

Waluga Neighborhood E.P. Coordinators and friends

Meeting notes of Nov. 18, 2015

Rebecca Maese, Disaster Psychology nurse, spoke to our group for the second time since 2012. Her Disaster Psychology II presentation was received with intense interest. She concluded her presentation with table top exercises where our group split up into smaller groups to use scenarios where each group had to give different options and implementation plans to carry out thought provoking actions for disaster situations while using the skills she taught earlier.

Disaster Psychology II

Team Well Being

Psychological & Physiological symptoms

Reduce personal stress so that you are able to help other team members

Know strengths and weaknesses of coordinating team and neighbor helpers.

Communicate regularly to team members

Working with Survivors' Trauma

Survivors' Trauma: Impact, inventory, rescue & recovery phases

A crisis is an event that is experienced or witnessed in which people's ability to cope is overwhelmed.

Traumatic stress may affect cognitive functioning, physical health & interpersonal relationships.

Avoid saying: In understand, don't feel bad, you're strong/you'll get through this, don't cry, it's God's will, it could be worse...

Please refer to the American Red Cross Prepare booklet and preporegon Prepare Your Mind section (www.preporegon.org)