

# The Outpost

*Disaster and Hazard Readiness Foundations*

## Notes from In/Between

In the last Outpost I wrote about the discovery stage of [Massimi and Keam's](#) asset-based community recovery framework. That discovery phase is nestled between the standard disaster management response and recovery phases as outlined by Angie in session 1 of the series. I've had some interesting conversations with colleagues since the last Outpost that have me reflecting on what it means to be in that discovery phase.



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As a recap, the asset-based community recovery framework is focused on the assets that are already in a community or are emerging within a community when crisis strikes. The emphasis is not just about recovery, but growth—using crisis as a learning opportunity in order to be better than we were before. The crisis stage is emotional, exhausting, and deeply disruptive. We're experiencing hazards and/or disasters, and our worlds are turned upside-down. In the discovery phase, we're making adjustments, developing coping and connecting strategies, and building resilience as we experience and work through the new norms forced upon us.

In the field of emergency management, the response phase, which happens during a disaster or hazard, is focused on executing disaster response plans and taking immediate action to save lives and prevent further damage.

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The recovery phase happens after a hazard or disaster takes place and is focused on returning to normal and to safety.

It seems we can't do without either of these models. The emergency management field is obviously essential: the efforts of the untold numbers of entities and organizations involved in responding to the pandemic at global, country, regional, state, county, and local levels are heroic. I do not work in or have official emergency management responsibilities, but I still see myself as a contributor in the emergency management model—being ready, staying abreast of the latest recommendations, being safe, watching out for those around me. In Massimi and Keam's model, I feel I have a much more direct and active role in emergency management work. It is in my "response" to COVID-19 that I stand to make contributions to the people and communities around me. How have I handled the pandemic personally? What have I discovered about myself? What have I learned about my strengths and weaknesses that contribute to my own resiliency, and have the potential to impact those around me? What can my communities—my family, friends, neighbors, colleagues; my town, my work, my local organizations—gain from me because I have grown?



Getting back to that in/between space . . .

Angie and Keith both agreed that in terms of COVID-19, we are still very much in the response phase. The pandemic is evolving and we are still reacting to it and trying to mitigate it. Some days I am in the discovery phase, at least mentally and emotionally. But data in my state and county confirm Keith and Angie's stance—we are still responding.

We are experiencing weeks when case counts and hospitalizations are slowing down, only to pick up again a few weeks later. It's jarring. I feel like we're moving out of crisis, only to get pulled back in again. I know this is happening all over the country, all over the world. It seems that while the movement from response to recovery is distinct, the progression from crisis to discovery is perhaps less so. It feels that we can still be in crisis and also be in discovery. I think it reflects what so many of us are experiencing—we want to celebrate those moments of discovery, moments when we sense that things, even some small things, are a little more predictable, a little closer to normal, a little more under our control. I think the challenge is to remember those discoveries when COVID yanks us out of that space of calm and back into crisis. Remembering those discoveries, I think, will help us handle crises better—to be active responders to the people and communities around us by sharing our discoveries of growth and resilience. We can choose to see these moments of discovery as solid ground between response and recovery, even as we may slip in and out of crisis.

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What phase of the asset-based community recovery model do you find yourself in? Do you find yourself moving in and out of phases? If so, how often? What discoveries have you made that are helping when you (or your family, your work, your community) move(s) in and out of crisis?

Join us over on [Thinkific](#) if you'd like to share and discuss.

Thanks and be well,

Brigitte

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Reference: Massimi, J., and Keam, H. (2020). Asset-based community recovery framework. Tamarack Institute: <https://www.tamarackcommunity.ca/library/asset-based-community-development-recovery-framework> (accessed September 2020).

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## Did you know ... ?

There is a Part 2 for the disaster and hazard readiness series coming this spring. Registration for *Disaster and Hazard Readiness in Action* will be opening up in just a few short weeks. Stay tuned for more information!



Have other questions? Email us at [MilFamLN@gmail.com](mailto:MilFamLN@gmail.com).



## Sanity Second

*Build resilience by reminding yourself of your strengths. And don't forget to share your strengths with those around you!*

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# Resources from the Military Families Learning Network



**Blog post: Getting Used to Being Messy**

<https://militaryfamilieslearningnetwork.org/2017/12/05/getting-used-to-being-messy/>

**Blog post: Military Families and Reestablishing Normalcy: Returning to Routines amidst COVID-19 for Families with Teens**

<https://militaryfamilieslearningnetwork.org/2020/09/14/military-families-and-reestablishing-normalcy-returning-to-routines-amidst-covid-19-for-families-with-teens/>

**Blog post: Resource Discovery: The Imagine Project**

<https://militaryfamilieslearningnetwork.org/2020/04/27/resource-discovery-the-imagine-project/>

**Webinar: Sesame Street and You: Caring for Each Other during COVID-19 and Other Health Emergencies**

<https://militaryfamilieslearningnetwork.org/event/85647/>

**Webinar: Healthy Moms, Happy Babies I: Support Staff to Help Families Remotely**

<https://militaryfamilieslearningnetwork.org/event/85653/>

**Webinar: Back to School: Special Needs and Social Distancing**

<https://militaryfamilieslearningnetwork.org/event/69343/>

**Podcast series: Build your Network, Build your Resilience**

<https://militaryfamilieslearningnetwork.org/2018/01/19/build-your-network-build-your-resilience-podcast-series/>

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# Common Language



## *Crisis*

A time of intense difficulty, trouble, or danger; “a situation faced by an individual, group or organization which they are unable to cope with by the use of normal routine procedures and in which stress is created by sudden change.” (Booth, 1993)

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## *Emergency Management*

The managerial function charged with creating the framework within which communities reduce vulnerability to hazards and cope with disasters. Emergency management protects communities by coordinating and integrating all activities necessary to build, sustaining, and improve the capability to mitigate against, prepare for, respond to, and recover from threatened or actual natural disasters, acts of terroris, or other man-made disasters. (FEMA, 2007)

### References:

Booth, S.A. (1993) *Crisis Management Strategy: Competition and Change in Modern Enterprises*. London and New York. Routledge.

FEMA (2007) *Principles of Emergency Management Supplement*. [https://www.fema.gov/media-library-data/20130726-1822-25045-7625/principles\\_of\\_emergency\\_management.pdf](https://www.fema.gov/media-library-data/20130726-1822-25045-7625/principles_of_emergency_management.pdf)

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