Models for Assessing Personal and Community Resilience

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Phases Commonly Seen in Disasters

- **Pre-Disaster**
  - Warning (years/days/hours)

- **Impact**

- **Heroic Phase**
  - (occurs during and immediately after impact)

- **Community Cohesion**
  - (honeymoon phase can last a few days to 3-6 months)

- **Disillusionment**
  - (can generate mental, social, spiritual, economic, and physical distresses that last months to years)

- **Recovery**
  - (coming to terms and working through grief can last years)

- Some People Remain Dysregulated

- Trigger Events and Anniversary Reactions Can Cause Regression

- Many Eventually "Bounce Back" to Pre-Crisis Levels
  - (common notion of resilience)

- But Others Use The Trauma As Transformational Catalyst to Increase their Sense of Wellbeing

Which Protective Factors Seem Most Robust and Which Seem Less So?

Protective factors are **conditions** or **attributes** in individuals, families, communities, and society that, when present:

- Help **minimize** the risk of **adverse** mental health and psycho-social-spiritual maladies resulting from adversities…

- And **increase** the likelihood of mental and physical health, social equity and justice, and personal and collective resilience.

    **In short, protective factors counter the forces that lead to dysregulation and related maladaptive coping by promoting safety, health, equity, justice, and resilience.**
Sample Protective Factors

For Children and Families

- Nurturing attachments among parents
- Educational opportunities about good parenting and child and youth development
- Good parental self-regulation skills
- Strong networks of family and friends
- Strong sense of belonging and connectedness to a community
- Access to good educational opportunities
- The availability of self-esteem building after-school activities for children.
- The availability of spiritual or faith-based resources for adults and children.

For Adolescents and Adults

- Social norms, laws, and policies that prohibit hate crimes and racism and limit the availability of alcohol and drugs
- Adequate access to employment opportunities and family wage jobs
- Opportunity for active involvement in community activities
- Community leaders that together promote social norms focused on safe, healthy, just and equitable thinking and behaviors.
- Equal and open access to community resources
- Access to affordable physical and mental health services
In Your Conference Packet

A Model for Assessing Personal Transformational Resilience

A Model for Assessing Transformational Resilience in Communities