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## ESC Overview

### Natural disasters

We are informed of the initial response teams' reports about ESC needs and follow up on needs as requested. We offer formal and informal resilience programs that focus on common signs of stress and ways to mitigate them, and share tools for short-term relaxation and long-term resilience. We also have an offering that covers burnout, compassion fatigue and secondary traumatic stress for those who are listening on a regular basis to trauma survivors' stories.

We'll typically go in to work with faith leaders and other groups who are working for the LTR of their community, typically 6 months after the disaster and for as long after as we're called upon. Occasionally, we are asked to come in earlier especially for partners like FEMA or VOAD groups. All of our offerings are tailored to the group's needs.

We do not typically offer ESC programs directly to survivors, but rather to those who are working in disaster response and recovery. Of course, it's not uncommon for those people to also be survivors.

### Human-Caused Disasters

Jim makes the initial contact, and if invited, we will go in as soon as it's safe, often within a day or two of the event. If congregations are directly impacted, we try to have team members in worship with them on Sunday not to preach, but to be present and sometimes to hold listening sessions. We are mindful of other disaster response groups that may be present as well as local resources and work to coordinate with them when possible and to look to community supports for long-term recovery. We go back as often as we're called.

## In-Person Programs

***Resilience & Renewal*** Participants explore the essentials of healing and resilience-building tools, including story telling, relaxation and self-care techniques, spiritual practices, and strengthening positive connections with others. Our goal is to provide an opportunity to experience respite throughout the day, learn new tools. It can be offered in a half-or full-day format.

***Tools for Building Resilience*** This half-day program is designed to increase participants' understanding of their own signs of stress and to teach in-the-moment strategies to handle

stress. Those attending will build on their experience while practicing new tools that have been shown to be effective in sustaining an individual's capacity to serve.

***Building Hope, Resilience and Compassion in Times of Stress (New)*** In this workshop, we explore some of the ways the challenges and stresses of our work can affect us, including compassion fatigue, secondary traumatic stress and burnout with a focus on enhancing our ability to respond in healthy ways to stress. We'll share strategies that can help in preventing or reducing these effects, including relaxation and resilience-building tools, mindfulness and sharing our story with trusted others. We'll also spend time with compassion satisfaction and the ways our work and other aspects of our lives can bring joy and growth.

***Offering Disaster Emotional and Spiritual Care (in person or virtual)*** PDA offers a program for becoming equipped to offer appropriate and respectful disaster emotional and spiritual care. We offer this program in "blue sky" times to prepare groups for offering care, or it can be presented shortly after a disaster to those who feel called to serve in this way in response to the disaster. It can be offered in a 2-6 four format, depending on the group's needs.

## Virtual Programs

***Faith Leader Support Discussions*** A panel of PDA presenters offers opportunities for reflection and tools for self-care and resilience and responds to questions and comments from faith leaders.

***Resilience & Renewal: A Three-Hour Virtual Retreat*** This three-hour virtual retreat is designed to offer essential healing and resilience-building tools, including story telling, strengthening positive connections with others, and spiritual practices.

***Building Resilience*** Members of PDA teach in-the-moment tools to engage the relaxation response in body and mind and engage participants in creating a personalized self-care and resilience-building plan.

We have recently begun to offer programs to help congregations and Mid Councils learn more about Emotional and Spiritual Care after a human caused disaster.