

## 10 Key Insights on Disaster-Related Psychosocial Supports in Alberta

Every disaster has its own unique signature. This is shaped by community capacity and relationships, the scope and type of disaster, and location.

Disaster response is most effective when individuals and communities are supported and in the lead.

Communities move back and forth between stages of disaster recovery. These stages impact disaster response planning and recovery.

Disaster response is influenced by previous experiences. This means valuing, supporting, and building on the existing skills and capacities within the community.

There are two complementary paradigms in disaster response:  
1.) Disaster mental health  
2.) Psychosocial capacity building and resilience.

Change takes time, it is a process. There is a need for resources beyond immediate disaster response and post-disaster five-year plans.

Coordination and alignment of services is essential. This requires finding new ways of engaging existing relationships as well as an openness to new partnerships.

How things are done is just as important as what is done. Delivery of evidence-informed psychosocial supports must be flexible, creative, and accessible.

Build on what works. Establishing partnerships between researchers and practitioners creates a foundation for research and evaluation in disaster settings.

Skills for Psychological Recovery (SPR) fosters skills for every-day life. Ongoing use of SPR in disaster and non-disaster contexts can enhance resilience in individuals and communities.