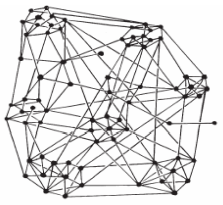
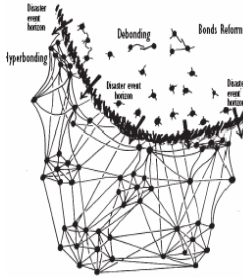
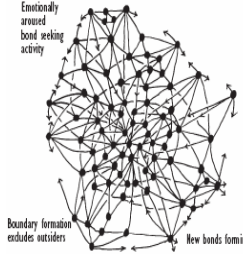
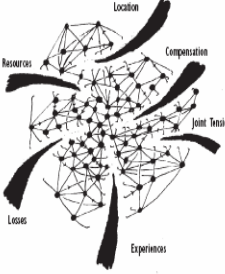



Stage Description	Characteristics		Ways to help and support during/following disaster
<p>Stable Communities are large, relatively stable collection of groups and individuals organised with coherent relationships on multiple dimensions.</p> <p>Communicational relationships are the bonds that link groups and individuals.</p> <p>In a disaster the way in which a community normally interacts changes, causing dramatic flow on effects</p>	<ul style="list-style-type: none"> able to lead their normal lives protected from threats bonds of differing strengths and distance 		<ul style="list-style-type: none"> Identify the channels of communication in a community and use these to communicate preparedness and response Plan and prepare to ensure survival actions are well rehearsed and do not require the suspension of community systems
<p>Threats trigger a range of stress reactions within the body and brain as natural way of enabling a person to deal with the physical, mental and emotional demands of the situation.</p> <p>The focus on the immediate problem can become so intense people lose awareness of their self or their social world. (debond) Debonding is an unfamiliar experience and many people do not recognise it or understand it.</p> <p>People will seek information from friends and neighbours regardless of their expertise rather than from authorities</p>	<ul style="list-style-type: none"> Narrowed attention Survival response in favour of emotional responses Loss of contact & Isolation Survival tasks replace normal life Focus on immediate needs regardless of pre existing relationships Improvised responses 		<ul style="list-style-type: none"> Identify people who will become isolated – elderly, poor, infirm, disabled as they are more likely to be affected. Establish communication with affected people as soon as possible Provide relevant, accurate information about all aspects of the emergency to promote common understanding and collective identity and allow people to make better decisions Allow people to release energy of high arousal through community meetings and sharing experiences and anecdotes
<p>Debonding motivates intense need for social connection. People come together to form a new survival-oriented social system where abnormal high arousal becomes the basis for a highly energised fusion, adapted to the immediate needs, (but not to long term recovery)</p> <p>The new system has multiple communication channels, little hierarchy and involves everyone to a common purpose.</p> <p>The community tends to form a barrier around itself to facilitate organisation, but it also shuts out people with legitimate roles.</p> <p>The tight, uniform structure of fusion does not allow for personal and emotional differences and needs soon outweigh resources</p>	<ul style="list-style-type: none"> High Arousal Altruism & Cooperation Sense of unity (which cannot last) High morale Task oriented <p>Leading to</p> <ul style="list-style-type: none"> Easily frustrated and feels isolation Intolerance of outsiders Informal social system is overwhelmed with people wanting support 		<ul style="list-style-type: none"> Fusion can happen quickly so ensure agency presence on recovery structures Communicate factual, precise information repeatedly Aim to preserve or re-establish pre-disaster roles and communication systems Include emergent groups (groups that form sometimes in deference to government endorsed groups) in consultation and communications Communicate and explain post disaster social processes to reduce people personalising negativity Continue to create opportunities where people share experiences and anecdotes to support them in gaining perspective

Stage Description	Characteristics		Ways to help and support during/following disaster
<p>The fusion state is unsustainable and the normal demands of life re-emerge. The fused structure has inadequate systems for evaluating information and managing emotion</p> <p>Formal systems of recovery can appear slow and bureaucratic to those still in high arousal. Emotions continue to be released. Rumours amplify inequality and conflict.</p> <p>People will appear disoriented about the recovery system supports.</p> <p>Consequences of the disaster begin to sink in.</p> <p>Social fault lines of political, ethnic, cultural and economic differences reassert themselves. Cleavage planes emerge between conflicting groups.</p> <p>The destructive consequence of cleavage planes is that they sever bonds and can cause lasting social and psychological problems.</p>	<ul style="list-style-type: none"> ▪ High Arousal ▪ High emotions exacerbate stress ▪ Rumours thrive ▪ Depression & Despondency ▪ Misunderstandings ▪ Conflict and discord causing lasting social problems ▪ Anger emerges ▪ People look for someone to blame. 		<ul style="list-style-type: none"> ▪ Listen and acknowledge concerns. Only when arousal is lessened can people take on information ▪ Facilitate communication between emerging groups so that their concerns are raised to the whole system ▪ Listen to people to detect myths and rumours and counteract with factual information ▪ Take the initiative with community consultation to allow people to express their tension ▪ Repeat information often as people vary in their ability to absorb it ▪ Provide or facilitate symbols and rituals embracing community identity ▪ Information about what people have in common despite their differences helps to rebuild links
<p>In time, reconstruction proceeds and leads to a return of effective functioning in a different structure.</p> <p>At this stage</p> <ul style="list-style-type: none"> ▪ circulation of information promotes communication, ▪ communication promotes the formation of social bonds, ▪ social bonds promote the formation of groups, ▪ groups and support structures promote common action and ▪ common action allows the community to diversify and understand differences. 	<ul style="list-style-type: none"> ▪ Formation of new social bonds ▪ Self determined community action ▪ Cyclic disaster related repercussions eg. flooding, suicides, accidents for which the community in an already fragile state may struggle to manage 		<ul style="list-style-type: none"> ▪ Continue to support new, self determined structures and groups ▪ Continue to provide high level of support to community communications particularly through disaster specific communication media ▪ Communicate and explain the post disaster social processes to reduce people personalising negativity ▪ Promote community based cultural events to represent the disaster and its consequences including rituals, symbols and artistic forms.

Sources: Community process and the recovery environment following emergency, Rob Gordon, Environmental Health Vol 4 No. 1 2004;
 The social system as a site of disaster impact and resource for recovery, Rob Gordon, The Australian Journal of Emergency Management, Vol 19 No. 4 Nov 2004