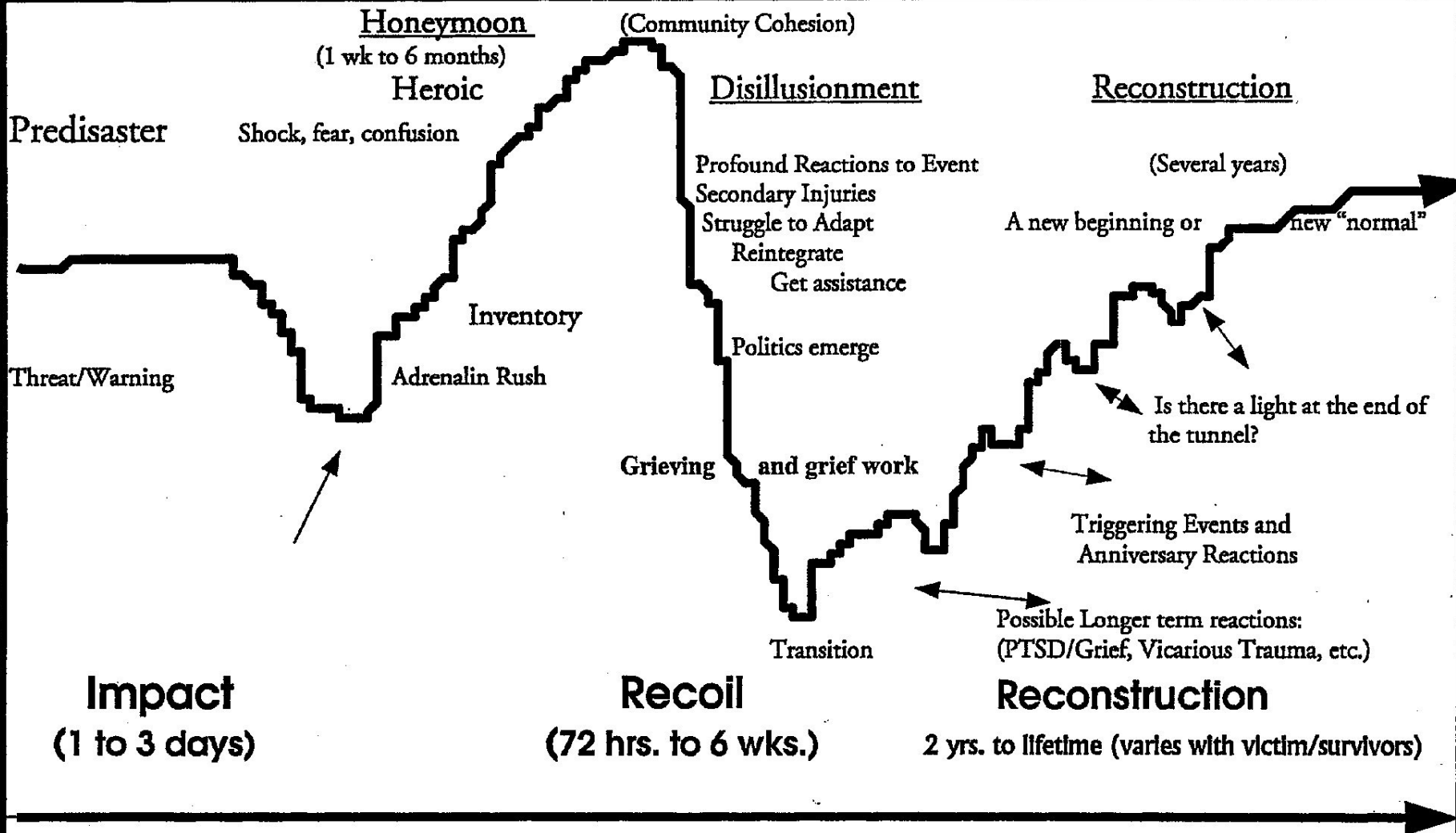


Phases of Disaster or Crisis



Impact Phase – In conjunction with and immediately after the event

- Shock
- Fear
- Denial
- Confusion
- Heroic acts
- People coming together

Recoil Phase – [1 week to 3-6 months after event]

- Attend to basic needs in a chaotic environment.
- Concerns for safety, food, and sleep.
- Unrealistic expectations about recovery
- Sharing resources/ willingness to help.
- Denial of extent of needs or emotional impact.
- Community cooperation.
- Media exploitation.
- “Honeymoon “ phase.

Remembrance and Disillusionment Phase – [2 months to 2 years]

- Reality of impact on lives and community.
- Realization of losses and work to be done.
- Procedures to get assistance.
- Politics emerge.
- Grieving
- Psychosomatic complaints.
- Abuse issues
- Spiritual questioning.

Reconstruction Phase – [May last several years after event]

- Grief work begins.
- Light at the end of the tunnel.
- Begin to put the disaster / event behind.
- Renewed feeling of w empowerment.
- Post traumatic stress disorder (in some).
- Return to pre-disaster / event activities (for some).
- Establishment of a new beginning or “new normal”

[Source: American Red Cross, NOVA, J, Crisp]

**Remember, “NORMAL” is something found
only on a washing machine dial!!!!!!!!!!**