**Stages of Recovery** from[**http://stayconnectedtexas.org**](http://stayconnectedtexas.org)

**A Neighbourhood Centres Inc Program**

Countless interactions between Stay Connected staff and clients have provided the information to define these stages, the emotional and behavioral characteristics in each one, and the resources or interventions needed to overcome the challenges and move to the next stage.

**Survival** - Escape from harm's way; attention to emergency basic needs (food, clothing, shelter, critical medical needs); emotionally characterized by fear, anger, and confusion

**Sanctuary** - Finding an intermediate, short-term source for basic needs while contemplating what happens next; attempting to locate family and friends; emotional need to process events of disaster - telling the story

**Upheaval** - Moving from shelters to hotels to temporary housing; navigating sometimes complex social service systems; feelings of frustration and disbelief at the situation; high stress levels

**Limbo** - Discerning the scope of the disaster and lacking information about options for returning home, or if return is even an option; beginning to understand the need to resettle, at least temporarily, but not knowing how long to plan for this resettlement to last; daily decisions to be made about basic needs and how to meet them on an ongoing basis; frustration arising from lack of information - possible feelings of abandonment by the home community

**Resignation/Acceptance** - Resigned to long term settlement in a manner different from pre-storm life; accepting the fact that the bonds and ties of "home" are forever changed; taking stock of personal assets and resources; emotionally moving back and forth on a continuum between helplessness/hopelessness and self-reliance/promise

**New Beginning** - Implementing a long term plan for housing, employment, education, and ongoing social services; forming identity as resident of a new or changed community; establishing the platform on which the future will be built; emotions are stabilizing

**Recovery** - Stable housing, source of income, and linked to resources in the community of choice; emotionally putting the events of the disaster and its aftermath behind; recapturing the positive history - the story of life before the disaster