

Disaster Shakti Meeting February 6, 2006

Present: Anders Goranson, Gargi Roysircar, Stephanie Miller, Mike Brodeur, Alison Roy, Kate Airey, Claire Dunnett, Vanessa Partridge

Committee Reports:

Accommodations:

- Stephanie purchased our plane tickets last week. All students have either paid her directly or mailed a check to her father. We will be leaving Wednesday, March 8th and returning on Thursday, March 16th to and from Logan International Airport, Boston.
- We will be staying at a youth retreat, coordinated by Stephanie, in New Orleans for \$75 for all 8 nights.

Public Relations:

- The letter requesting donations will be sent out this week. Stephanie, Alison, and Gargi will meet this Thursday to print and mail letters.
- Kate will work on the flyer and e-mail the team with it for editing.

Scholarship:

- Hannah and Anders met to develop the psychoeducation interventions for adults and children and both for educated and less educated individuals
- Anders handed out information regarding the wide gamut PTSD encompasses

Web-Page:

- Disaster Shakti/Disaster Relief Team will have a link on the tool bar section of the Multicultural Center's webpage, which will include a blog section.

Assessment:

- Gargi created a new perspective for assessment. This new approach includes the Disaster Shakti Team completing a battery of self-assessments at various times to formulate a longitudinal understanding of their personal growth by participating in disaster relief services. Then team members will match-up with a fellow classmate on sex, age, education, SES, and professional interests who is not on the team. The matches will also complete the battery within the same time frames as team members. These assessments will include the measures such as the Snyder's Hope Scale, an empathy scale, a cross-cultural adaptability scale that includes issues of resilience, a burnout scale, a coping scale that has a subscale on religion/spirituality, Seligman's Attribution Style Questionnaire, an optimism scale, the MCI, and the MCS-D. The measures focus on positive development and prevention of distress.

Self-Care:

- Michael discussed having a potluck dinner and maybe going sledding as well.
- It is essential that we have the ability to share our weaknesses so that we are acquainted with various facets of our team members and prepared to be accepting and tolerant.

- Mike spoke with members from the Tsunami group who suggested that our team meet for an hour each day of the trip to discuss in an open forum how we are feeling.
- Mike handed out stress reduction information.

Gargi on Contacts:

- Gargi has contacted 2 licensed mental health practitioners who are in Mississippi – this may be an opportunity for students to do outreach work under their supervision.
- Alison will be compiling a list of contacts to develop a directory for the team.
- Alison will also get us information from websites to which our LA and MS contacts have referred us.

Video:

- Anders brought in a video on PTSD and trauma for the team to watch.
- Anders distributed web-based PTSD information from the National Disaster Center. This material includes information on the effects of natural disasters and cultural PTSD presentations of racial and ethnic minorities.

Submitted by:

Claire Dunnett, 1st yr. Psy.D.