

COPING IN CRISIS

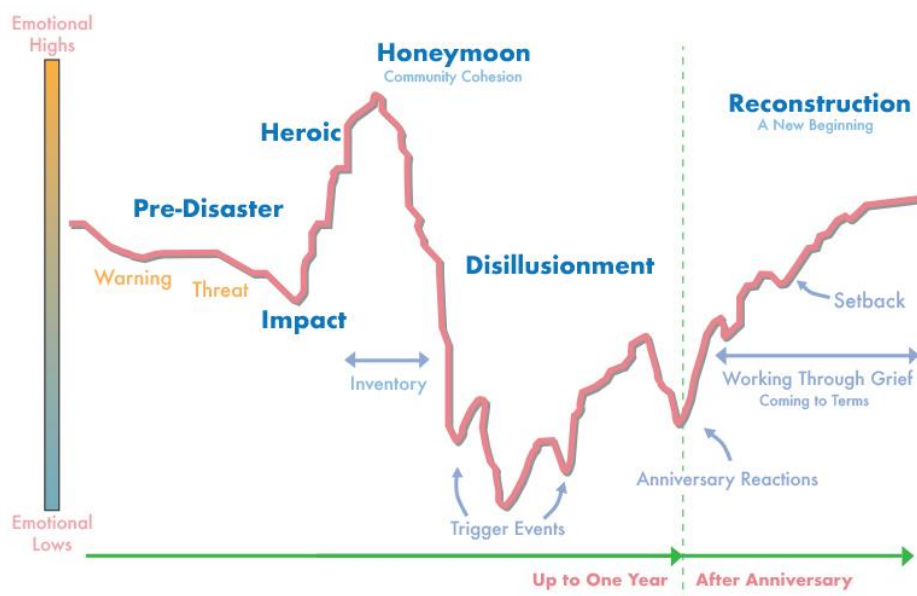
Staying well with ISK

Week of May 11:

Understanding the Phases of Response to Disaster

FROM SAMHSA:

[Phases of Disaster](#) (Website article)



[Disaster Anniversaries](#) (Webcast presentation from 2015 on common reactions individuals who have survived a disaster may experience as the anniversary approaches and how to use disaster anniversaries as opportunities to build resilience and enhance recovery among survivors and communities.)

[Anniversaries and Trigger Events](#) (Website article about how anniversaries of disasters and other trigger events may renew symptoms of emotional distress in disaster survivors.)

FROM NATIONAL CENTER FOR PTSD:

[The Impact of Disaster and Mass Violence Events on Mental Health](#) (Website article that includes discussion of the timeframe for emotional reactions.)

FROM NATIONAL CHILD TRAUMATIC STRESS NETWORK

[Preparing Your Organization to Respond to Disasters and Terrorism](#) (Webinar series designed to help child- and family-serving providers best position themselves to support their community following catastrophic events; includes "Intermediate and Long-Term Recovery Following Disasters and Terrorism," with discussion of the

diversity of recovery trajectories and strategies for pacing response activities with the stage of disaster. Free; registration required.)

OTHER:

Episcopal Diocese of Upper South Carolina

[The Emotional Lifecycle of a Disaster](#) *(Blog post adapted from resources from Episcopal Relief & Development, the "Psychological First Aid" Mental Health Academy course, and personal experiences following both a mass shooting and Hurricane Harvey.)*

Wired.Com

[What One Devastated Community Can Teach the World About Mental Health](#) *(Wired article about the anniversary of the massive wildfires in Northern California, as researchers tried to pinpoint the best ways to treat the anxiety, depression, and trauma left in the disaster's wake.)*

Visit the ISK [Facebook page](#) for more tips. *Have a great week and stay well!*