



Disaster Impact and Recovery Model

1. Pre-contemplation phase

- Warning signs
- Threat

2. Impact phase (Meyers & Wee, 2005)

- Fear
- Shock
- Disbelief
- Disorientation
- Denial
- Fight, Flight, Freeze response
- Heroism

3. Assessment phase

- Information seeking
- Frustration

4. Community cohesion phase

- Togetherness
- Public outpouring
- Hope
- Altruism

5. Dissolution phase

- Yearning
- Searching for meaning
- Shattered assumptions
- Numbing

6. Anniversary phase

- Rumination
- Remembering
- Distancing

7. a. Integration phase

- Assimilation
- Accommodation
- Resiliency

7. b. Disintegration phase

- Resignation
- Chronic PTSD

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