



## In the Face of DISASTER

# Navigating Trauma After a Natural Disaster

## A Story of Survival and Resilience

### **Vignette 1** **Jim and Lisa**

Jim and Lisa live quietly in a rural farming community with their four children. Jim works at the local parts factory and manages their small beef cattle and tobacco farm. Lisa teaches third grade at the local elementary school. Two of their children, Charles and Jane, attend high school, and the two younger girls, Leslie and Anne, attend the school where Lisa teaches. The family often enjoys participating in their church activities and taking walks on their farm. They also enjoy camping and riding their ATVs together. Most of the time, the entire family works the cattle and cultivates tobacco. Overall, the family and farm have done well during the past five years, however, costs and inflation have put some extra strain on the family's finances.

This past week, the area suffered an ice storm causing catastrophic flooding on Jim and Lisa's farm and in many parts of the county.

**What might be some of this family's immediate needs?**

**What signs of trauma can you look for regarding this family?**

**What types of coping skills could you suggest?**

**When might you suggest professional help for this family or its members?**

## **Vignette 2**

### **Steve and Cheryl**

Steve and Cheryl live in a quiet neighborhood with their two dogs. Steve is recently retired, and Cheryl works at a local medical practice in the billing department. They have two grown children who are each married and starting their own families. They are both active in their church community and enjoy a variety of hobbies both together and separately. Steve loves to cycle with his local cycling club and Cheryl belongs to a local knitting group. Together, they usually spend most weekends camping and boating and enjoy using their new camper. Their children visit often, and Steve and Cheryl find great joy spending time with their three grandchildren (a set of toddler twin girls and a 5-year-old grandson).

Recently, heavy storms and tornados struck their county and Steve and Cheryl suffered catastrophic property losses. They both experienced minor injuries during the storm, but their property and belongings are a complete loss.

**What might be some of this family's immediate needs?**

**What signs of trauma can you look for regarding this family?**

**What types of coping skills could you suggest?**

**When might you suggest professional help for this family or its members?**