



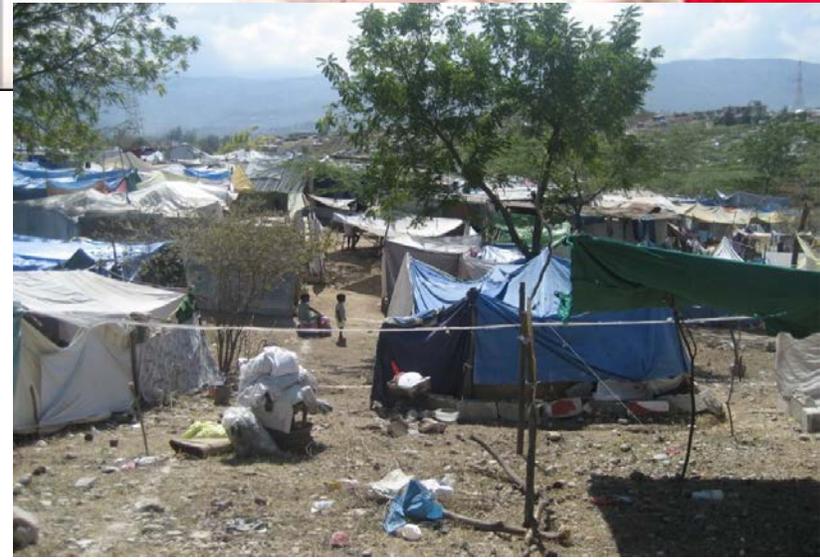
The experience of people in disasters

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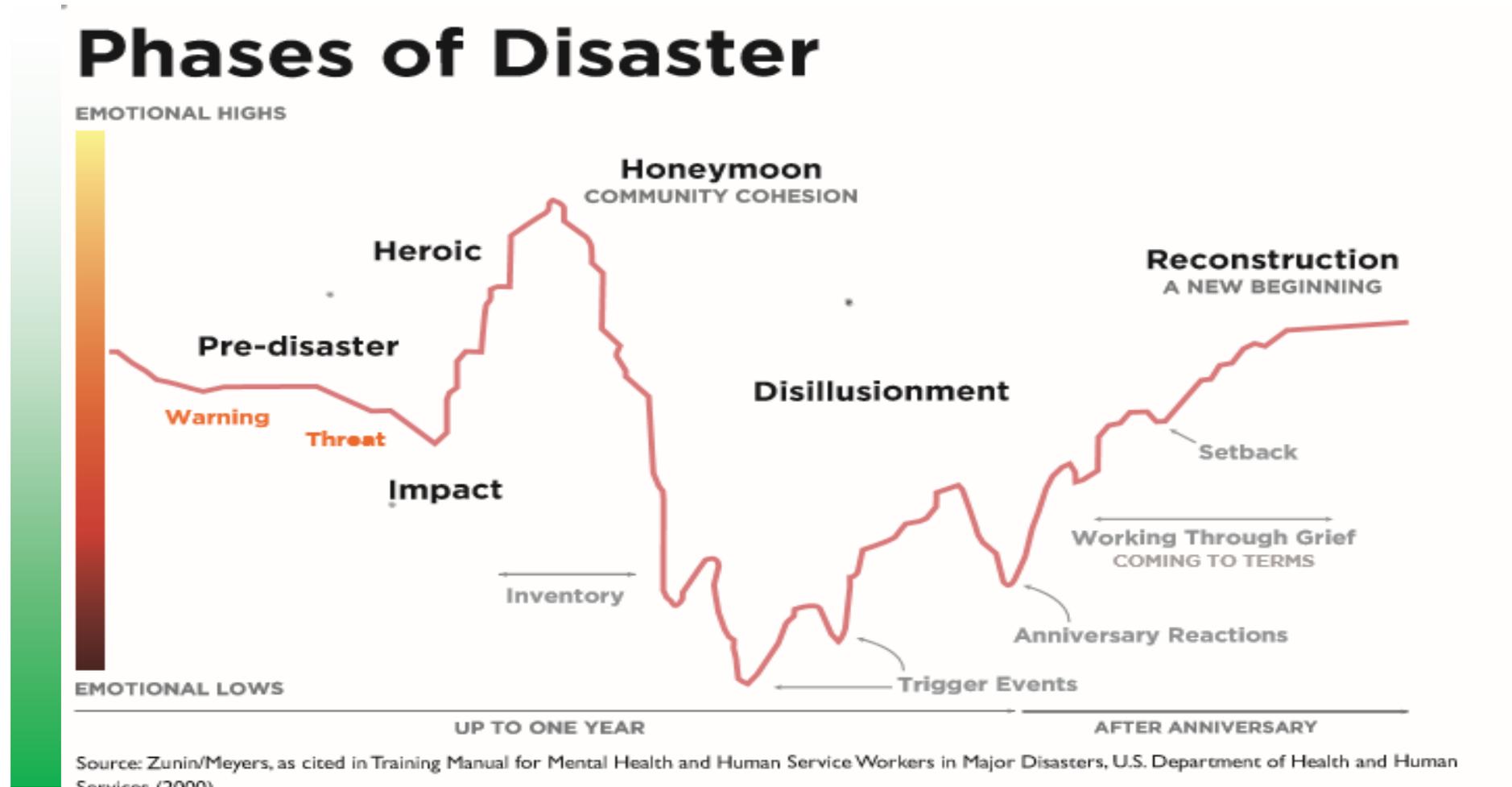
People are impacted immediately – long term



What we know: impacts

- Major crises are complex with multiple, ongoing inter-connected cumulative impacts and challenges related to social disruption, financial insecurity, and losses.
- How a crisis is managed can either inhibit or enhance recovery
- Disparities exist before crises and are often exacerbated by the crisis. Inequities are often enlarged.

Trajectories of recovery vary



What we know about people's recovery

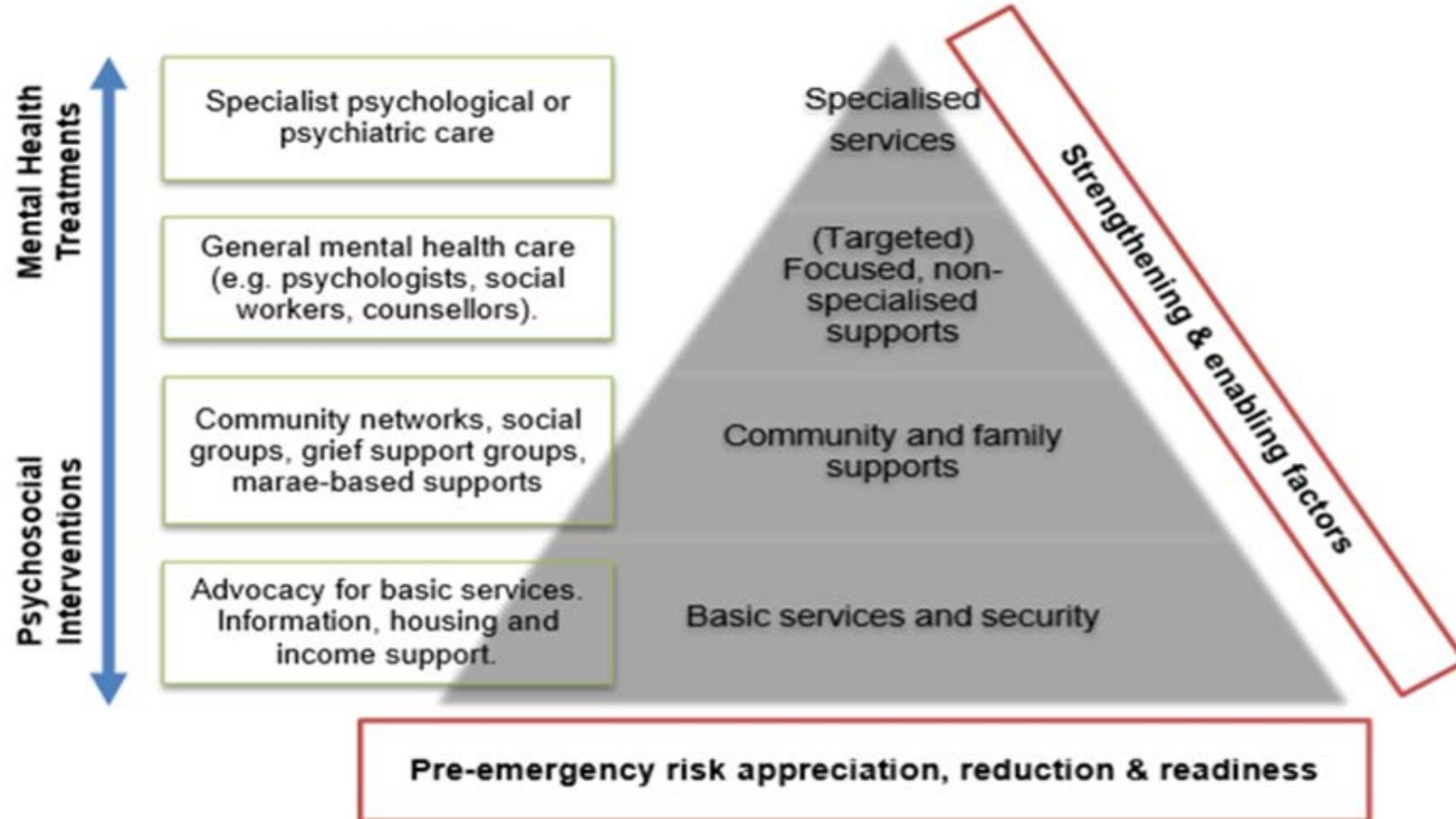
- Effects of disasters on people are immediate and continue for a considerable time – sometimes decades (Byrant et al., 2018; Piccardi et al., 2017)
- The majority of affected people will learn to adapt and adjust to the new normal if they are given basic support (Bonanno et al., 2010; Olf et al., 2020; Pfefferbaum & North, 2020)
- Most people will benefit from some psychosocial support (IASC, 2020; Jacobs et al., 2019)

What is psychosocial support

- supporting and promoting human capacity
- improving social connections, networks, support systems in communities
- understanding and being sensitive to culture and value systems and their importance

Planning for psychosocial recovery

Figure 2: Tiered model of psychosocial interventions and mental health treatments



Source: Adapted from IASC (2007)

Planning for psychosocial recovery

- Community-based approach – a co-production
- Peoples' needs require a cross-sectoral, collaborative approach
- Psychosocial principles and values

Planning for people's recovery: general principles

- do no harm
- be aware of cultural norms and sensitivities
- promote human rights/ equality and inclusivity
- use participatory approaches
- build on existing resources/ capabilities using a strength-based approach

Basic elements

- Safety
- Restoring calm
- Fostering social connections
- Self- and community efficacy
- Providing realistic hope

Hobfoll et al., 2007

Coping in the face of adversity

- One of the key processes in people showing resilience is **coping**.
- Coping is demonstrated by the people's attempts **to regulate, by multiple processes of thoughts, behaviours, and emotions, the negative arousal and challenges** generated by disasters and their consequences.



- **Resilience** is less as an outcome and more **processes** that reflect the "*capacity of a dynamic system to withstand or recover from significant challenges that threaten its stability, viability or development*" (Masten & Narayan, 2012, p. 231). It is doing well despite adversity.

Thank you

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