

**Mont Vernon
&
Amherst
Community
Recovery
Group**

Dubois

Group Participants

- Mary Jennings
- Renea Sparks
- John Quinlan
- Kim Roberge
- Kris Wilson
- Barbara Belak
- Deanna Cordts
- Porter Dodge
- Kevin Becker (ORI)
- Jeff Weir (ORI)
- Reverend Catriona Grant
- Bob Schaumann
- Paul Bernard
- Gretchen Pyles
- Howard Brown
- Pody Hansbrough
- Brian Irwin
- Bob Thompson
- Maggie Paul

MISSION STATEMENT

To facilitate community resilience and healing through the coordination of resources, education, and support.

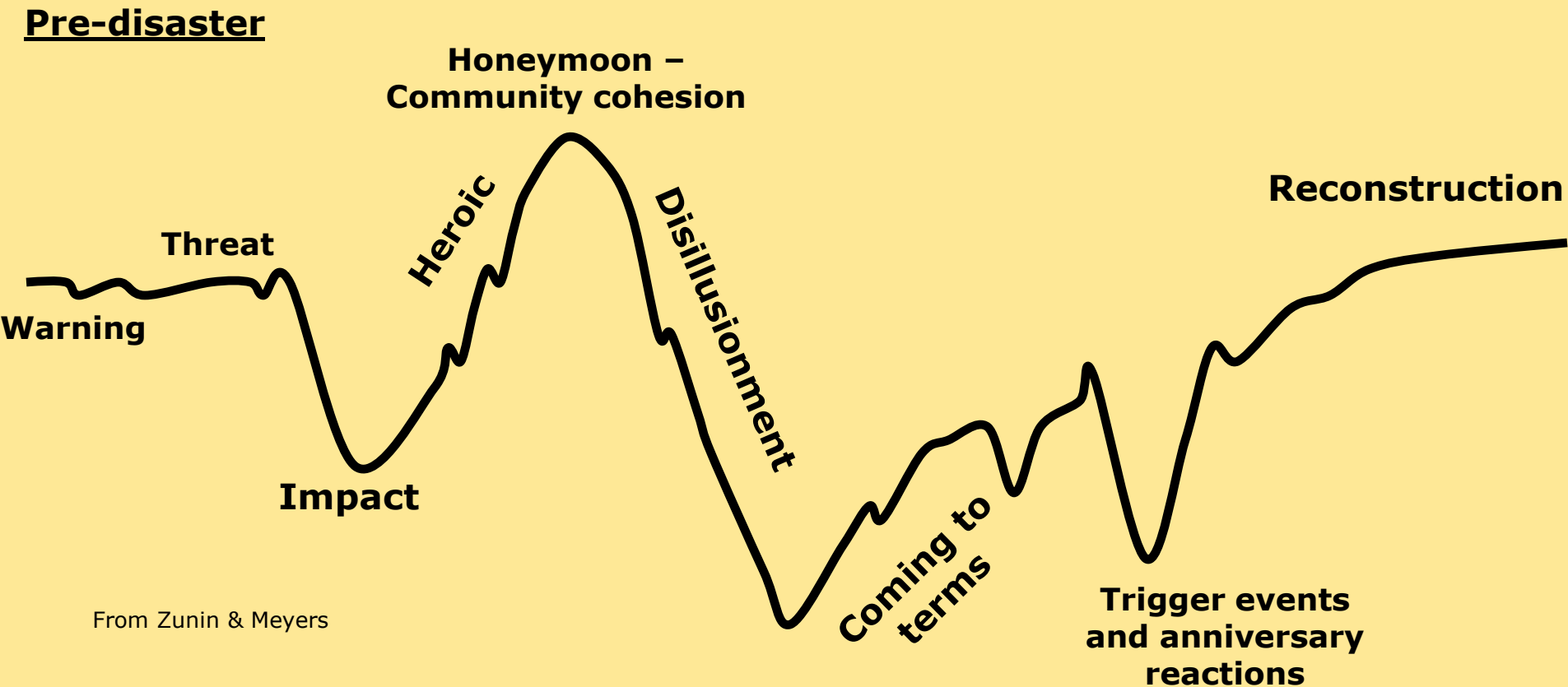


The Impact of Tragic Events on Our Communities and Ourselves

Facilitated by:

**Dr. Kevin Becker and Jeff Weir,
Organizational Resilience International, LLC.**

Psychological Lifecycle of Disasters



From Zunin & Meyers

Impacts of trauma...

SAFETY

PREDICTABILITY

CONTROL

SAFETY

- Physical Safety and Security

- I am protected from harm
- My family is safe and secure

- Emotional/Psychological

- I can control & express my feelings
- I can trust others
- My judgment is sound

SAFETY

- Responses
 - Fear
 - Distrust
 - Isolation/Withdrawal
 - Sadness/Despair

PREDICTABILITY

- The world is a predictable place
- I can anticipate and prepare for what may happen
- I can count on my routine being undisturbed
- I can tell the “good guys” from the “bad guys”

PREDICTABILITY

- Responses
 - Anxiety
 - Irritability
 - Forgetfulness
 - ‘Out of Sync’

CONTROL

- I can influence others and the world around me
- I can do things to keep myself and others safe
- Unjust acts are punished

CONTROL

- Responses
 - Anger/Vengeance
 - Blame/Divisiveness
 - Rigidity of thinking

What Can You Do?

- Limit exposure
- Avoid graphic details
- Maintain routines
- Stay/Get connected to others
- Take care of yourself
- Do something 'positive'
- Beware rumors
- Remember 'knowledge is power'

DISCUSSION

1. What are you noticing so far?
2. What are you concerned about for your community?
3. Thoughts or suggestions?

Further Questions/Comments/Input?

Please email us at:

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