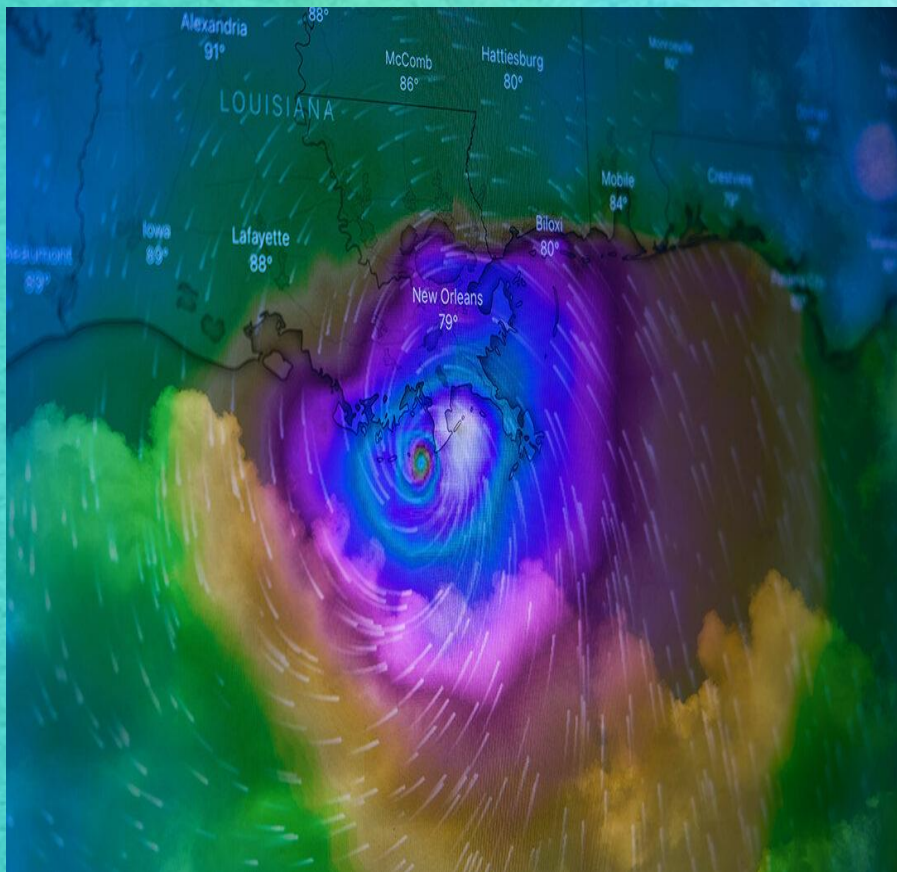


DETERIORATION OF RESILIENCY: THE ALARMING IMPACT ON FAMILIES AND COMMUNITIES EXPERIENCING MULTIPLE DISASTERS

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HURRICANE IDA SURPRISE!



We are
All Being
Stretched
Like
Never
Before



A NEW CHALLENGE IN TRAUMA AND DISASTER WORK

- Before Pandemic, Clear Picture of Handling Single Disasters or Traumatic Moments
- The Uniqueness of Covid-19 has Created Special Challenges for Disaster Response
- Communities with Multiple Disasters at Once Has Challenged Resiliency in Profound Ways



STAGES OF DISASTERS

Pre-Disaster Phase:

Survivors may be at higher risk for greater impact due to the following:

- Lack of Preparedness
- Complacency
- Financial Struggles

STAGES OF DISASTERS

Disaster Phase:

Depending upon the scope and duration of the disaster, survivors may struggle with:

- Feelings of Powerlessness
- Anger/Frustration
- Normal Effects of a Traumatic Event

Normal Reactions to Abnormal Events:

Physical: Headaches, Stomach Issues, Weakness, Dizziness, Sleep Issues, Fatigue, Thirst

Cognitive: Confusion, Blaming, Poor Concentration and Decision Making, Memory Problems, Hypervigilance, Nightmares, Flashbacks

Emotional: Anxiety, Guilt, Grief, Denial, Shock, Feeling Overwhelmed, Depression, Anger, Fear, Agitation, Irritability

Normal Reactions to Abnormal Events:

Behavioral: Change in Activity, Change in Speech, Withdrawal, Emotional Outbursts, Paranoia, Restlessness, Increase Alcohol or Drug Usage, Acting Out Sexually, Loss/ Increase in Appetite, Body Complaints, Intensified Startle Reflex

Spiritual: Anger at God, Feeling Distant from God, Anger at Clergy, Questioning Spiritual Beliefs, Feeling Closer to God, Believing that God is not in Control or has Failed

Normal Reactions to Abnormal Events for Children:

Sleep Issues/ Nightmares/ Bed Wetting

Fear/ Anxiety/ Confusion/ Trouble Concentrating

Crying and Fearful Clinging/ Attachment

Preoccupation with Event/ Playing Out Trauma

Withdrawal/ Shame/ Feeling Responsible/ Decreased Activity

Behavior Problems/ Regressive Behaviors



WHAT HAPPENS TO THE BRAIN DURING TRAUMATIC EVENTS?!

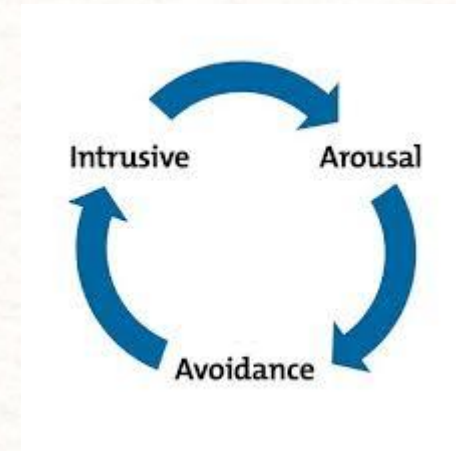
When someone is traumatized, his or her brain is high-jacked. Serotonin, cortisol, epinephrine and norepinephrine all increase, which is needed for the body to react to the traumatic event

Short-term this usually does not have a negative impact, but if the traumatic event is intense and long, then the chances of developing PTSD and other disorders, including medical problems increase

DEFINING POST- TRAUMATIC STRESS DISORDER

Some people just have PTS and other develop PTSD

PTSD is basically about a person struggling with avoidance, reactivity, mood/ cognition changes and intrusive memories



RISK FACTORS FOR DEVELOPING PTSD -

Prior exposure to severe adverse life events

Prior victimization

Significant losses

Extended exposure to danger

Proximity to the danger

Pre-trauma anxiety and depression

Substance Involvement

Chronic Medical Condition

History of Trouble with Authority

RISK FACTORS FOR DEVELOPING PTSD –

Mental illness

Lack of familial and social support

Having no opportunity to vent

Physically injured by event

Strong Emotional Reactions Upon
Exposure

Gender – women twice as likely to
develop PTSD

Age – children, young adults, and
elderly

STAGES OF DISASTERS

Heroic Phase:

During this phase, disaster survivors may:

- Deny Impact Disaster has on their Homes or Lives
- Deny Impact Disaster has on Them and Families
- Utilize Extraordinary Measures to Protect their Homes and Families
- Stockpile Community Assets

STAGES OF DISASTERS

Honeymoon Phase

Disaster survivors may feel the following sometimes unrealistic feelings during this stage:

- Great Gratitude
- Everything is Going to be Okay
- Focus on “Feel Good” Stories
- Normalcy is Possible

STAGES OF DISASTERS

Disillusionment Phase:

Disaster survivors realize that recovery is going to take longer than expected so they feel:

- Hopeless
- Abandoned because Outside Help is Shrinking
- Fearful about Financial Future
- Angry
- Sense of Futility

STAGES OF DISASTERS

Reconstruction Phase

Survivors began to develop a “new normal” and may experience:

- Post-Traumatic Growth
- Increase Need for Mental Health Services due to Maladaptive Coping Skills, such as Drinking, Gambling or Relationship Struggles

The GAP in Disaster Response



How Do We Do Disaster Response During a Pandemic?



Specific Challenges with Covid-19

- Isolation / Lack of Connection
- Uncertainty/ Grief/ Loss of Normal
- Extended Period of High-Jacked Brains
- Lack of Medical Care
- Additional Pressure on Unhealthy Family and Community Systems

Specific Challenges with Covid-19

- Everyone is Impacted/ Makes Regular Disaster Response More Challenging
- On-going Traumatic Event – No End in Sight/ Creating New Systems in “Storm”
- Disaster Fatigue
- Lack of Training for Churches in Disaster Response

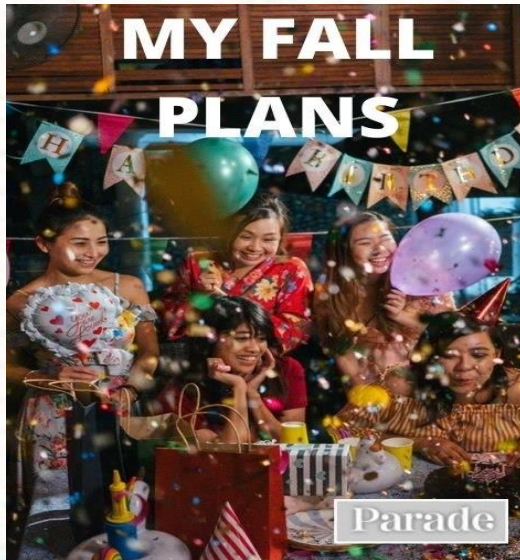
Specific Challenges with Covid-19

- Healthcare Systems (including Counselors) and Pastors/ Churches are Carrying Weight of Both Short-term and Long-term Disaster Response While Also Being Impacted by Covid-19
- Lack of Training, Length of Response, and Ongoing Trauma (2020!) is Causing Burnout for Disaster Responders (Healthcare, Counselors, and Pastors)

The Year of 2020 – TRAUMA on Steroids!



The Year of 2021 – Trauma Continues



Deterioration of Resiliency

“If I hear the word
‘resiliency’ one
more time, I will
punch someone!”

- Hurricane Ida
Survivor



Resiliency Deterioration ...Impact on Individuals and Families...

Mental Health,
Physical Health,
and Age



LOSS OF CHILDHOOD

- Invisible
- Learning Challenges
- Immature Brains
- Vulnerability to Abuse
- PTSD



FORGOTTEN MARRIAGES

- Stress/ Exhaustion
- Financial Burdens
- Physical/ Mental Health Problems
- Domestic Violence
- Isolation/ Addictions
- Suicidal Ideations



Singles and the Elderly



LAKE CHARLES, LA

Hurricane Laura

Hurricane Delta

Hurricane Zeta

Ice Storm

Historic Flood

Covid 19

*It feels like you are living
in Revelations....*

<https://www.buzzfeednews.com/article/zahrahirji/lake-charles-hurricane-disaster-recovery-climate-change>

THE CHALLENGE OF MULTIPLE DISASTERS



Challenges Caused by Multiple Disasters

During A
Pandemic....

- “What we’re seeing is that the recovery cycle is continuing to get interrupted by disasters, so you can never quite get back up to that previous baseline,” said Columbia’s Schlegelmilch.
- Threat of More Disasters
- Poverty
- Political Challenges
- Housing and Supply Crisis
- Lack of Disaster Recovery Support



The Importance of Resiliency



ISRAEL – Example of Resiliency



The term resilience, or hosen in Hebrew, refers to the ability to withstand difficulties, bounce back after troubles, and continue on, even in the face of gathering storm clouds.



ISRAEL – Example of Resiliency



Resiliency is actually bouncing forward!
(Frimer Walsh, family therapist)

While you may be born physically strong, it is your environment, your upbringing and the challenges that you face that will help determine your mental capacity to deal with what life throws at you.

Resilience can be learned.

Resilience is ordinary magic. (Anne Masten, psychologist)

CHALLENGES OF BUILDING COMMUNITY RESILIENCY

<https://aifs.gov.au/cfca/publications/natural-disasters-and-community-resilience-framework-support>

- *Although the concept of community resilience is used regularly in both political and public discourse, it is a concept that can be difficult for service providers, practitioners and policy-makers to translate into concrete actions and policies.*
- *The first step towards enhancing the resilience of a community involves understanding the community's strengths and vulnerabilities, as well as its physical characteristics (e.g., local infrastructure), procedural characteristics (e.g., disaster policies and plans) and social characteristics (e.g., level of community cohesion).*

Mental Health Providers' Role in Building Resiliency

The Value of What We Do



The Need for Clear Road Maps



Mental Health Providers' Role in Building Resiliency

MENTAL RESILIENCE IS:

- Being flexible in uncertain circumstances
- Embracing change positively
- Solving problems with critical thinking skills
- Recognizing and nurturing your body's needs
- Finding healthy outlets for stress

MENTAL RESILIENCE IS NOT:

- Solving problems alone
- Pushing past your body's needs
- Ignoring environmental triggers
- Taking on more than you can reasonably accomplish
- Taking stress out on others

<https://msw.usc.edu/mswusc-blog/building-mental-resilience-among-helping-professionals/>

Helping Disaster Prone Communities Prepare for Future Disasters

- Strengthening community self-help and social support.
- Supporting psychological first aid.
- Providing basic clinical mental health care at health care facilities.
- Offering psychological interventions for people affected by long-term distress.
- Protecting and promoting the rights of people with severe mental health conditions.
- Providing referral mechanisms between mental health and general health care providers.

Helping Disaster Prone Communities Prepare for Future Disasters

- Considering disaster impact on people with chronic mental illness and helping those people and their families develop a disaster plan.
- Identifying residences that house people with serious mental illnesses before evacuations.
- Planning to monitor the mental health of first responders and recovery workers and following up with them in months and years after traumatic events.
- <https://www.publichealthdegrees.org/resources/mental-health-natural-disasters/>

ISRAEL – Example of Resiliency



Three Keys:

1. *Empathy*

2. *Flexibility*

3. *Meaning Making*

Helping Clients Build Resiliency

- Teach Organization
- Value Strengths
- Encourage Gratitude
- Focus on Self-Care and Self-Compassion
- Build Skill of Staying Present

- Avoid Unhealthy Coping Strategies
- Pursue Beauty and Connection with God/Others
- Re-evaluate Life's Goals
- Counseling

Churches' Role in Building Resiliency

- Churches' Mission Field is the Suffering Will Have to Think Outside the Box/ Pursue RESILIENCY!
- Leaders Need Extensive Trauma Training
- Churches Will Have to Lean Into the Pain Rather Than Avoid/ Focus on Safety
- Examples from Celebration Church

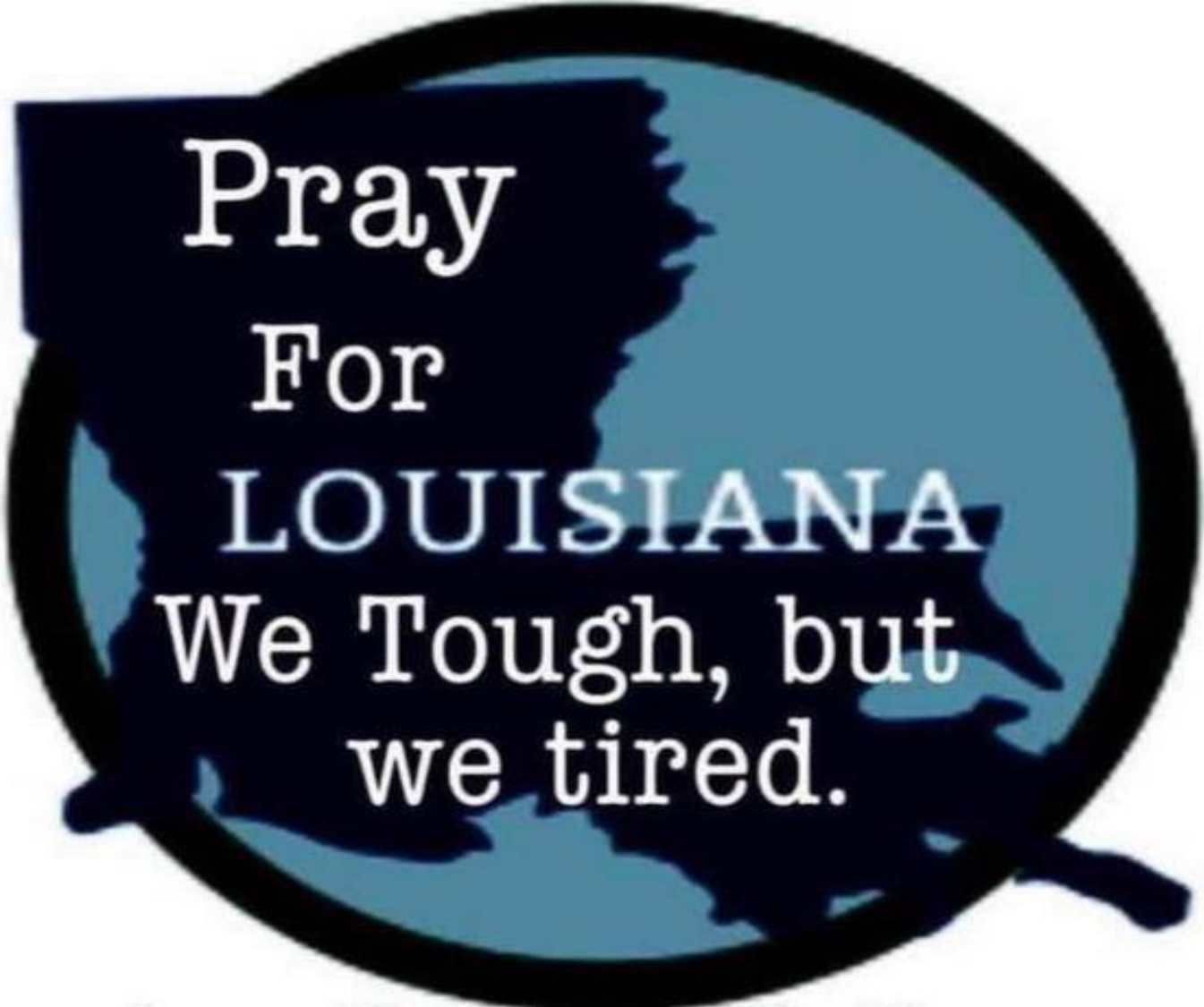
Churches - Ministry of Presence

To be fully present with another person, exhibiting a non-anxious comfortable presence while demonstrating “God with us” through interconnectedness of the human interaction.



Love each other as I have loved you.
John 15:12





Pray
For
LOUISIANA
We Tough, but
we tired.

SOUTHERN NANA'S QUOTES GIFS & MORE

Questions/ Contact Info

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