

Mental Health and Political Crisis

ประชุมกลุ่มที่ปรึกษา 4 มิย 57

แนวคิดการ approach

- **Community Resilience in the Context of National Crisis**

Anita Chandra , et al.

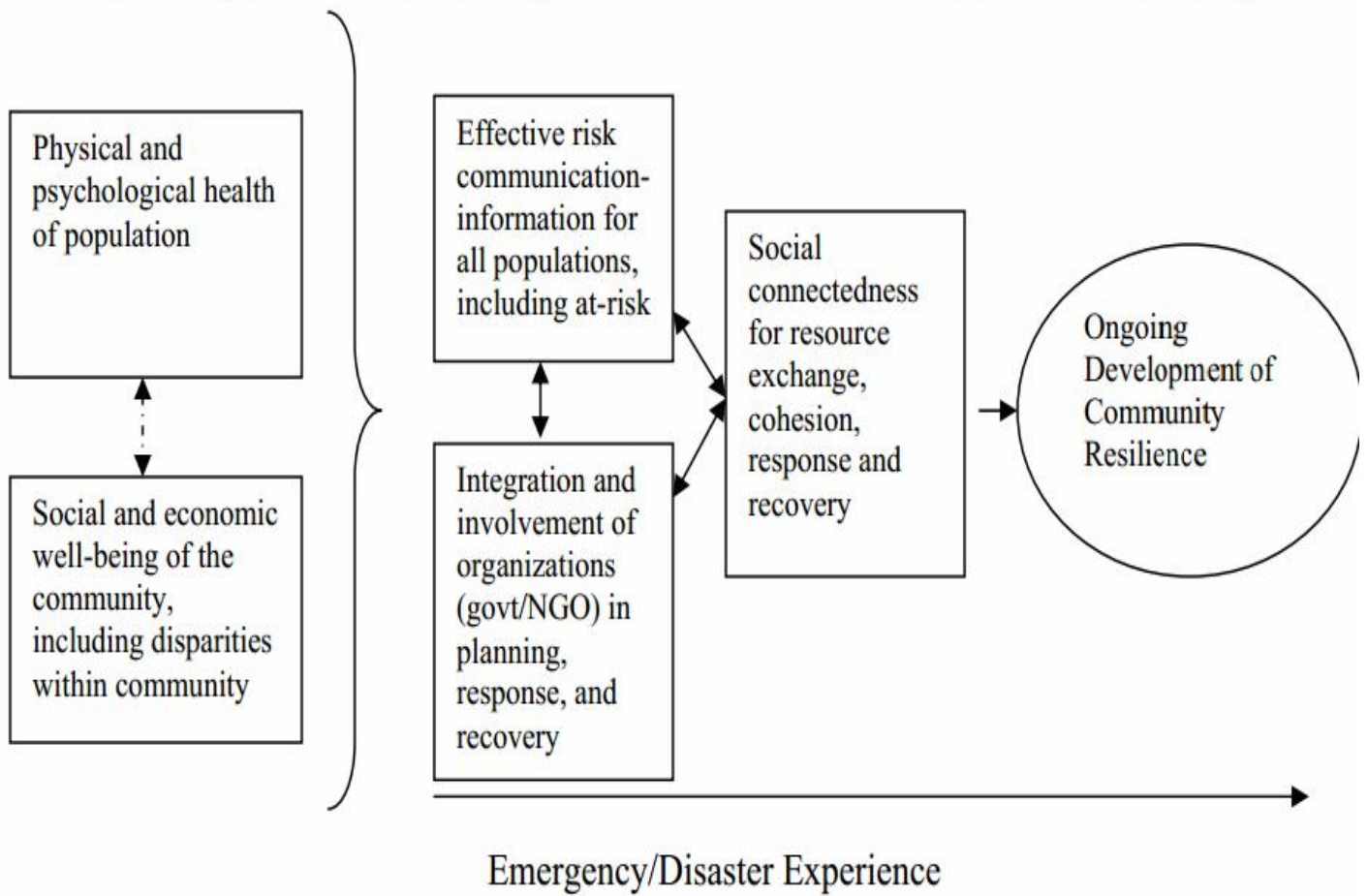
- **Five Essential Elements of Immediate and Mid–Term Mass Trauma Intervention: Empirical Evidence**

<http://mhpss.net/?get=140/1330584195-Masstraumaintervention.pdf>

- Community Resilience in the Context of National Crisis

Anita Chandra , et al.

Figure 1. Core components of community resilience in context of national health security



Five Essential Elements of Immediate and Mid–Term Mass Trauma Intervention: Empirical Evidence

<http://mhps.net/?get=140/1330584195-Masstraumaintervention.pdf>

Promote

1. sense of safety.
2. calming.
- 3 sense of self– and collective efficacy.
4. connectedness.
5. hope

INSTILLING HOPE

hopeful state

Concept A

“**positive, action–oriented expectation** that a **positive future goal** or **outcome is possible**”

(Haase, Britt, Coward, & Leidy, 1992)

Concept B

best theoretical work on hope in the face of mass trauma

= pioneering work of **Antonovsky (1979)** in his examination of **Holocaust survivors**

Hobfoll, Briggs–Phillips, and Stines (2003)

definition

“a sense of **coherence**,”

= “a **pervasive, enduring** though **dynamic feeling** of **confidence** that

- one’s **internal** and **external environments** are **predictable**

-there is a **high probability** that **things will work out** as well as can **reasonably be expected**”

-through belief in

- God (Smith, Pargament, Brant, & Oliver, (2000),

- a responsive government

- superstition belief เชื่อโชคลาง

(e.g., “I’m always lucky; things usually work out for me”).

Broad-scale interventions for

Principle: Hope

Public Health Measures

- Provide services to individuals that help them get their **lives back in place**, such as:

- housing

- employment

- relocation

- replacement of household goods

- clean-up and rebuilding

- payment of insurance reimbursements

- Develop **advocacy programs** to help victims work through red tape and the complex processes involved in the tasks that emerge following mass disaster.
- Support rebuilding of **local economies** that allow individuals to resume their daily vocational activity, to **prevent ongoing resource loss cycles**
- The media, schools and universities, and natural **community leaders** (e.g., churches, community centers) should help people with:
 - Linking with resources
 - Establishing systems that enable those in recovery from similar traumas to share their experience and hope with those struggling with recovery
 - Memorializing and making meaning
 - Accepting that their lives and their environment may have changed,
 - Making more accurate risk assessment
 - Reducing self-blame
 - Problem-solving
 - **Setting positive goals**
- Building strengths that they have as individuals and communities