THE COLLABORATION OF FAITH AND SOCIAL WORK IN CREATING A GATEWAY OF HELPING.

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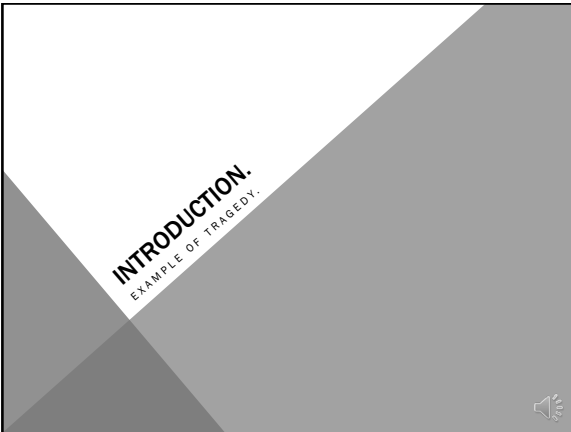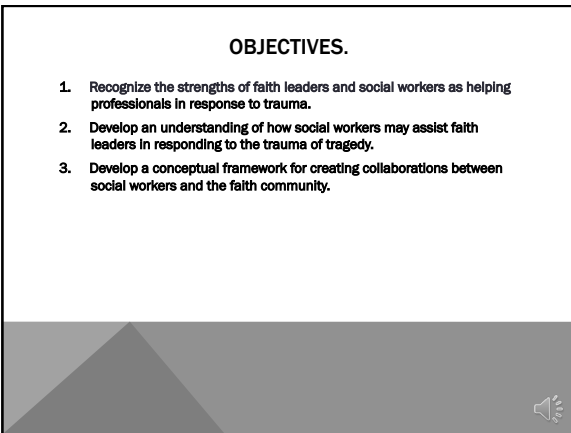
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INTRODUCTION.
EXAMPLE OF TRAGEDY.

OBJECTIVES.

1. Recognize the strengths of faith leaders and social workers as helping professionals in response to trauma.
2. Develop an understanding of how social workers may assist faith leaders in responding to the trauma of tragedy.
3. Develop a conceptual framework for creating collaborations between social workers and the faith community.

FAITH LEADERSHIP.
SPIRITUALITY IN DISASTER.

FAITH LEADERSHIP.

Spirituality and faith include important personal and communal benefits:
- Provide stability and support (1, 4)
- Improve health and total wellbeing (35)
- Signify an important component of positive response and coping (4)
- Answer theological questions surrounding the tragedy (1)
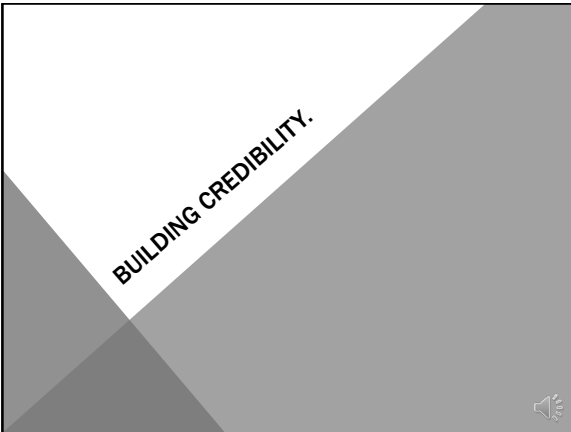
(1, 4, 35)

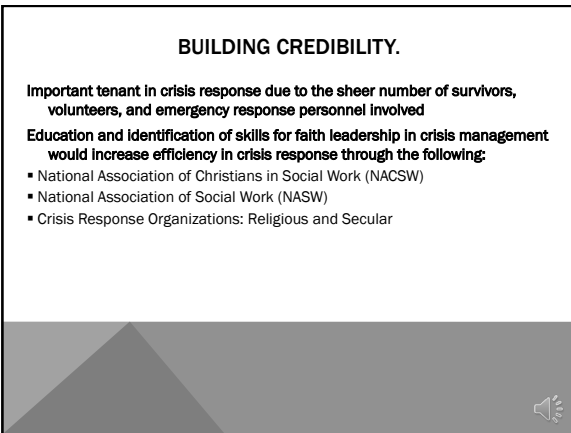## SOCIAL WORK PROFESSION.
GATEWAY OF HELPING.

SOCIAL WORK PROFESSION.

Social workers have the organizational propensity to share their resources in order to generate a formal organizational structure to aid in further coordination and communication in traumatic circumstances

BUILDING CREDIBILITY.

BUILDING CREDIBILITY.

Important tenant in crisis response due to the sheer number of survivors, volunteers, and emergency response personnel involved

Education and identification of skills for faith leadership in crisis management would increase efficiency in crisis response through the following:

▪ National Association of Christians in Social Work (NACSW)

▪ National Association of Social Work (NASW)

▪ Crisis Response Organizations: Religious and Secular
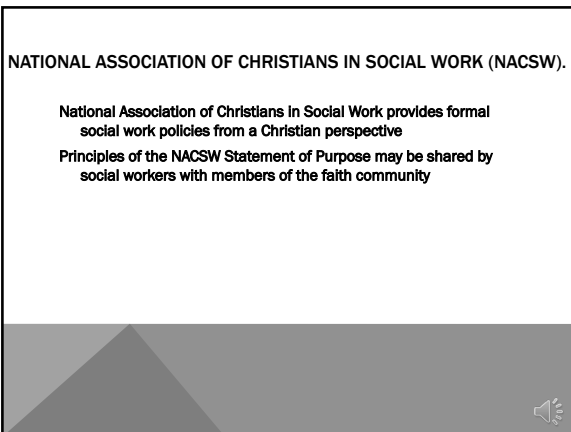
NATIONAL ASSOCIATION OF CHRISTIANS IN SOCIAL WORK (NACSW).

National Association of Christians in Social Work provides formal social work policies from a Christian perspective

Principles of the NACSW Statement of Purpose may be shared by social workers with members of the faith community

NATIONAL ASSOCIATION OF SOCIAL WORKERS (NASW).

National Association of Social Workers provides formal ethical standards and policies in the NASW Code of Conduct

Principles of the Code of Conduct may be shared with members of the faith community in order to provide the most beneficial services for survivors

Share basic social work concepts such as the following:

- Competence
- Privacy and confidentiality
- Cultural competence
- Commitment to clients
- Self-determination
- Informed consent
- Termination of services
- Interdisciplinary collaboration
- Consultation
- Referral for services

(27)

CRISIS RESPONSE ORGANIZATIONS: RELIGIOUS.

Collaboration with clergy to form a crisis response organization specifically for those in the faith community:

- Provide a unified faith entity in disaster response
- Able to process supplies and financial contributions from faith community members
- Minimize administrative and program duplication costs
- Provide a centralized system of aid distribution (4)

Pre-existing disaster relief organizations in the Christian community:

- UMCOR (United Methodist Committee on Relief)
- PDA (Presbyterian Disaster Assistance)
- LDR (Lutheran Disaster Response)
- ERD (Episcopal Relief and Development) (7)
- NDR (Nazarene Disaster Response) (37)
- CCUSA (Disaster Operations- Catholic Charities USA) (40)
- NDIN (National Disaster Interfaiths Network)

(4, 7, 37, 40)

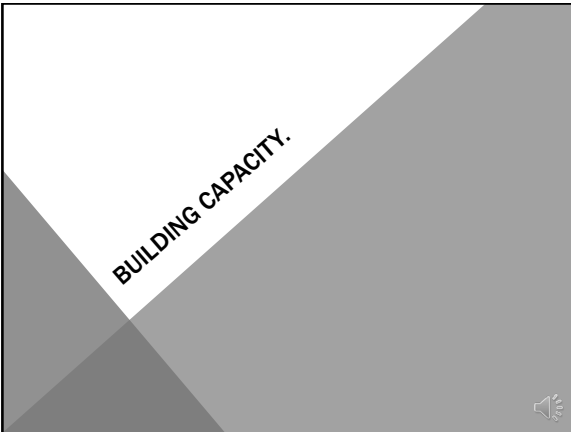## CRISIS RESPONSE ORGANIZATIONS: SECULAR.

Registration with pre-existing crisis response organizations at large:

- Provide both formal educational opportunities
- Substantiate reliability to other trauma professionals

Crisis response organizations to consider may include:

- Citizen Corps (21)
- CMI Education Institute, Inc. (23)
- International Association of Trauma Professionals (34)

(21, 23, 34)

BUILDING CAPACITY.

SOCIAL WORK EDUCATION.

SOCIAL WORK EDUCATION.

Resiliency

Ecological Perspective

Cultural Competence
- Particularly relevant in the followings areas of disaster relief:
  - Communication
  - Personal Space
  - Social Organization
  - Time
  - Environmental Control

(15, 42)
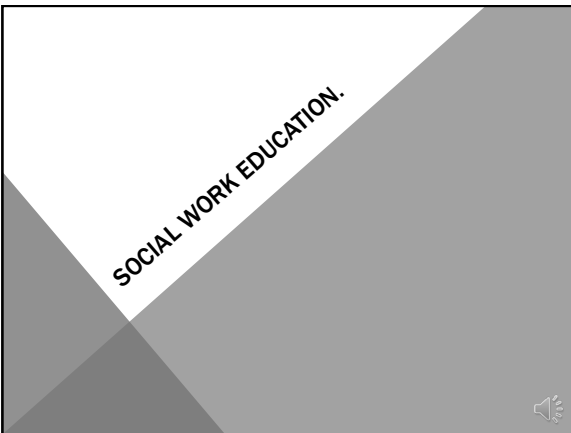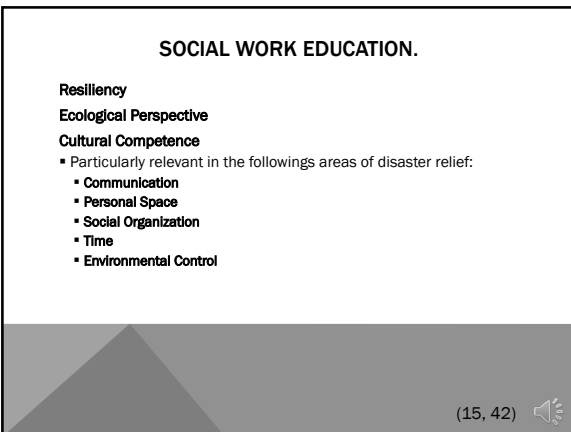
DISASTER RELIEF EDUCATION.

BUILDING CAPACITY.

Disaster Related Education
- Phases of Emergency Management
- Understanding Disaster Events (15)
- Responses to Trauma: Cognitive, Emotional, Physical, Behavioral, Spiritual (10, 25, 30)
- Behavioral Concerns
- Boundaries and Supports: Personal and Familial

(10, 15, 25, 30)

EMERGENCY MANAGEMENT.

Preparedness: Preparing to handle an emergency
- Includes plans or preparations made to save lives and to help response and rescue operations
- Preparedness activities occur prior to an emergency

Mitigation: Preventing future emergencies or minimizing their effects
- Includes any activities that prevent an emergency, reduce the chance of an emergency happening, or reduce the damaging effects of unavoidable emergencies
- Mitigation activities occur before and after emergencies

Response: Responding safely to an emergency
- Includes implementing preparedness plans to save lives and prevent further property damage in an emergency situation
- Response activities occur during an emergency

Recovery: Recovering from an emergency
- Includes actions taken to return to a normal or an even safer situation following an emergency, including seeking financial assistance to subsidize services and repairs
- Recovery activities occur after an emergency

(38)

UNDERSTANDING DISASTER EVENTS.

Everyone who sees or experiences a disaster is affected

Normal to feel anxious about the safety of family, close friends, and yourself

Profound sadness, grief, and anger may develop in the event of a disaster

Everyone has different needs and different ways of coping

It is common to want to strike back at people who have caused great pain

Children and older adults are of special concern in the aftermath of disasters

Acknowledging your feelings helps you recover

Focusing on your strengths and abilities helps you heal

Accepting help from community programs and resources is healthy

Individuals can experience a disaster "second hand" through exposure to extensive media coverage

(15)

RESPONSES TO DISASTER.

COGNITIVE.	EMOTIONAL.
Poor concentration	Shock and/or numbness
Confusion	Feeling overwhelmed
Disorientation	Depression
Indecisiveness	Feeling lost
Shortened attention span	Fear of harm to self and/or loved ones
Memory loss	Feeling nothing
Unwanted memories	Feeling abandoned
Difficulty making decisions	Uncertainty of feelings
	Volatile emotions
	Feelings of guilt or self-doubt

(15, 25, 30)

RESPONSES TO DISASTER.

PHYSICAL.		BEHAVIORAL.	
Nausea	Headaches	Suspicion	Abnormal eating habits
Lightheadedness	Grinding of teeth	Irritability	Increased smoking
Dizziness	Fatigue	Excessive arguments	Increased substance use or abuse
Digestive issues	Poor sleep	Withdrawal	Change in sexual desire or functioning
Rapid heart rate	Pain	Excessive silence	
Tremors	Hyperarousal	Inappropriate humor	Difficulty communicating
	Jumpiness		

(15, 25, 30)

RESPONSES TO DISASTER.

SPIRITUAL.

Anger at God

Feeling distant from God

Withdrawal from place of worship

Uncharacteristic involvement in religious organization

Sudden turn toward God

Familiar faith practices including traditional prayers, scriptures, and worship seem empty

Belief that God is powerless

Loss of meaning and purpose

Sense of isolation from God, faith community, and religious leadership

Questioning of basic beliefs

Anger at religious leader(s)

Believing God is not in control

Believing God does not care

Belief that we have failed God

(15, 25, 30)

BEHAVIORAL CONCERNS.

Depression and Anxiety
- Develop or increase because of the trauma
- Previously diagnosed individuals are at greatest risk

Substance Abuse and Addictions
- Overuse substances such as alcohol, food, and drugs
- Increase gambling and other addictive behaviors to manage anxieties
- Monitor changes in usual consumption or behavior

Abuse and Neglect
- Domestic abuse reports rise after traumatic events
- Be alert or signs of violence with emphasis on women children, and the elderly

Compassion Fatigue
- Disruptive, depressive, and irritating displays of stress resulting from the care giving work performed on a regular basis

(1, 39)

WARNING SIGNS.

If the responses to disaster occurs excessively, extensively, and interference with everyday life, these issues should be addressed by a mental health professional

(15)

BOUNDARIES AND SUPPORTS.

Pastors and other faith leaders are also impacted by a trauma situation (1)

Vigilant self-care is necessary for all disaster relief workers to be effective in supporting others (30)

(1, 30)

BOUNDARIES AND SUPPORTS: PERSONAL.

Establish personal boundaries through healthy self-care habits
- Determine relaxation techniques and support system (30)
- Assess the level of exercise, nutritional options, personal time, and spiritual health (1, 30)
- Limit the number of hours on the disaster site, allowing frequent breaks
- Rotate various types of work
- Emotionally process the event by connecting with family, friends, and counseling assistance programs (20, 30)

(1, 20, 30)

BOUNDARIES AND SUPPORTS: FAMILIAL.

Parents must realize that their healthy coping mechanisms provide benefits for their children
- Promote personal wellbeing by remaining more available to their children in order to support them

Intentionally reassure children after a disaster
- Be affectionate
- Encourage them to talk about how they are feeling
- Maintain daily routines for work, school, play, meals, and rest as is feasible to regain a sense of security
- Recognize responsible behavior
- Involve children in the disaster recovery process

(15)

BOUNDARIES AND SUPPORTS: FAMILIAL.

Allow children to behave age appropriately:
- Encourage experiences to relieve tensions and simply play
- Important for children to play with board games, toys, and create arts and crafts to allow them to express emotions in a familiar and safe environment
- Familial quality time reemphasizes the autonomy of the family unit (1)

Monitor exposure to media (15):
- Prevent additional fear, confusion, and anxiety
- Be open to discuss and provide adequate explanations of the disaster appropriate to the developmental level of the child

Understand that each child will have a different response to a disaster situation
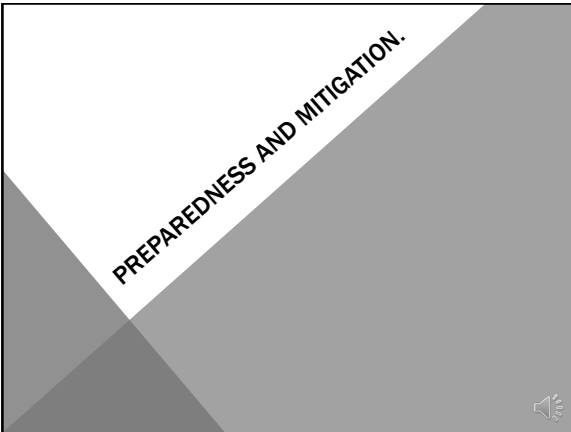
(1, 15)

SKILL BUILDING.

SKILL BUILDING.

Emergency Management
- Preparedness and Mitigation
  - Disaster Response Committee
  - Sanctuary: Congregational and Facility Preparation
- Response and Recovery
  - Faith-Based Interventions: Individual and Congregational
  - Transitions

PREPAREDNESS AND MITIGATION.

DISASTER RESPONSE COMMITTEE.

Disaster Response Committee
- Emergency response team with the specific knowledge and expertise on trauma response for their congregation, organization, and/or community

Consists of the following:
- Disaster Response Coordinator
- Disaster Response Council

(4)

DISASTER RESPONSE COORDINATOR.

Description: Management and communication between crisis response corporations, community organizations, community members, and their religious institution

Responsibilities:
- **Before:** Develop Disaster Plan and Disaster Response Council (37)
- **During:** Identify immediate needs within the community
  Contact other crisis response organizations to coordinate a system of services (1, 5, 11)
  Assess the manner in which the resources of the religious institution may be utilized
  Monitor and avoid the duplication of resources and services (1)
- **After:** Evaluate Disaster Response Committee effectiveness
  Note possible improvements for future crisis response

(1, 5, 11, 37)

DISASTER RESPONSE COUNCIL.

Description: Council dedicated to disaster response
- Serve as support for the Disaster Response Coordinator
- Specific tasks should be delegated prior to trauma response
- Include separate team leaders and their volunteers

In addition, teams of Disaster Response Council members may be organized to provide the following services:

☐ Advocacy	☐ Health Services	☐ Outreach & support to vulnerable populations
☐ Animal Care	☐ Home Visits/Care	☐ Organizing/Leading Volunteer Groups
☐ Assisting at Disaster Help Centers	☐ Housing	☐ Pastoral Services (Spiritual Care)
☐ Casework	☐ Language Translation	☐ Rebuilding / Repair / Restoration
☐ Child Care Services	☐ Legal Assistance	☐ Relocation or Moving Assistance
☐ Cleanup (homes/neighborhoods)	☐ Listening	☐ Resource Development
☐ Counseling	☐ Office Support / Telephoning	☐ Shelter Services
☐ Driving/Providing Transport	☐ Mental Health Services	☐ Special Worship Services
☐ Food Services (cooking, feeding & distribution including home delivery)	☐ Managing Volunteers and Donations	☐ Warehousing and distribution of relief supplies

(37)

DISASTER PLAN.

Communal Information
- Past local emergencies and disasters (37)
- Proximity to "at-risk" locations

Contact Information
- Prepare contact information and a telephone tree for the following:
  - Disaster Response Committee
  - Disaster response organizations in the area
  - Members of the congregation with specialized skills (1, 4, 30)
  - Members of the congregation: noting vulnerable population (4)

Evacuation Plan
- Develop an evacuation plan in coordination with the local police and fire department (30)
  - Prepare for evacuation in both weekday and weekend circumstances

(1, 4, 30, 37, 38)

DISASTER PLAN.

Description of Building (37)
- Occupancy type
- Square footage
- Year of construction and most recent renovation
- Number of stories in building
- Type of construction
- Note facilities such as large open spaces, wash facilities, and kitchens (4)

Facility Safety (37)
- Locations of utilities and emergency exits
- Facilities should be inspected for basic safety equipment (30)
- Assessment by the local fire department or a private organization to determine an appropriate number of survivors that may be housed and/or services that may be provided in available facilities

(4, 30, 37)

DISASTER PLAN.

Emergency Supplies (37)
- Purchase and store "pre-stage" immediate response items
  - Including supplies such as batteries, portable radios, flashlights, emergency first aid kit, basic tool kit, non-perishable food items, stored drinking water
- Estimates on any outsourced services necessary in order to provide a safe, healthy environment
  - Including beds, showers, and washing facilities (4)
- Ensure availability of communication mechanism in the event of a power outage

(4, 37)

RESPONSE AND RECOVERY.

FAITH-BASED INTERVENTIONS.

Faith-Based Interventions
- Triage in Disaster
- Basic Helping Skills
  - Helping Relationship
  - Communication Skills: Verbal and Nonverbal
- Crisis Response: Individual and Congregational

(41)

TRIAGE IN DISASTER.

Significant factor in a community's first response
- Assessment and medical triage of injured victims
- Assessment of the vulnerable population
- Assessment of needed human and material resources

Locate personnel placed in charge of assessing the situation and evaluating the needs of the response system
- Report the injured and necessary resources to authority in disaster response

(4)

COMMUNICATION SKILLS.

VERBAL.
Identifying self
Explaining the purpose of the meeting
Asking questions
Following up on nonverbal communication
Check for message reception
Asking a focused question

NONVERBAL.
Eye contact
Gestures of greeting
Personal space
Body positioning
Facial expressions
Touch
Arm and hand movements
Tone of voice

(41)

CRISIS RESPONSE: INDIVIDUALS.

Facilitating the pastor meetings with small groups to effectively convey and provide both a spiritual and emotional response (1)

Be prepared to address spiritual questions related to disaster

Be vigilant about mental health concerns

Contact congregational members with specialized skills to be available for additional physiological needs

(1)

CRISIS RESPONSE: CONGREGATIONAL.

Opportunities for prayer and meditation (1)
- Allows survivors to connect with each other
- Share pain of disaster with each other and God

Customary worship services
- Reestablish feelings of community and stability
- Reconnect with faith community and spiritual relationship with God

Special services
- Allows congregation members to share their response to the disaster
- Encourage survivors to express sufferings and offer them to God

(1)

TRANSITIONS.

Referral

Dissemination of Information

REFERRAL.

Networking a survivor with an agency, program, or professional person that will provide the needed services

Clearly identify concern of survivor

Pay special attention to any practical problems that may be a barrier

Contact existing community resources and disaster relief services to assist the survivor

(41)

DISSEMINATION OF INFORMATION.

Clearly communicate important information
- Services needed or provided for the congregation and community

Specific information may include the following:
- Types of services available
- Process to access them
- Contact information

CALL TO COLLABORATION.

(5)

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