

# Agenda:

What is Project Recovery?

Definition of a Disaster

Characteristics and Repercussions of a  
Disaster

Key Concepts of a CCP

Resilience

# Project Recovery Crisis Counseling Program (CCP)

FEMA funded.

Funding becomes available to the state when a major disaster is declared by the Governor and federal assistance is requested.

A Presidential Declaration then allows for the Stafford Act to be activated which includes crisis counseling funding.

The state, tribe or territory then sends a grant application to FEMA.

When funding is awarded, an agency is chosen to run the CCP.

The agency then hires and trains Crisis Counselors and deploys them to the affected area.

\*FEMA partners with SAMHSA to assist with the emotional aftermath following a disaster.

## Definition of a Disaster

- A disaster is a natural or human-caused occurrence (e.g., hurricane, tornado, flood, tsunami, earthquake, explosion, hazardous materials accident, mass criminal victimization incident, war, transportation accident, fire, terrorist attack, famine, epidemic) that causes human suffering.
- **A disaster creates a collective need that overwhelms local resources and requires additional assistance.**

Adapted from the Center for Mental Health Services (CMHS), 2000.

# Characteristics and Repercussions Of a Disaster

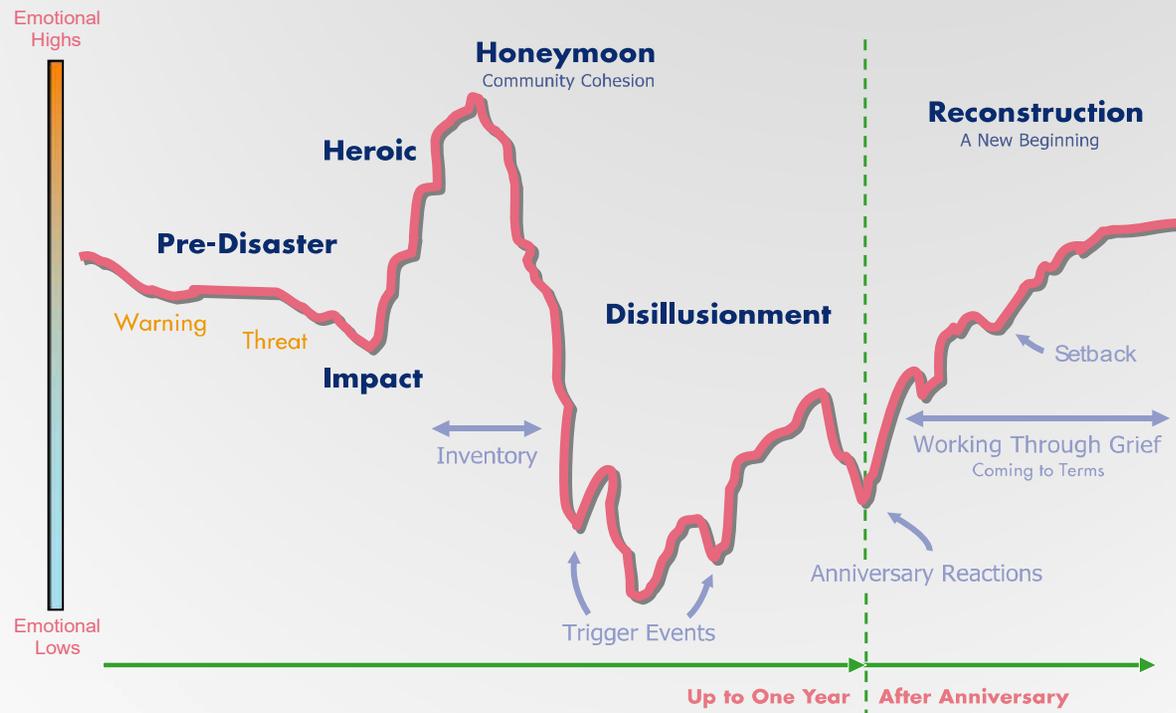
- Every disaster is different.
- Trauma affects individuals and the community.
- Everyone who experiences a disaster is affected by it in some way.
- People pull together during and after a disaster.
- Stress and grief and are common reactions to uncommon situations.
- People's natural resilience will support individual and community recovery.

# CCP Key Concepts

- ▶ The CCP model is
  - Strengths based
  - Anonymous
  - Outreach oriented
  - Culturally aware
  - Conducted in nontraditional settings
  - Designed to strengthen existing community support systems
  - Based on an assumption of natural resilience and competence

# Collective Reactions

## ▶ Typical Phases of Disaster



# Collective Trauma

- ▶ Precipitating events that create a shared experience
- ▶ These events disrupt our sense of safety and security and cause confusion and uncertainty
- ▶ Collective trauma takes many forms It is stress you can't escape or make sense of why it is happening.

# Collective Trauma, cont.

- ▶ Who's disproportionately affected?

People who help other people

- Ministers
- Behavioral Health Professionals
- Health care workers
- Teachers
- First Responders
- Essential Workers
- Specific populations

- ▶ Potential Outcomes:

- Mental distress
- Changed attitudes and beliefs
- Compassion fatigue

# Collective Trauma, cont.

- ▶ Ways to cope
  - Tell your story
  - Practice mental and emotional self-care
  - Seek out expert help

# Resilience is

- ▶ An ability to recover from or adjust *easily* to misfortune or change
- ▶ An essential element of crisis counseling
- ▶ One of the most important factors in fostering individual and community recovery

Project Recovery promotes:

**Resilience**  
**Empowerment**  
**Recovery**

Designed to support strengthen existing community systems and does not replace existing community support systems.



## What we're seeing with COVID-19

- ▶ EVERYONE has been affected in some way
- ▶ Dramatic increases reported in depression and anxiety
- ▶ Common reactions can manifest
  - Emotionally
  - Physically
  - Cognitively
  - Behaviorally

# What are you seeing?

- ▶ Please share significant reactions that you are seeing
  - With parishioners
  - With friends and family
  - With yourself

# Resources

- ▶ <https://centerhealthyminds.org/well-being-toolkit-covid19>
- ▶ <https://centerhealthyminds.org/join-the-movement/covid-19-preparedness-for-faith-leaders>
- ▶ [https://compassionresiliencetoolkit.org/staying-resilient-during-covid-19/?fbclid=IwAR2nLD9oZsLQ4-YpPTer5V\\_1AMY-jRf4r4PfflegjhraEjEBGDmCPXXISQ](https://compassionresiliencetoolkit.org/staying-resilient-during-covid-19/?fbclid=IwAR2nLD9oZsLQ4-YpPTer5V_1AMY-jRf4r4PfflegjhraEjEBGDmCPXXISQ)

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