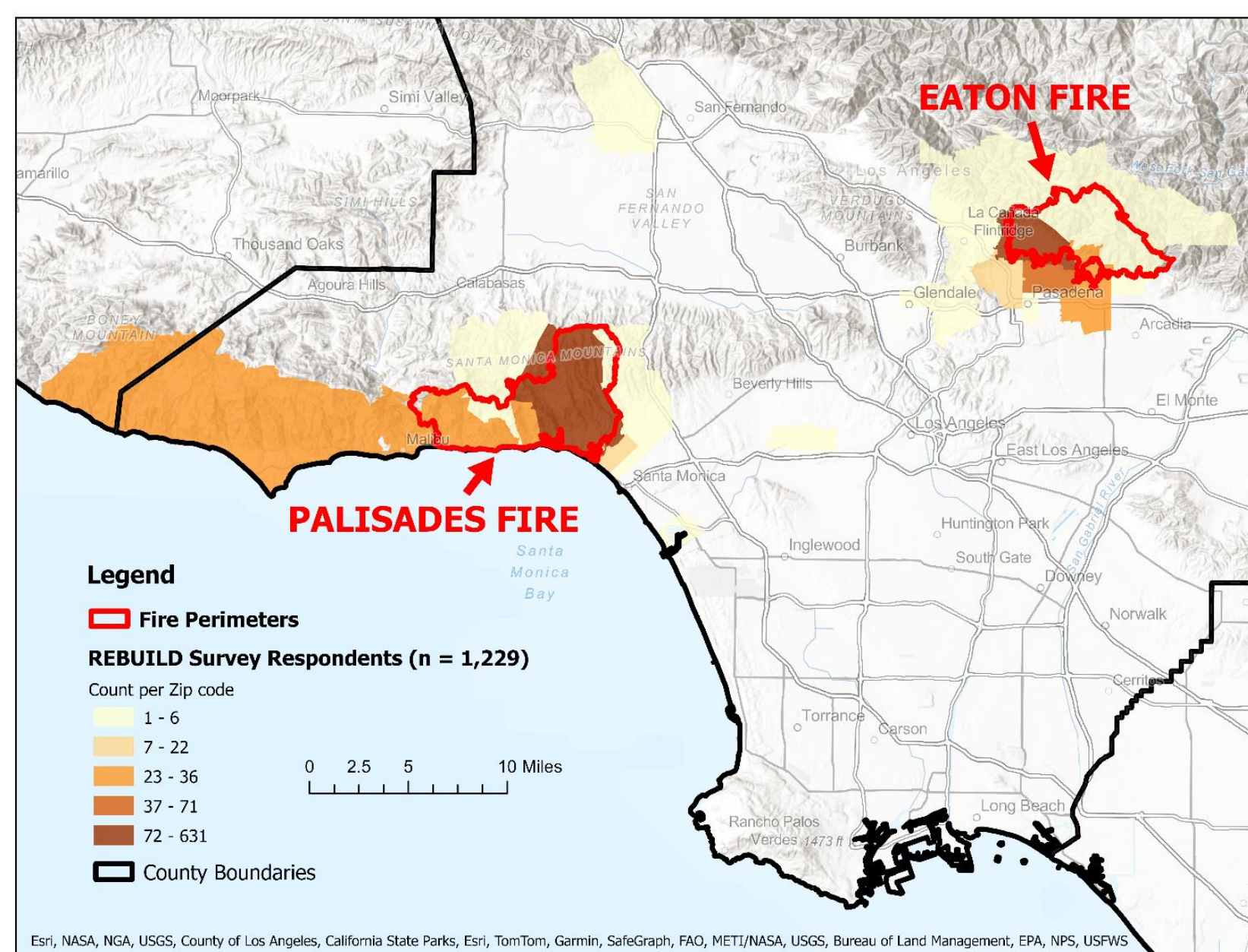
Male: 29 to 35 %

Female: 63 to 69 %

Race	Palisades Fire (%)	Eaton Fire (%)
Black	0	5
Asian	8	8
White	85	71
Latina/o	1	3
Multiple races	7	13

Education	Palisades Fire (%)	Eaton Fire (%)
Some high school or less	0	0
High school diploma or GED	1	1
Some college, but no degree	5	5
Associates or technical degree	1	4
Bachelor's degree	30	34
Graduate or professional degree	63	56
Prefer not to say	1	1

U.S. Census	Palisades	Altadena
Female	53%	52%
White	82%	47%
Bachelor's degree or higher	79%	52%



When mapped by
zipcode, most
households lived
INSIDE a fire
perimeter

94.2 %
Palisades Fire
VS.

73.4 %
Eaton Fire

n = 1,226

Who responded to the survey?

Nearly all households had insurance before the fires

98.8 % Palisades vs. **99.0 %** Eaton Fires (n= 924)

About two-thirds of the households had pets, which is similar to the 66% 2023 U.S. national average reported by the American Pet Products Association.

60.5 % Palisades vs. **69.5 %** Eaton Fires (n= 1,206)

Less than half of the households had children, which is similar to the 2024 U.S. Census national average of 39%.

35.2 % Palisades vs. **41.1 %** Eaton Fires (n= 973)

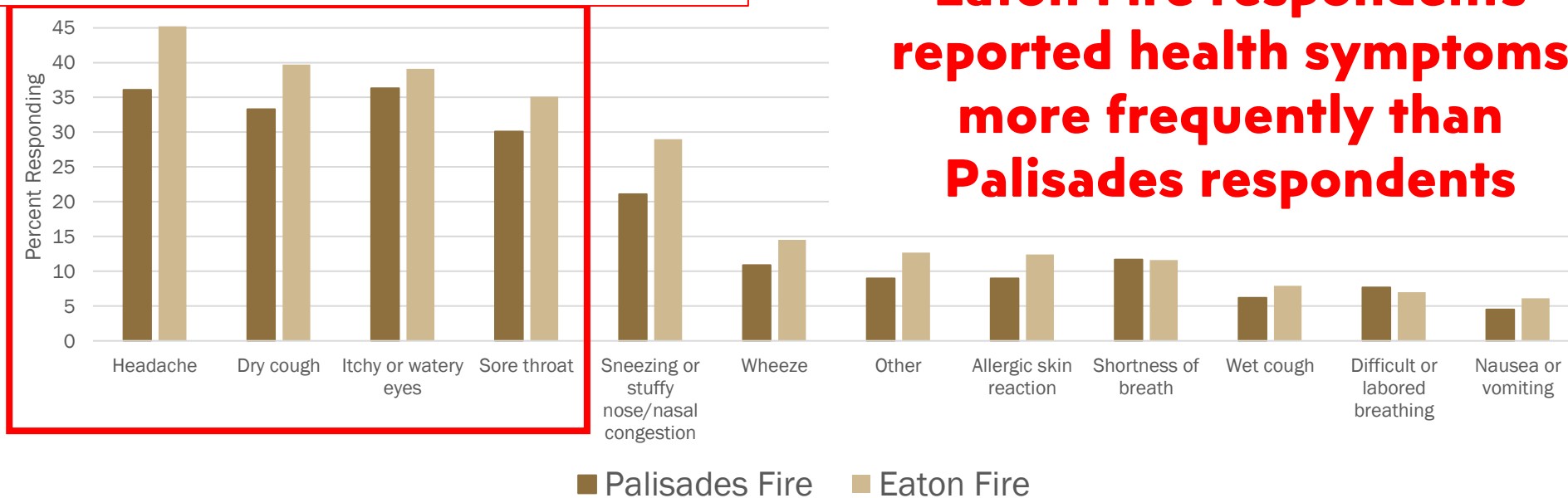


Self-Reported Health Symptoms

“Have you experienced any of the following health symptoms that you think may be related to smoke or air quality impacts of the fire? Select all that apply. If you had a symptom but do not think it was related to the fire, do not select it.”

– The REBUILD Survey

Matches the 6 mo. Marshall Fire survey

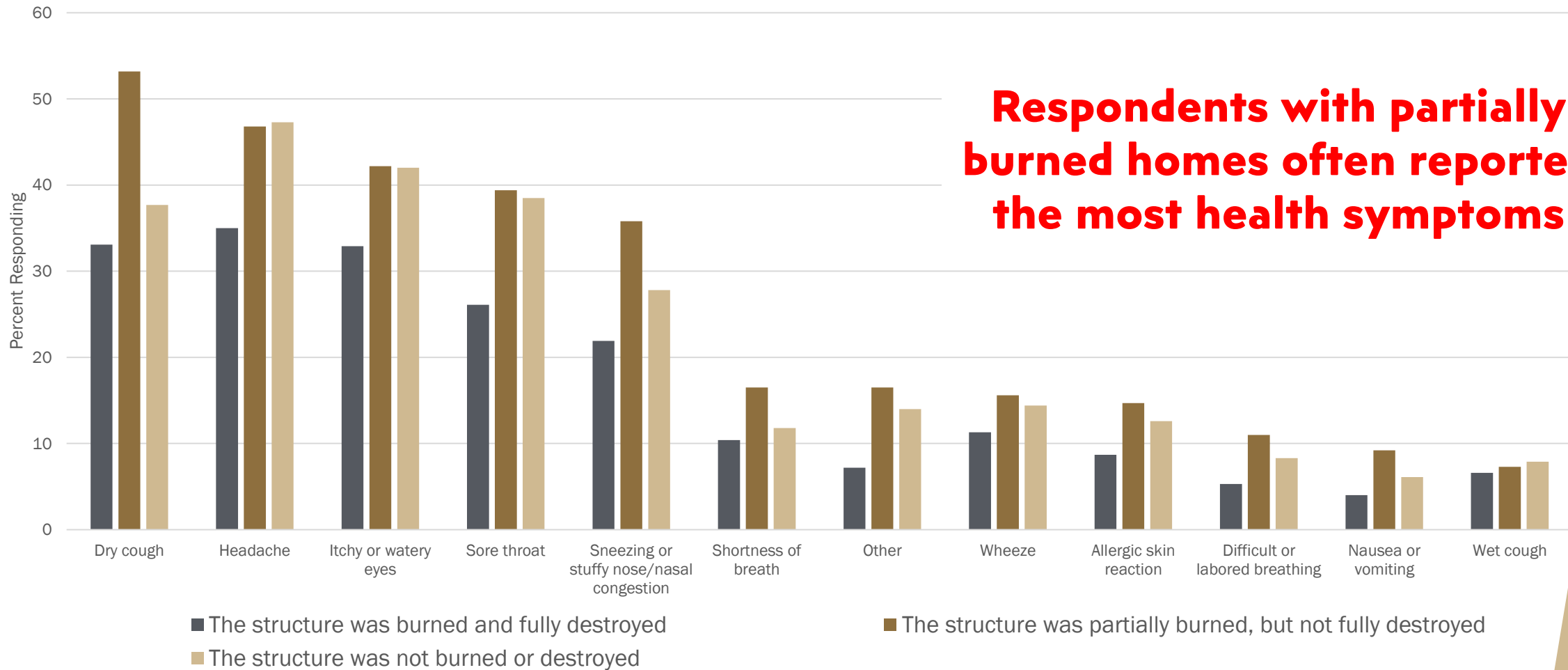


Eaton Fire respondents reported health symptoms more frequently than Palisades respondents

n= 1074

Self-Reported Health Symptoms

Condition of Home



n= 1073

Long-term health concerns of returning home

“Do you or someone else in your household have concerns about the long-term health consequences of returning home after the fire:”

– The REBUILD Survey

More than every three of four households had concerns

78.9 % Palisades vs. **82.2 %** Eaton Fires

Respondents with partially damaged or standing homes had the most concern about long-term health



n= 1072

Uncertainty about environmental safety

Many of the households believed they had experienced anxiety, stress, or depression associated with damage to...

Response	Palisades Fire (%)	Eaton Fire (%)
Outdoor air	75.4	84.0
Soil	72.9	84.9
Indoor air	68.7	74.6
Natural places like parks, hiking spots	70.4	77.3
Drinking water	51.2	60.3

n= 1,073

More than three of every four households were concerned that debris removal pollution would affect the safety of schools (n= 1,073)

Irritability within family relationships

“ Have you experienced irritability or strain in your family relationships, like with your spouse, children, parents, etc. that you think may be related to the life changes caused by the fire? ”

– The REBUILD Survey

More than every three of four households mentioned YES

75.3 % Palisades vs. **79.7 %** Eaton Fires

Households with children reported more stress and irritability in family relationships than households without children

86.2 % with children vs. **72.1 %** no children

n= 1073

Conclusions and Recommendations

1. Four to six months after the Palisades and Eaton Fires, the self-reported health symptoms were similar to 6 months after the 2021 Marshall Fire in Boulder, Colorado.
2. Persons with partially damaged or undamaged homes expressed the greatest number long-term health concerns.
3. As expected, respondents expressed stress and strain. To reduce stress, test and confirm hazards are removed from homes and schools.
4. We will continue to analyze the results and relationships between respondents and their responses.
5. If you have questions about physical health, consult your health care provider. If you have questions about stress, anxiety, depression and other mental health concerns, consult your health care provider. Consider recommendations from the panel.

Discussion with mental health experts and available resources



***Melissa
Brymer, PhD***

Director of Terrorism and
Disaster Programs, UCLA
Duke National Center for
Child Traumatic Stress



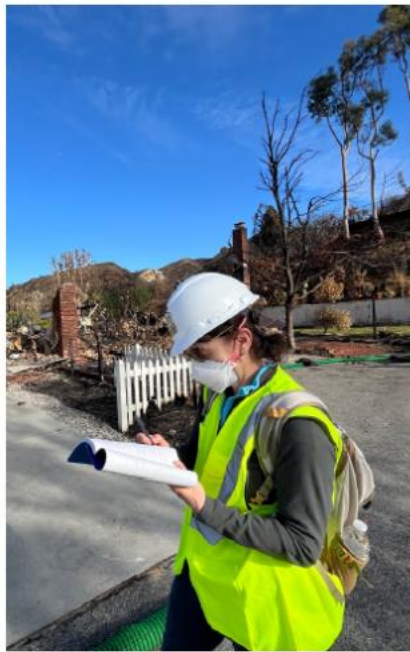
***Jack Herrmann,
MSED***

Senior Director, Client Care
Program, American Red
Cross-National
Headquarters



Webinar Series: *After the Fires*

Register for the webinars at
www.PlumbingSafety.org



Lessons from the Eaton Fire and Palisades Fire, California

August 18

The LA Pools
Study: What
was in the
water?

Recording
available

September 13

Soils, Debris,
Fruit,
Gardens, and
More

Recording
available

September 20

The REBUILD
Survey: Overview
and First Look

Recording
available

October 20

Physical and
mental health
discoveries from
the LA Fires
REBUILD survey

Recording
to post 10/23

November 17

The REBUILD
Survey: Property
testing,
remediation, and
insurance

Register now
www.PlumbingSafety.org

Physical and mental health discoveries from the LA Fires REBUILD survey: A panel discussion of mental health experts and available resources

This event has ended

Thank you

A recording of this event will be posted at www.PlumbingSafety.org

Questions about this event can be directed to:
Professor Andrew Whelton, awhelton@purdue.edu



American Red Cross

Disasters are stressful

In the aftermath of a wildfire, there are many things that can cause you and your family to feel stressed...

- Will I and my family be safe?
- Will my home/apartment be safe?
- What happens if we must evacuate? Where do we go?
- Fear of loss of possessions - What do I take with me?
- Conflicting information - Who do I believe?
- Disruption of routine
- Isolation from social network, support system
- Financial loss
- Challenges with replacing lost or damaged items – dealing with an insurance company, replacing birth/marriage certificates, drivers license, etc.



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American Red Cross

Reactions after a Wildfire

Many individuals experience a range of reactions during and after a disaster...

- These reactions can affect how someone feels, thinks, and behaves. They can also affect a person's physical health.
- Many reactions are short-term in nature and do not pose significant problems on an individual's life.
- Other reactions may last longer and create significant impacts on day-to-day life.





Expected Reactions

Emotional Effects

- Shock, despair, hopelessness
- Rage, anger, irritability, resentment
- Emotional numbing, apathy
- Grief, sadness, guilt
- Helplessness, loss of Control
- Feelings of insignificance
- Loss of interest
- Variability in mood (“mood swings”)
- Feelings of being overwhelmed

Cognitive Effects

- Difficulty concentrating & thinking
- Difficulty making decisions
- Disbelief, confusion, worry
- Distortion of sense of time
- Decreased self-esteem
- Decreased self-efficacy
- Self-blame
- Intrusive thoughts, memories, flashbacks
- Sense of being cutoff from reality

Physical Effects

- Fatigue, insomnia, sleep disturbance
- Agitation
- Physical complaints (headaches/GI)
- Decrease/Increase appetite, weight gain/loss
- Startle response
- Increased cravings/use of caffeine, nicotine, sweets, alcohol, drugs
- Difficulty breathing or rapid breathing
- Lightheadedness
- Weakness

Behavioral Effects

- Crying spells
- Outbursts, acts of aggression
- Social withdrawal/avoidance
- Relationship conflict
- School/work impairment
- High risk behaviors
- Decreased concern with personal hygiene, self care



What if I'm still experiencing some reactions?

What you can do

- Beware of what reactions you or your family members are experiencing
- Are they intermittent or do they impact day to day life, work, school?
- Re-introduce routine back into your day
- Reach out to your social support network, those you feel safe with and confide in
- Connect with your healthcare professional
- Seek out mental health support

Resources

- [Shepherds Door](#)
- [Clergy Community Coalition](#)
- [Boys & Girls Club Malibu](#)
- [Hope Crisis Response Network](#)
- [211LA](#)

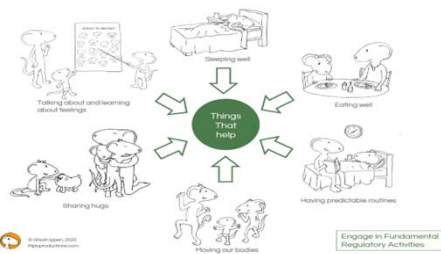
Supporting Children & Families after Wildfires



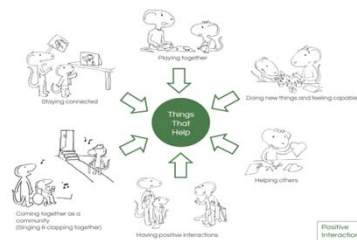
Artist: Jessie Mercer

Melissa Brymer, Ph.D., Psy.D.
 Director, Terrorism & Disaster Program
 UCLA/Duke University National Center for Child Traumatic Stress
 Researcher, David Geffen School of Medicine
 mbrymer@mednet.ucla.edu

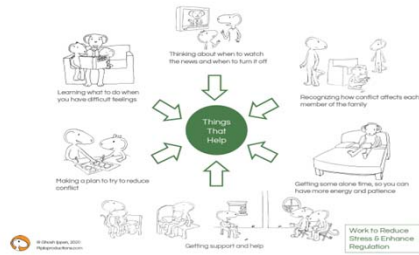
Promoting Family Healing



Promoting Family Healing



Promoting Family Healing



NCTSN The National Child Traumatic Stress Network

Children's Books

Trinka and Sam The Big Fire



www.NCTSN.org
https://www.youtube.com/watch?v=HDf6SuCeDis



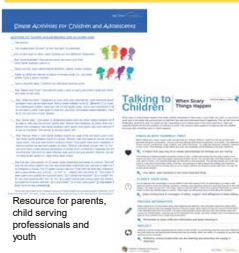
Sesame Street: Here for Each Other
Family Guide: Wildfires



www.piploproductions.com

NCTSN The National Child Traumatic Stress Network

NCTSN Psychoeducational Resources



Resource for parents, child serving professionals and youth



Grief and Traumatic Grief children's books



Help Kids Cope app



Bounce back Now app

www.NCTSN.org

NCTSN The National Child Traumatic Stress Network



The Warm Line is a 24/7 peer-run crisis hotline offering free, confidential emotional support to Californians, including those affected by the Los Angeles fires.

English (833) 317-HOPE (4673)

Spanish (833) 642-7696

Live Chat



https://www.calhope.org/

https://cybhi.chhs.ca.gov/education/

Together for Wellness/ Juntos Por Nuestro Bienstar

Together For Wellness focus on youth, young adults and caregivers across California:

Youth (ages 13-18)
Representing high school students experiencing a wide range of challenges and life moments, from academic stress to building social connections and navigating personal growth.

Young Adults (ages 19-25)
Representing individuals transitioning into adulthood, potentially facing challenges like higher education, early career pressures, and maintaining mental wellness during life transitions.



www.togetherCA.org

www.JuntosCA.org



CA Digital Mental Health Supports for Youth

A groundbreaking new program providing free, safe, and confidential mental health support for young people and families across the state with two easy-to-use mobile apps



BrightLife Kids
0 - 12 years

BrightLife Kids, a CalHOPE program by Brightline, provides free behavioral health coaching to all California kids ages 0-12. No costs attached. No insurance required. No referrals needed.

- Video or chat-based 1:1 coaching
- Diverse, bilingual coaches
- On-demand digital tools
- Coach specialists to manage complex needs and referrals

brightlifekidsca | calhope@brightline.com

Available on the App Store and Google Play



Soluna
13 - 25 years

Soluna, a CalHOPE program by Koosha, is the all-in-one mental health app for California young adults to de-stress, reset, and seek support. Always free. Always anonymous.

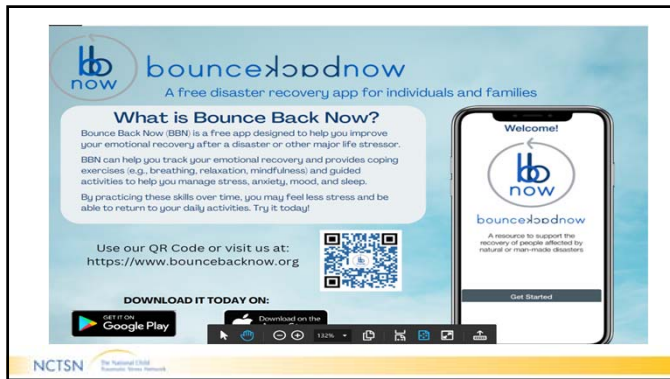
- Scheduled or drop-in 1:1 coaching
- Diverse, bilingual coaches
- Interactive and insightful tools
- Moderated community forum, self-support articles, and more

SolunaApp.com | calhope@koosha.com

Available on the App Store and Google Play

BrightLife Kids and Soluna are CalHOPE programs funded by the Department of Health Care Services and provided by Brightline and Koosha Digital Health. Visit calhope.org to learn more about the CalHOPE.





bouncebacknow
A free disaster recovery app for individuals and families

What is Bounce Back Now?
Bounce Back Now (BBN) is a free app designed to help you improve your emotional recovery after a disaster or other major life stressor. BBN can help you track your emotional recovery and provides coping exercises (e.g., breathing, relaxation, mindfulness) and guided activities to help you manage stress, anxiety, mood, and sleep. By practicing these skills over time, you may feel less stress and be able to return to your daily activities. Try it today!

Use our QR Code or visit us at:
<https://www.bouncebacknow.org>

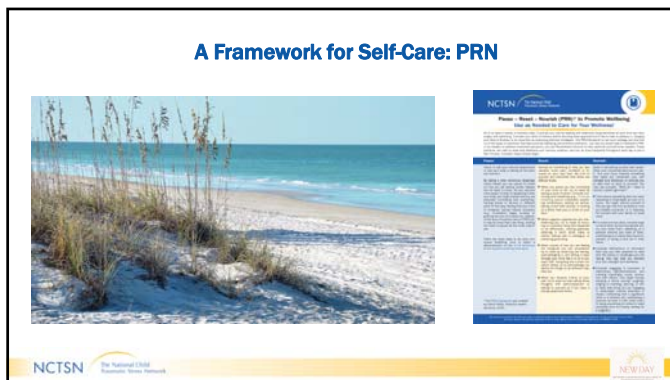
DOWNLOAD IT TODAY ON:

GET IT ON Google Play | Download on the App Store

Get Started

NCTSN The National Child Traumatic Stress Network

A Framework for Self-Care: PRN



NCTSN The National Child Traumatic Stress Network

Pause

- “Pausing” just means taking 3 slow breaths to check how you are feeling
- Check in
 - Body – where do you hold your stress
 - Mind – is your mind cluttered or full of worries
 - Feeling – notice and name any intense feelings
 - Frustration
 - Anxiety
 - Anger
 - Grief
 - Sadness



www.NCTSN.org

NCTSN The National Child Traumatic Stress Network

Reset

Actively do something to help you feel steadier, more calm, confident, or focused on your next task

- Take a quiet moment
 - Meditation
 - Petting an animal
 - Going outside for a minute
 - Looking at a favorite photo
- Acknowledge the feeling of being "uncentered"
 - Imagine letting this feeling go (leaf in a river)
- Focus on something positive
 - Affirmation
 - Sharing gratitude
 - Watching something funny
 - Talking with a colleague
- Practice self-compassion—what would you say to a friend or colleague to provide caring and support?



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Nourish

- Ask yourself, "What do I need to nourish myself right now?"
- Consider ways to replenish your mind-body-heart-soul-spirit
 - Name one rewarding or meaningful moment at home and at work.
 - Find a moment (or more) to be playful, lighthearted, joyful
 - Create your own affirmation or mantra you can repeat to yourself in times of stress
- Find ways to honor/commemorate someone who has died
- Remind yourself of WHY you went into this work in the first place and think of one way you are making a difference
- Celebrate the small victories



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Additional Information



- NCTSN Learning Center learn.nctsn.org
- NCTSN Website www.NCTSN.org
- To stay up-to-date about new and updated resources, sign up at info@nctsn.org

DON'T FORGET TO FOLLOW US ON SOCIAL MEDIA!



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