

# Community Resilience as a Strategy for Disaster Preparedness and Response

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# Topics

- Challenges to Preparedness and Response
- General Strategies
- Community Resilience
- Community Assessment of Resilience Tool (CART)

# Some Challenges

- Multiple and diverse needs
- Insular thinking
- Insufficient integration and communication
- Disadvantaged individuals/populations
- Mental health
- Preoccupation with physical rather than social capital

# Some Challenges

continued

- Lack of knowledge of disaster preparedness and response practices
- Lack of resources for disaster preparedness and response
- Limited evidence base for many services
- Limited application of research findings
- Apathy

# Strategies

- Recognize uniqueness of community challenges
- Improve communication
- Clarify and share information about roles and responsibilities
- Address disadvantaged individuals/groups
- Integrate mental health issues into human and emergency services

# Strategies

continued

- Build social capital
- Develop preparedness plans, train, and practice
- Develop evidence base for services
- Develop leadership
- Engage individuals and service providers
- Focus on community

# Community

- Sense of relatedness among members
- Shared elements
- Resources, organizations, and structures
- Common health risks and conditions
- Dynamic environment

# Resilience

- Ability to adapt to adversity
- A process
- Involves attitudes, thoughts, behaviors
- Can be taught, learned, and developed

# Community Resilience

- Entails the ability to take deliberate, meaningful, collective action
- Fortifies against social concerns
- May address behavioral and functional problems at the individual level
- Includes proactive and reactive elements
- Creates potential to grow from a crisis

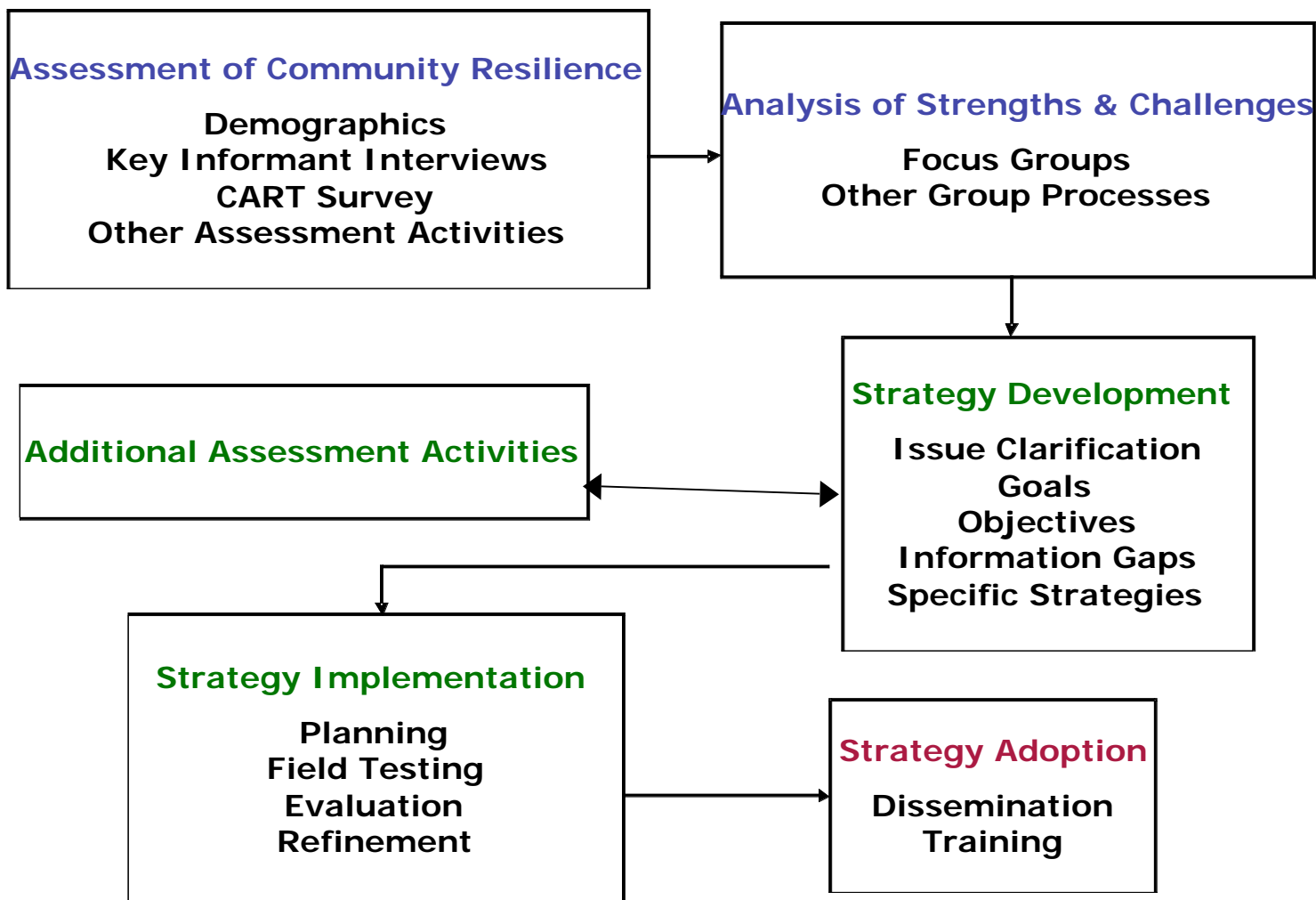
# Community Resilience Domains

- Connection and Caring
- Resources
- Critical Analysis, Skill Building, and Transformative Potential
- Disaster Prevention and Mitigation, Preparedness, and Response

# Community Assessment of Resilience Tool (CART)<sup>©</sup>

- Provides a protocol for community assessment
- Includes survey instrument and script
- Is based on theoretically-derived factors
- Is designed to be a community intervention
- Provides a foundation for analysis, dialogue, and action
- Results in a community profile
  - reflects perspective of participants
  - used to stimulate introspection, dialogue, and problem solving
  - not used to rank or compare communities

# CART Process



# CART Operating Assumptions

- Higher values may suggest greater effectiveness at mitigating adverse outcomes
- Resilience-enhancing activities may improve disaster management even when not focused on disaster management
- Communities can adapt to deal with other issues
- CART contributes to
  - participation
  - community self-awareness
  - critical reflection
  - skill development
  - collaboration

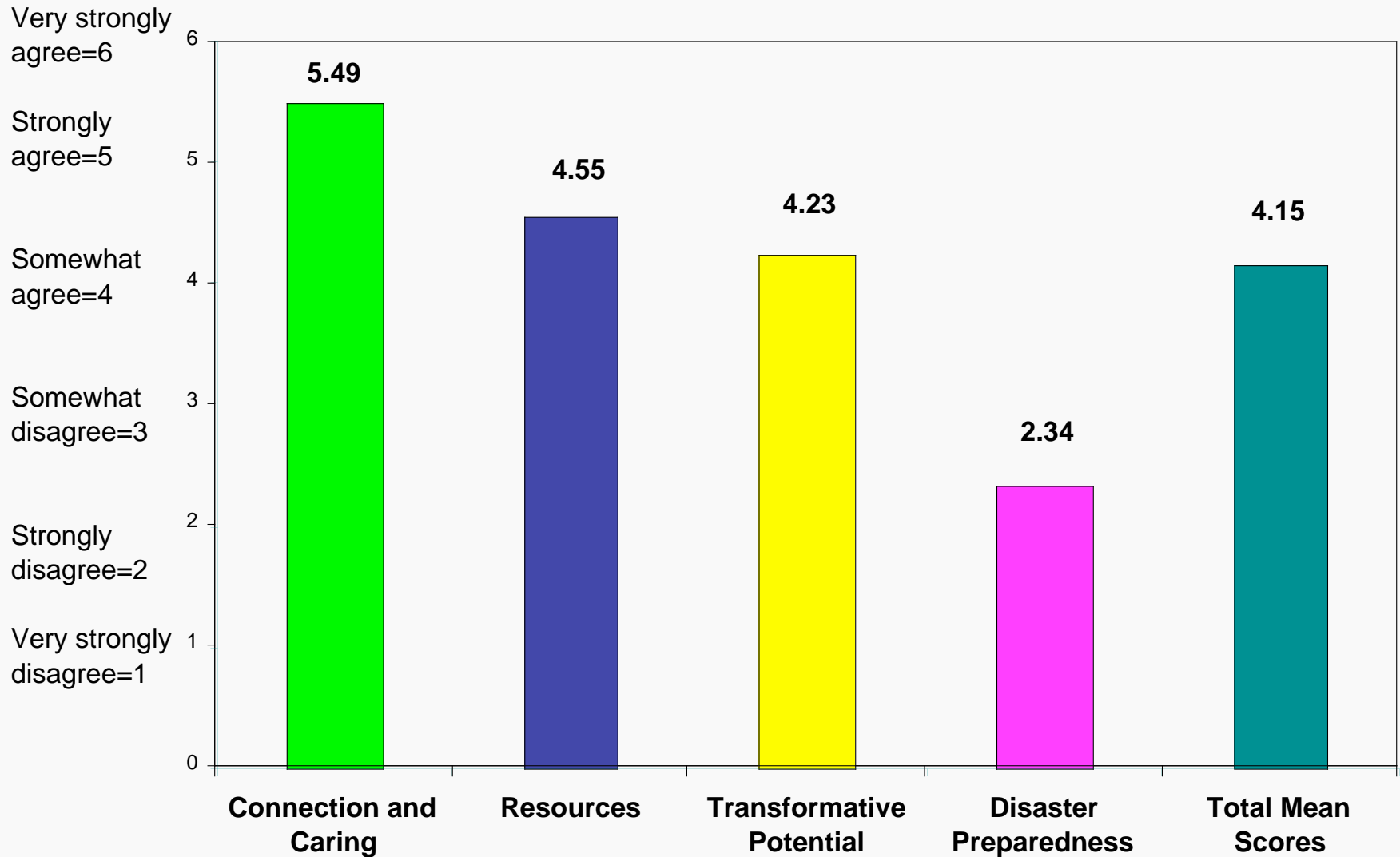
# CART Survey Instrument

- Consists of
  - 21 community resilience questions
  - demographics
  - additional items as appropriate
- Administered in person, over the phone, by mail, or online
- Has been field tested and revised
- Used to develop profile of a community as perceived by respondents

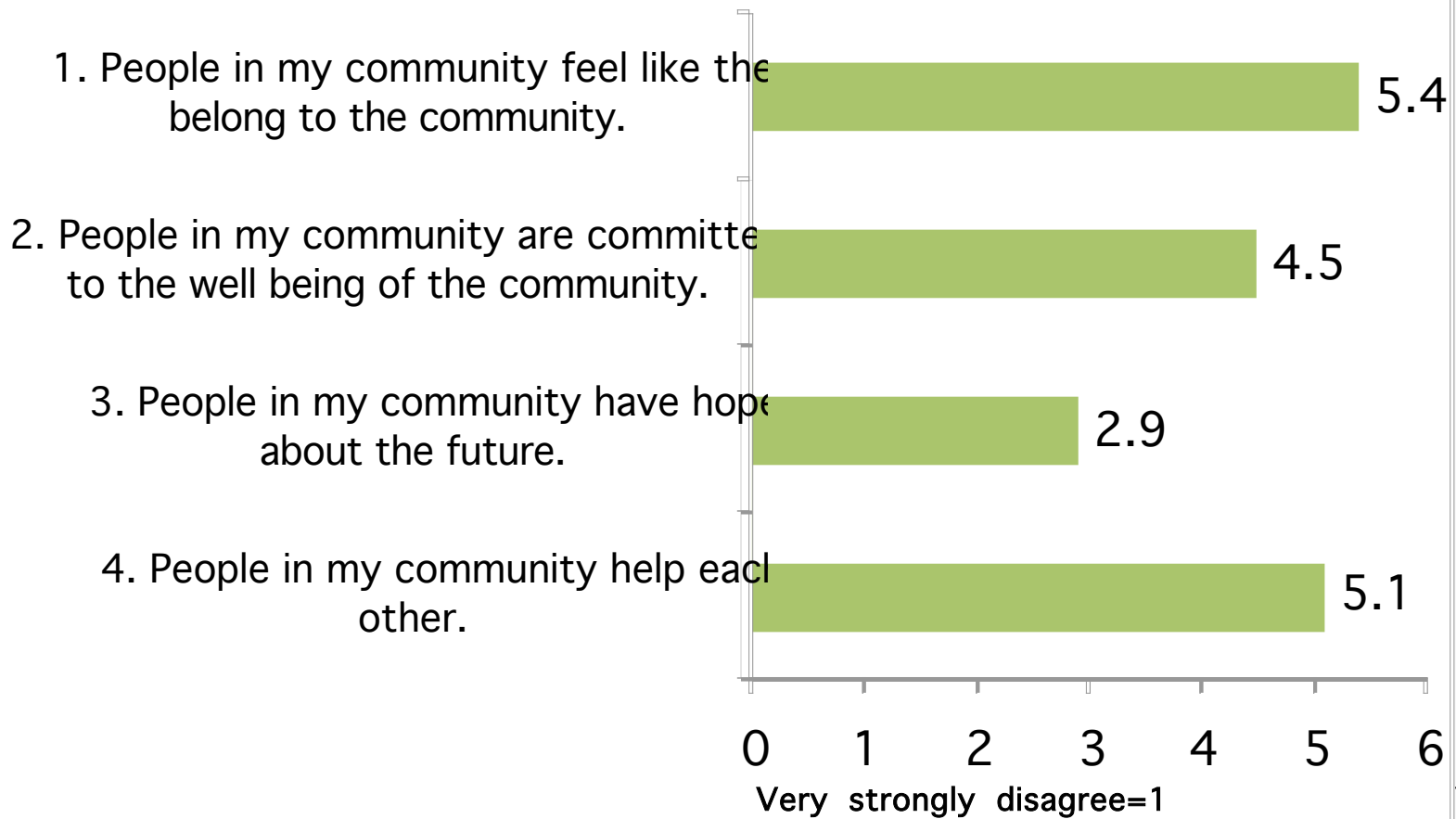
# CART Interviews / Focus Groups

- Field tested script
- Participants: key informants, cross section of community, or sector representatives
- 1 to 3 hours
- Motivated by event or concern
- Used to explore survey results, meaning of community, and resilience factors
- Initiate or contribute information for
  - community assessment, planning, and development
  - table top exercises
  - resilience enhancing action

# Sample Domain and Community Resilience Scores



## Sample Connection and Caring Iter



# Extended CART

- Additional assessment instruments
- Field-testing of CART and CART-E
- Strategy development

# Benefits for Partnering Organizations

- Provides mechanism for connecting with neighbors
- Fosters communication
- Increases knowledge of neighborhood
- Promotes teamwork
- Encourages community development

# TDC Support

- Tailor process and instruments
- Train groups to implement
- Provide link to survey online
- Analyze results
- Consult over time

# Summary of CART

- CART is a process
- Results in a community profile
  - reflects perceptions of participants
  - used as a community intervention
  - should not be used to label, rate, or compare communities
- Provides a foundation for analysis, dialogue, and interventions
- Contributes to
  - participation
  - community self-awareness
  - critical reflection
  - skill development
  - collaboration

# Building Community Resilience for Children and Families

- **Addresses 9 sectors:** business, community leadership, cultural and faith-based groups, first responders, health care, media, mental health, public health, school and childcare settings
- Identifies challenges
- Contains information for building resilience
- Recommends action steps for resilience
- Includes disaster-specific actions

Download guidebook at:  
**<http://tdc.ouhsc.edu>**

# CART Contact Information

To participate in an assessment of your community or for further information, please contact:

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