Navigating pathways to flourishing for communities after disasters

Dr Lucy D’Aeth
Public Health Specialist
Canterbury District Health Board
he moana pukepuke e ekengia e te waka – a choppy sea can be navigated
On the night of January 31st 1953 the highest tide ever recorded flooded Harwich from three directions over bathside sea wall, the Gt & the Esplanade.

The area from the Quay to Grafton Road, Main Road and Harbour Crescent was inundated to an average depth of 6ft.

Eight people were drowned and 700 families were made homeless.

The area remained under water for 5 days. The flood level is shown below.

GREAT FLOOD 1953

ACTUAL LEVEL OF FLOOD WATER

THE HARWICH SOCIETY

DESIGNED & PRODUCED BY

BUTTEN PRINTING & DESIGNS

Erected by the Harwich Society on the 40th Anniversary of the Flood.

The Harwich Society cares.

Pauline Bridge 2 months

Pauline Bridge 16 months

These houses were a gift to the Borough of Harwich from the People of Norway to rehouse victims of the floods of 31 January 1953.

R. F. Connock & Son Ltd

Hon. Clerk

C.J. Stewart

Hon. Engineer

Borough Architect
WHY?

Do we the working class have to suffer once again?

£
£
£

Justice for Grenfell
We demand the truth

There's no justice
It's just us
What I’ve learnt

• Disasters can happen in minutes, recoveries can last for decades
• The time to network is now...
• Secondary stressors are inevitable
• The 5 ways to wellbeing are invaluable
• Psychosocial is about doing the basics well
• Strong communities cope better
• One size doesn’t fit all
• Aroha ki te tangata – trust the people
Disasters happen in seconds, recoveries take decades
Reconstruction of New Orleans after Hurricane Katrina: A research perspective
R. W. Kates, C. E. Colten, S. Laska, and S. P. Leatherman
RECOVERY OVER TIME

HEROIC
- Feeling of altruism
- Family, friends, neighbours

HONEYMOON
- Sense of shared survival
- Anticipation of help/return to normal
- Community and outside agencies

DISAPPOINTMENT
- Anger
- Frustration
- Disputes
- Red tape
- Loss of support
- Exhaustion
- Disillusionment

OBSTACLES
- Delays
- Groups weaken/fragment

RECONSTRUCTION

Figure 3 - Psychosocial Phases of Recovery
Source: Australian Disaster Manual - Emergency Management Australia
The Canterbury Roller Coaster: Life’s full of ups and downs
The time to network is now ...
Secondary stressors are inevitable
Social recovery is about doing the basics well
Five Ways to Wellbeing
(new economics foundation 2008)

• Evidence-based
• Universally accessible
A model of mental health experience
Understanding positive mental health

A two continua model (Corey Keyes 2007)
Meaning and Purpose
Engagement and Interest
Positive Emotions
Vitality
Resilience
Self-Esteem
Optimism
Positive Relationships
Sense of Agency
Meaning and Purpose
Engagement and Interest
Positive Emotions
Vitality
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Optimism
Positive Relationships
Sense of Agency
Mauri Noho (Languishing)

- cultural & spiritual alienation
- negative emotions
- knowledge gaps
- chronic pain
- increased risk of physical ill-health
- negative relationships
- social isolation

Mauri Ora (Flourishing)

- spiritually robust
- culturally engaged
- emotional competence
- healthy thinking
- energetic
- able to participate in activities & events
- positive, sustaining relationships

Adapted from Professor Sir Mason Durie
All Right? works to support and improve Cantabrians’ mental health and wellbeing as we recover and rebuild from the earthquakes.
47% of people are doing something for their wellbeing as a result of seeing our messages.

90% agreed that All Right? messages they have seen are helpful.

75% said the messages make them think about how they are feeling.

2019 All Right? Campaign Evaluation, (n = 478)
Strong communities cope better
AS A WHĀNAU, WHEN WE HAKA TOGETHER, WE LEARN TOGETHER

PUAMIRI PARATA-GOODALL
AND HER NUN SEMANA
(AUNTY OE) PARATA

KO AU, KO KOE, KO TĀTOU

AARON HAPUKU
WITH HIS DAUGHTER
KAHU
One size doesn’t fit all
Aroha ki te tangata - Trust the people
IT'S ALL RIGHT TO TALK IT OUT.

IT'S ALL RIGHT TO HAVE A CRY.

IT'S ALL RIGHT TO KEEP TICKING ALONG.

IT'S ALL RIGHT TO TAKE A BREATHER.

all right?

HE PAI TE TORD AWHINA.
He waka eke noa

He Waka Ora is designed to equip you with the info you need to plan and run effective wellbeing initiatives, whether you’re recovering from a disaster or are eager to reinforce the strength and resilience of the people in your community. As well as gaining practical tips, tools and insights, you’ll get a sense of the core components that contributed to the success of the All Right? campaign.

Anticipate the journey

The stages that typically follow a disaster.

Understand wellbeing

Wellbeing and how this can be challenged post-disaster.

Seek to understand

Using research to meet people’s needs.

Building the foundations

Getting (and keeping!) wellbeing on the agenda
Resources

- Guidelines for working with CALD communities
  Evaluation of a well-being campaign following a natural disaster in Christchurch, New Zealand, Kristi Calder, Lucy D’Aeth, Sue Turner, Ciaran Fox & Annabel Begg, International Journal of Mental Health Promotion, Volume 18, 2016 - Issue 4, Pages 222-233 | Received 08 Nov 2015, Accepted 05 Jul 2016, Published online: 09 Aug 2016.

- A Paradise Built in Hell by Rebecca Solnit (2009)
- WH Auden , Musee des Beaux Arts - http://english.emory.edu/classes/paintings&poems/auden.html