

**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.*

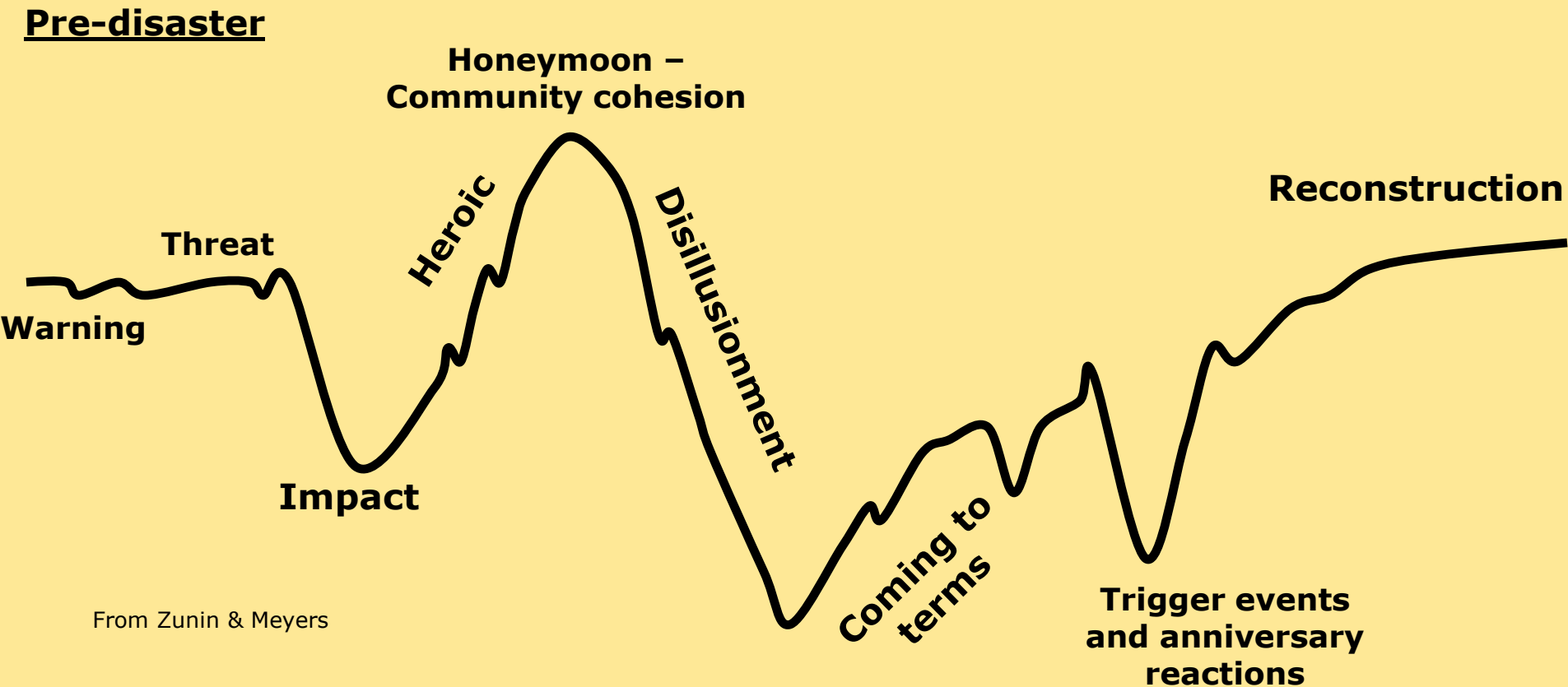


# **The Impact of Tragic Events on Our Communities and Ourselves**

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?

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