

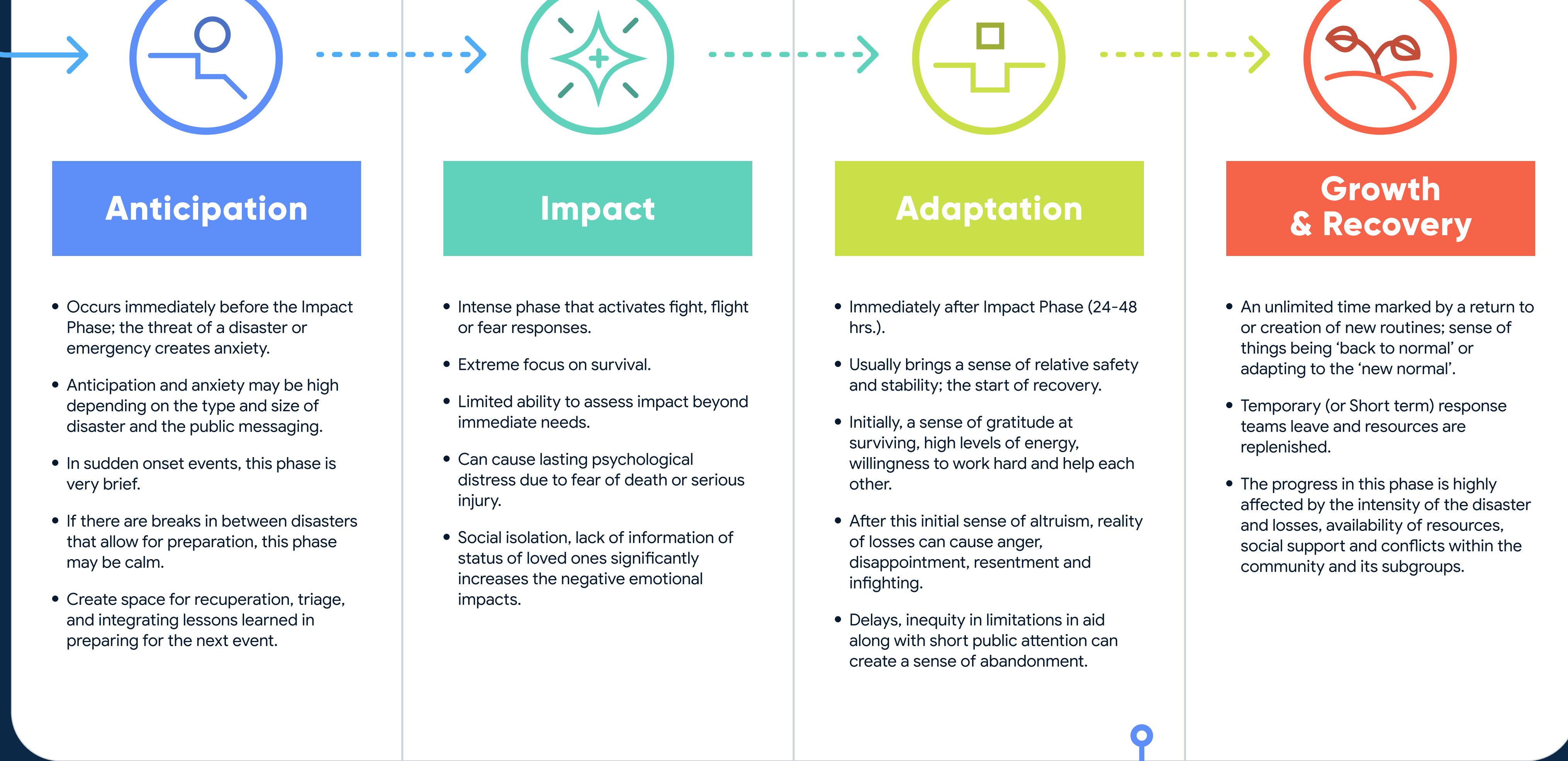
Model for Adaptive Response to Complex Cyclical Disasters

Phases of Disaster

Chronic, cyclical disasters push a community through exhausting, recurring phases of anticipation, impact, and adaptation before a final recovery phase can begin

<p>We can more accurately assess the cumulative stress load for any community or country after a disaster if we have identified the foundational issues, chronic and acute stressors already present.</p>	<p>We can help communities to enhance their capacity to adapt their skills and strategies to mitigate those expected stressors.</p>	<p>We can help all 'faces' and cultures to understand where they are in the cycle, what is coming next, and what they can change or adapt to manage the stress by viewing each phase from their cultural and role perspective.</p>
---	---	--

Higher risk groups include those in low and middle income countries, and underrepresented communities such as racial, ethnic and religious minorities (Communities of color, Indigenous groups, Asian, Pacific Islander and Latinx populations), people with disabilities, the LGBTQ+ community, people with low incomes, people residing in rural and remote areas, refugees/displaced communities, and others. Higher risk groups, are likely to experience the impacts of disasters differently than the general population as they are likely to be both disproportionately negatively impacted and experience inequity in response aid and activities. Community leaders and responders must identify and assess these higher risk groups within their culture to ensure a more equitable response.



THE DURATION AND INTENSITY OF EACH PHASE IS HIGHLY DEPENDENT ON THE NATURE OF THE DISASTER

HOW DO WE REACH RECOVERY?

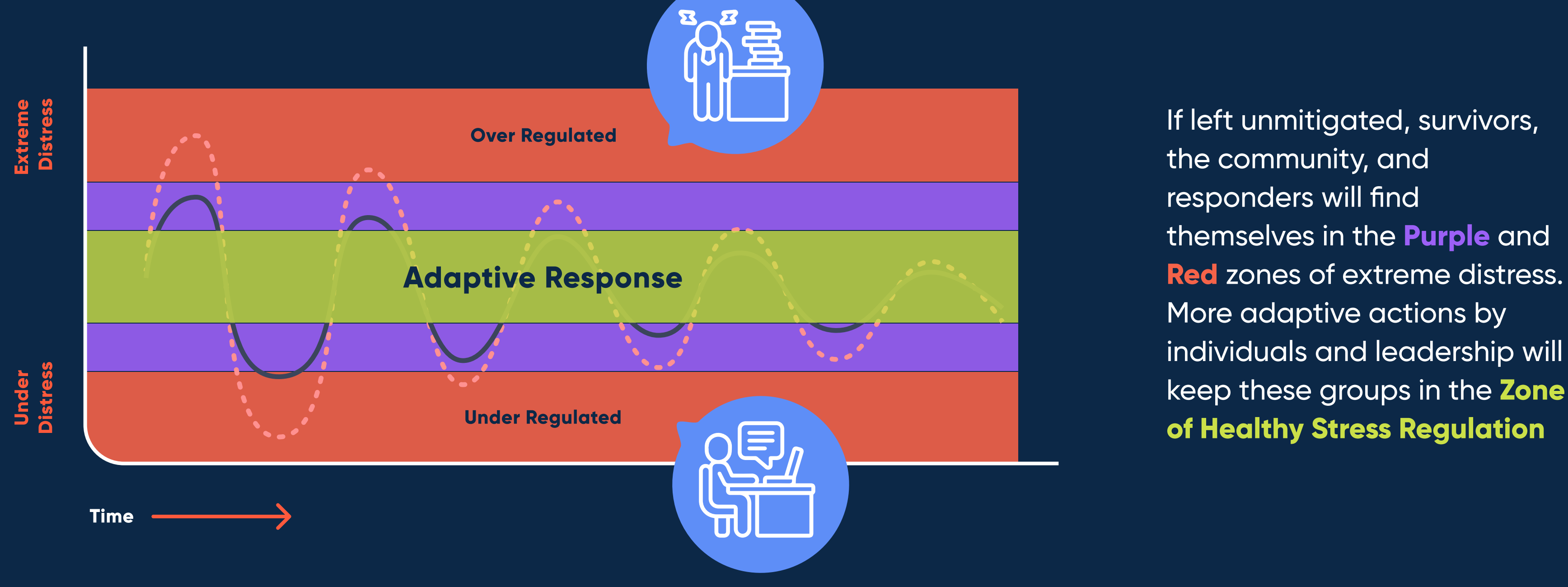
Faces of Disasters

Each "face," group or culture experiencing a disaster is composed of various subgroups. Higher-risk communities may be more directly and severely impacted by the disaster and may also experience inequity in response efforts, especially in middle and low income countries.



Healthy Stress Regulation

The phases of a chronic, cyclical disaster can cause varying level of stress, and distress. In response, there is a range of adaptive (healthy) to maladaptive (unhealthy) responses that survivors, the community and responders may experience. Achieving healthy stress regulation in each phase requires different actions by each group. Examples that will help each group remain in the zone of healthy stress regulation are provided below.

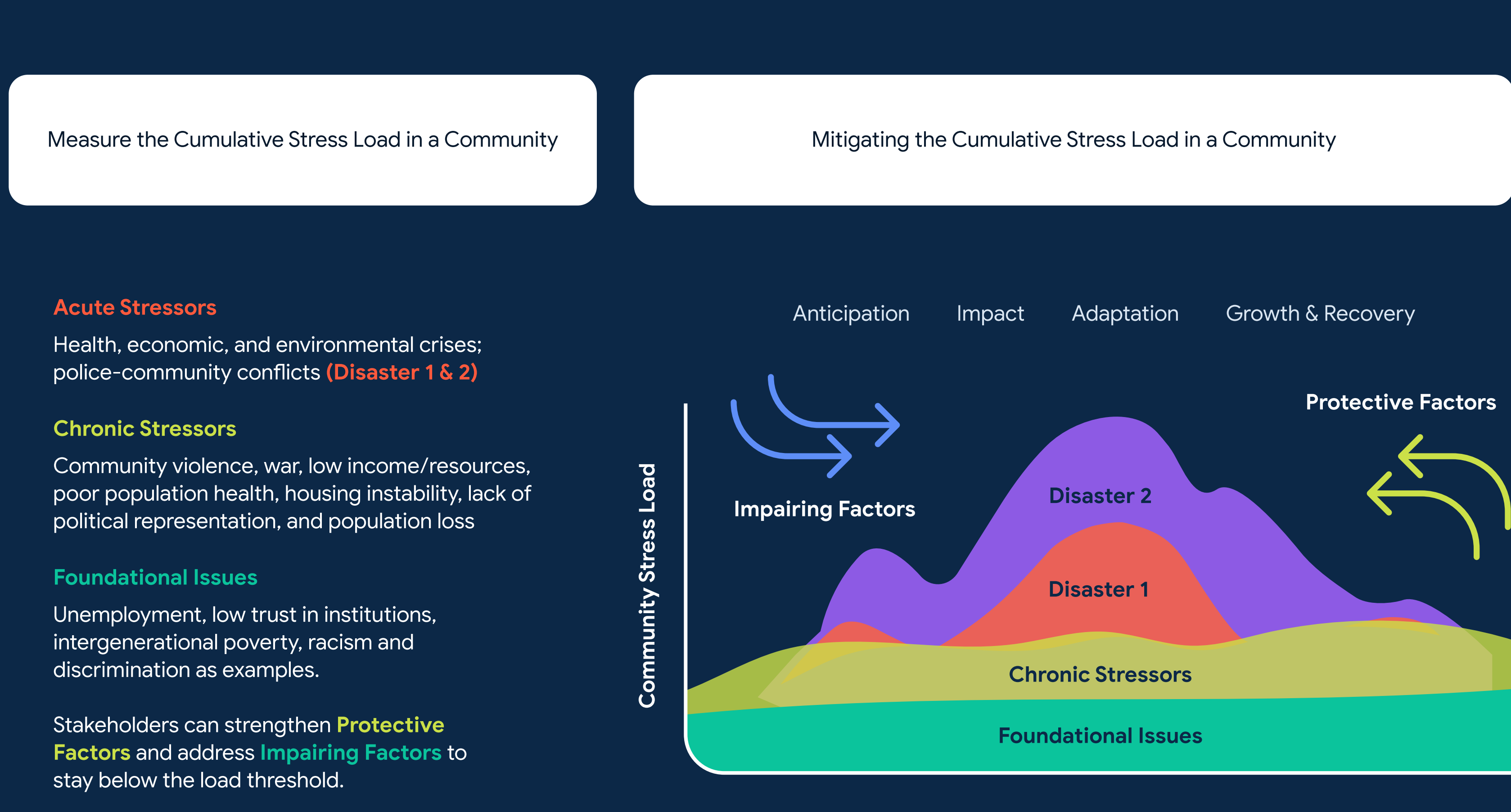


Key Actions to Adaptive Mitigation of Stress

	Anticipation	Impact	Adaptation	Growth & Recovery
Survivors	<ul style="list-style-type: none"> Identify and promote survivors that have adapted well in prior similar experiences to work within their community Engage in actions to help channel anxious energy, such as calming thoughts, exercise, meditation and other spiritual practices 	<ul style="list-style-type: none"> Give survivors with experience room to share memories, experiences and coping skills Share access to correct and credible information 	<ul style="list-style-type: none"> Participate in culturally attuned memorials for collective remembering and grieving Get involved in local projects that are planning for the post-disaster future 	<ul style="list-style-type: none"> Integrate disaster experience Seek treatment for persistent mental health concerns
Community Leaders	<ul style="list-style-type: none"> Clearly message quality information on risk communication Provision of anticipated needed resources 	<ul style="list-style-type: none"> Leverage just in time partnerships to address the most immediate needs Promote actionable information from trusted resources 	<ul style="list-style-type: none"> Evaluate and restore basic functions (e.g., schools) with appropriate modifications Build resources and resilience for middle and low income areas and high-risk subgroups and conduct planning to avoid returning to pre-disaster neglect 	<ul style="list-style-type: none"> Encourage restoration of productive relationships between subgroups Address competition and resentment between subgroups that has persisted or evolved
Responders	<ul style="list-style-type: none"> In planning, capture lessons learned from other communities (if initial onset) or from earlier cycles (if this is a new cycle) Address existing or anticipated compassion fatigue and burnout 	<ul style="list-style-type: none"> Focus on training and community building to increase capacity for locals to respond and provide sustainable longer term supports Address responders' needs to keep own families safe by offering co-sheltering and shared resources 	<ul style="list-style-type: none"> Advise and support responders to feel empowered to continue the work without the influx of outside help Enlist support mental health experts to support responders at risk of burnout 	<ul style="list-style-type: none"> Integrate lessons learned into future preparation, training, and response Monitor and seek help for consistent and severe stress/distress

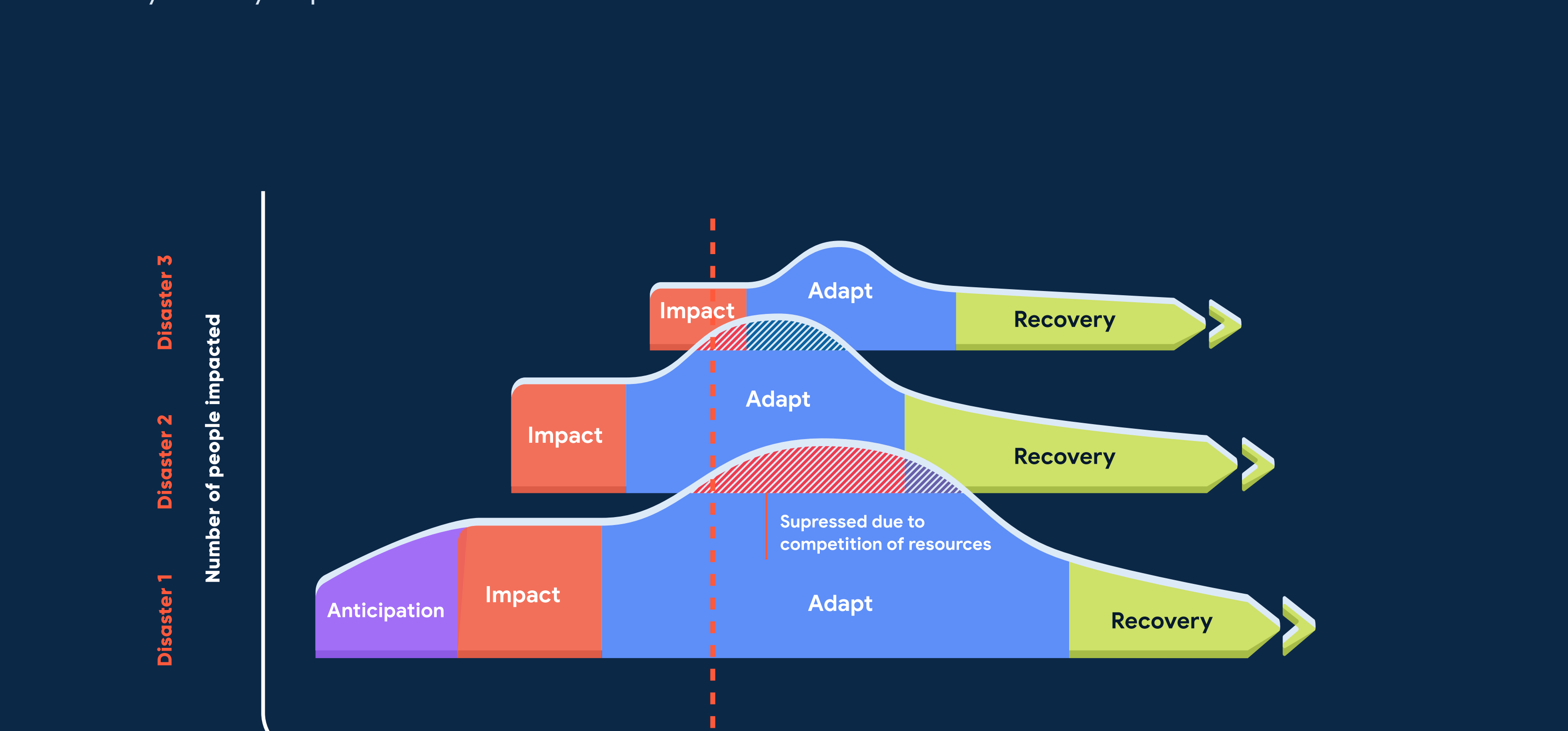
Community Stress Load Threshold

A country or community's capacity to absorb the shock of a chronic disaster, such as a pandemic or war, depends on the foundational issues and stressors already present. It can be difficult to recover on its own when a community accumulates stressors that bring it to a tolerance limit.



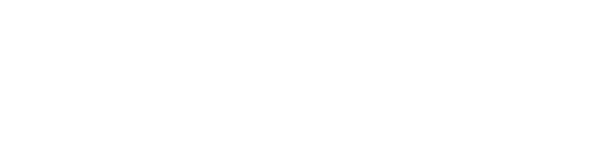
Community Balance Sheet

Communities may have ongoing disasters that can result in decreased resources. When survivors, responders and other community members work together, within each phase, these overlaid crises can be decreased to improve the community's ability to problem solve and recover.



The potential negative effects of Stressors are more threatening if substantial Foundational Issues are already present in the community or country. Higher-risk subgroups have at baseline, higher levels of accumulated stress, which is worsened by an already thick layer of Foundational Issues. Higher-risk communities, cultures and subgroups may benefit from extra support from external resources to reinforce their response capacity. Communities that can address impairing factors and strengthen protective factors can decrease their cumulative stress load and may find their community ultimately strengthened.

Developed by



The Model for Adaptive Response to Complex Cyclical Disasters is Copyright ©2022 by Vibrant Emotional Health, all rights reserved. The model may be copied, duplicated, and only used for educational and practical uses in whole or part with attribution to Vibrant Emotional Health and/or its authors.

Suggested citation is Vibrant Emotional Health, Group for the Advancement of Psychiatry, Decision Point Systems. (2022). Model for Adaptive Response to Complex Cyclical Disasters (MARCCD). <https://marccd.info/>

Privacy Policy