

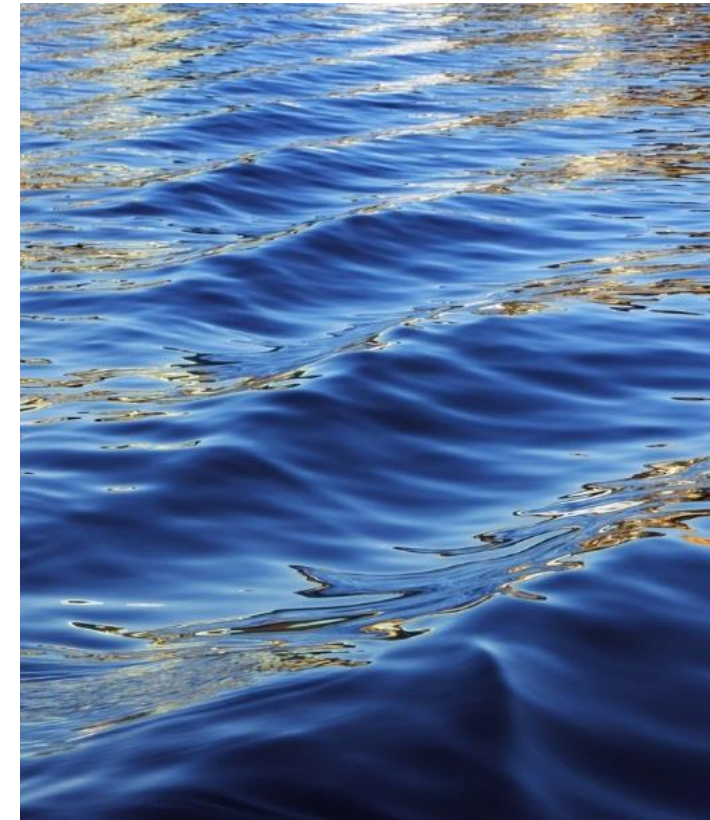
# Coping with Crisis: Building Psychosocial Resilience in the Face of Climate Change

**Shasta Gaughen, PhD**  
**Environmental Director**  
**Pala Band of Mission Indians**

Southwest Climate Adaptation Science Center Webinar  
July 29, 2020



**TRIBAL CLIMATE  
HEALTH PROJECT**



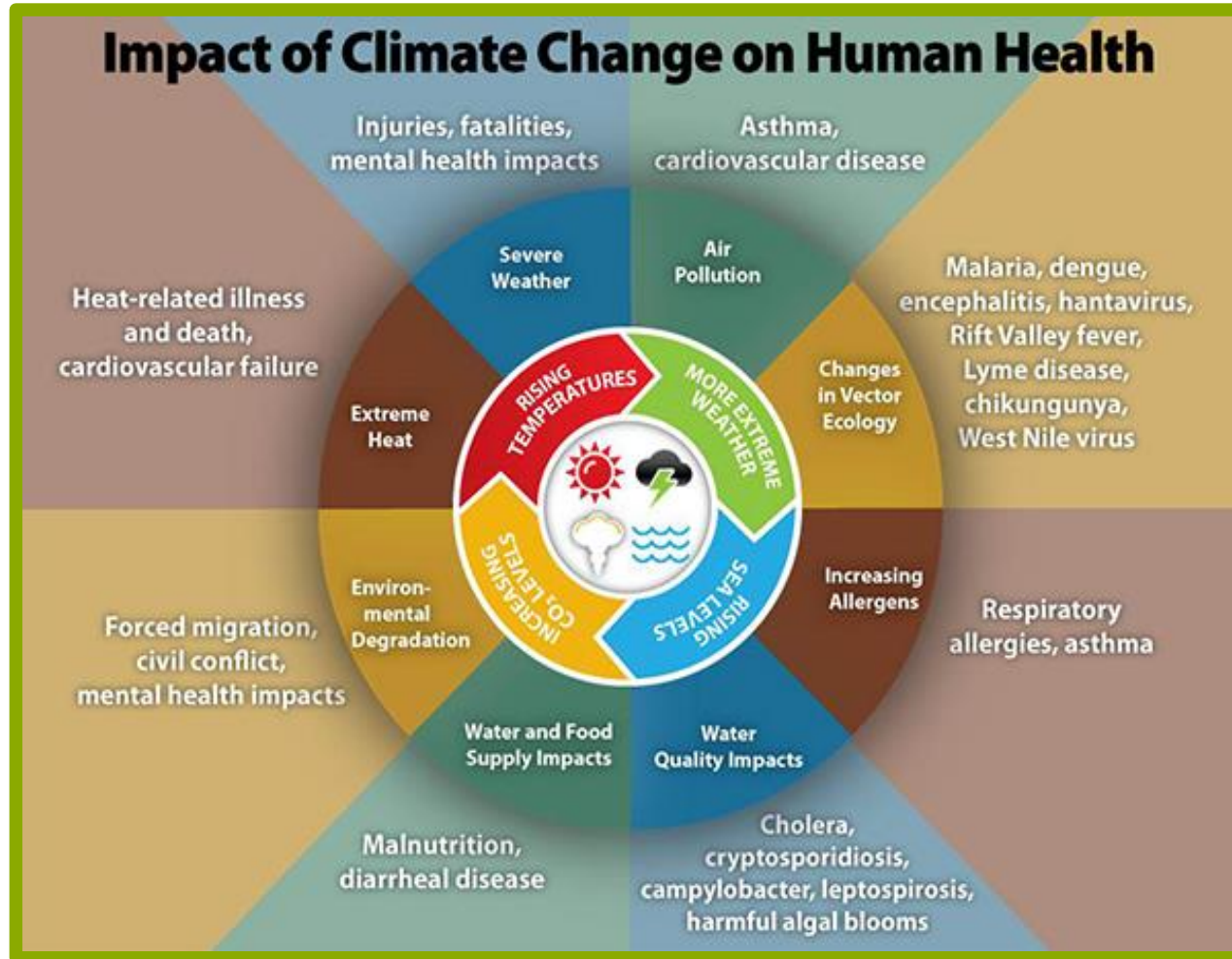
# Pala Band of Mission Indians (Northern San Diego, CA)

National collaboration and leadership on climate and health adaptation





# Climate Change and Human Health



## USGCRP Climate and Health Assessment: Key Findings

- Increased exposure to extreme events and coastal flooding will affect health
- Disruptions to essential infrastructure can limit access to healthcare and emergency response services

# What Climate Change Means for Tribes & Indigenous Peoples



- Each tribal community is **unique**
- Climate change exacerbates **disproportionate health outcomes**
- Water and food **insecurity**
- Displacement/relocating may mean **loss of culture, community, sovereignty, and rights**
- Loss of ecological health can mean **loss of livelihoods**
- Underfunded public **health services**
- Adaptation involves navigation of **complex federal laws, treaty rights, and true engagement, consultation, and consent**



# What Climate Change Means for Psychosocial Wellbeing

## Climate stress affects

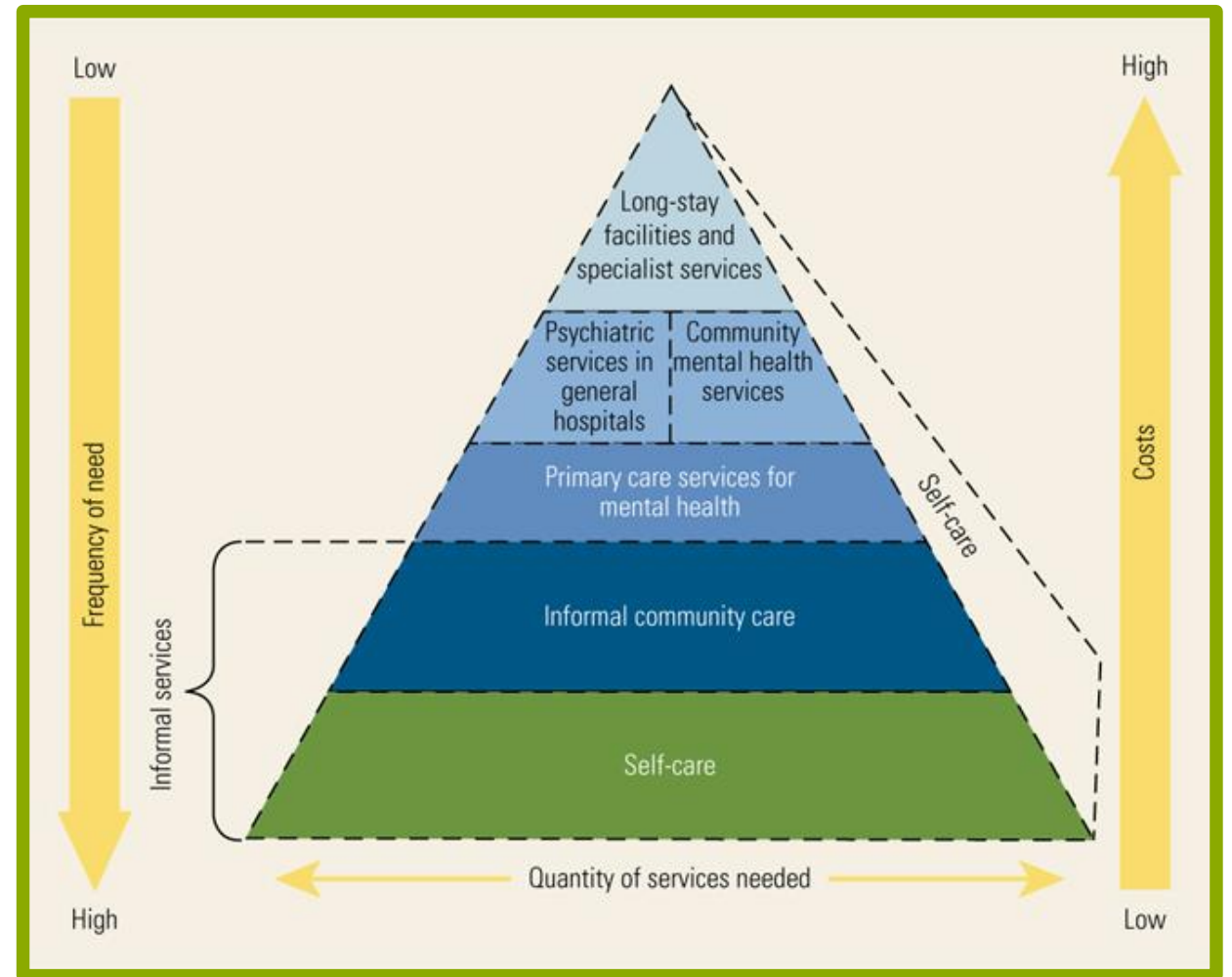
- Physical health
- Emotional health
- Spiritual health
- Ability to cope
- Community wellbeing



# Community and Self-Care

Protect wellbeing before, during, and after trauma

- Coping strategies
- Problem solving
- Community care
- Self-care



WHO Service Organization Pyramid for an Optimal Mix of Services for Mental Health

# Tribal Community Care

## Resilience comes from

- Culture
- Tradition
- Protecting
- Healing
- Sharing

“Educating people on climate change and why we need to act must center on reconnecting and rebuilding respect, for each other and the earth. ***Feeling connected to other humans and the greater world is central to good mental health.*** Although no one knows exactly how to solve climate change, everyone holds a role in healing and protecting our communities.”

**DANNY MARTINEZ**  
Emergency Manager,  
Confederated Tribes of Warm Springs

## Group Chat:

How has your community shown resilience?



# Tribal Community Care: Elements for Wellbeing\*

## 1. Promote a sense of safety



\*Based on Elements for Wellbeing (EFW) developed by Patricia Watson, PhD, National Center for PTSD and Hobfoll, Stevan E., et al. "Five Essential Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence," *Psychiatry* 70(4) Winter 2007, pp. 283-315.



# Tribal Community Care: Elements for Wellbeing\*

1. Promote a sense of safety
2. Promote calming



\*Based on Elements for Wellbeing (EFW) developed by Patricia Watson, PhD, National Center for PTSD and Hobfoll, Stevan E., et al. "Five Essential Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence," *Psychiatry* 70(4) Winter 2007, pp. 283-315.

# Tribal Community Care: Elements for Wellbeing\*

1. Promote a sense of safety
2. Promote calming
3. Promote social connection



\*Based on Elements for Wellbeing (EFW) developed by Patricia Watson, PhD, National Center for PTSD and Hobfoll, Stevan E., et al. "Five Essential Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence," *Psychiatry* 70(4) Winter 2007, pp. 283-315.



# Tribal Community Care: Elements for Wellbeing\*

1. Promote a sense of safety
2. Promote calming
3. Promote social connection
4. Promote sense of self and collective efficacy



\*Based on Elements for Wellbeing (EFW) developed by Patricia Watson, PhD, National Center for PTSD and Hobfoll, Stevan E., et al. "Five Essential Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence," *Psychiatry* 70(4) Winter 2007, pp. 283-315.

# Tribal Community Care: Elements for Wellbeing\*

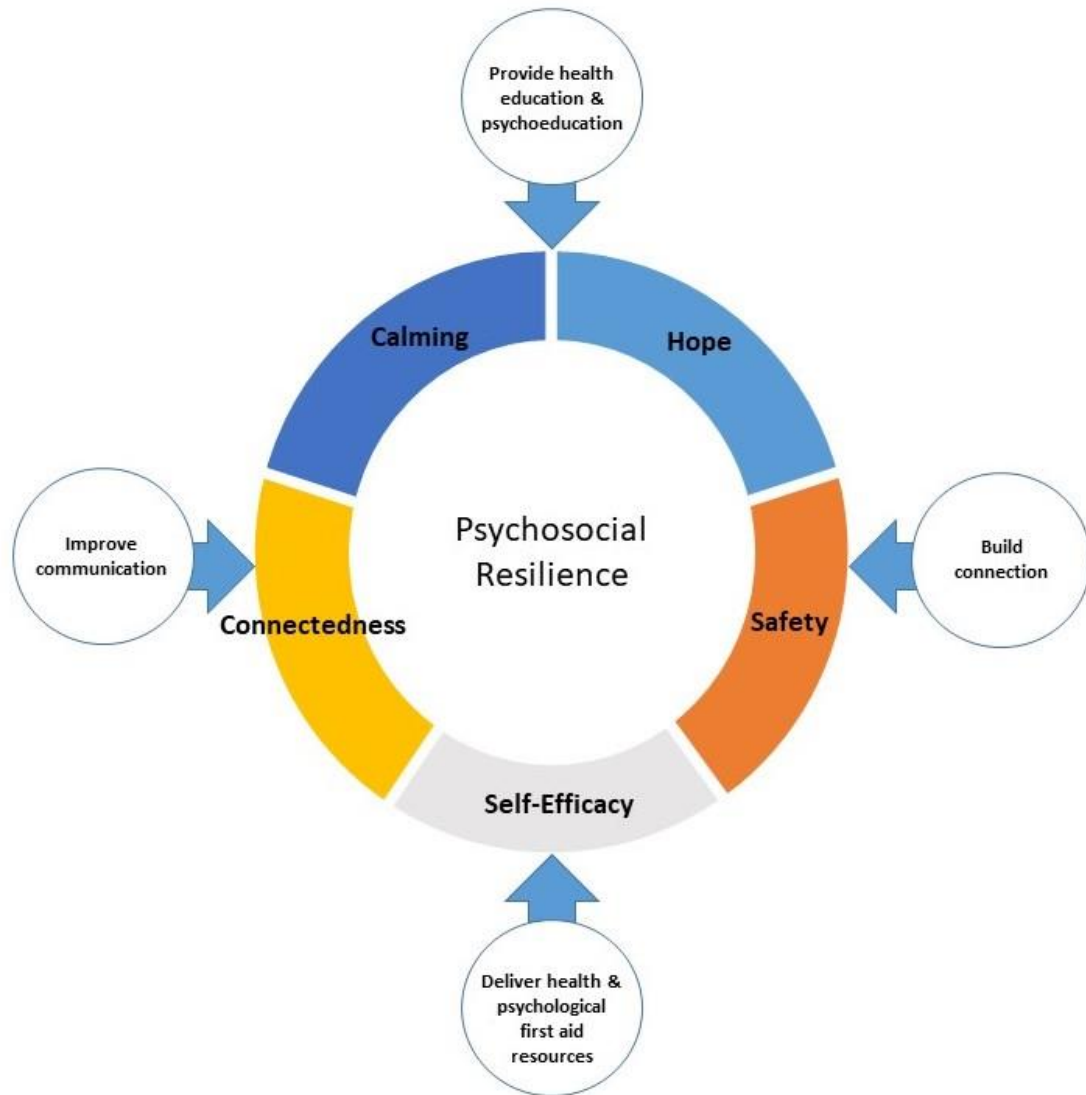
1. Promote a sense of safety
2. Promote calming
3. Promote social connection
4. Promote sense of self and collective efficacy
5. Promote a sense of hope



\*Based on Elements for Wellbeing (EFW) developed by Patricia Watson, PhD, National Center for PTSD and Hobfoll, Stevan E., et al. "Five Essential Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence," *Psychiatry* 70(4) Winter 2007, pp. 283-315.



# Tribal Community Care: Strategies



# Tribal Community Care: Education



## How to:

1. Prepare for climate impacts
2. Plan for emergencies
3. Recognize symptoms of stress in self and others
4. Cope with stress in self and others



# Tribal Community Care: Connection



Douglas Walker, PhD, Mercy Family Center.

How's Your 5? © (2019), <https://www.mercy.net/practice/mercy-family-center-metairie/how-s-your-5/>

## Group Chat:

Pick one of the five and share how it's going for you.

# Tribal Community Care: Response



# Tribal Community Care: Communication

1. Provide information
2. Early warning systems
3. Emergency notifications
4. Status updates
5. Multiple channels





## SELF CARE



**Don't forget about yourself!**

## Information, tools, and resources:

- Tribal Climate Health Project
- Pala Environmental Department – Climate Change
- National Indian Health Board – Climate Ready Tribes
- Institute for Tribal Environmental Professionals – Tribes and Climate Change Program
- USGS – Southwest Climate Adaptation Science Center



# Thank You

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