

# Navigating pathways to flourishing for communities after disasters

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha



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Public Health Specialist  
Canterbury District Health Board





he moana  
pukepuke e  
ekengia e  
te waka

—

a choppy sea  
can be  
navigated



ERECTED BY THE HARWICH SOCIETY ON  
THE 40<sup>th</sup> ANNIVERSARY OF THE FLOOD.

*The Harwich Society Cares*

On the night of  
January 31st 1953 the  
highest tide ever  
recorded flooded  
Harwich from three  
directions, over Bathside  
sea wall, the Quay and  
the Esplanade.

# GREAT FLOOD 1953

The area from the Quay to  
Grafton Road, Main Road and Harbour  
Crescent was  
inundated to  
an average  
depth of 6ft.



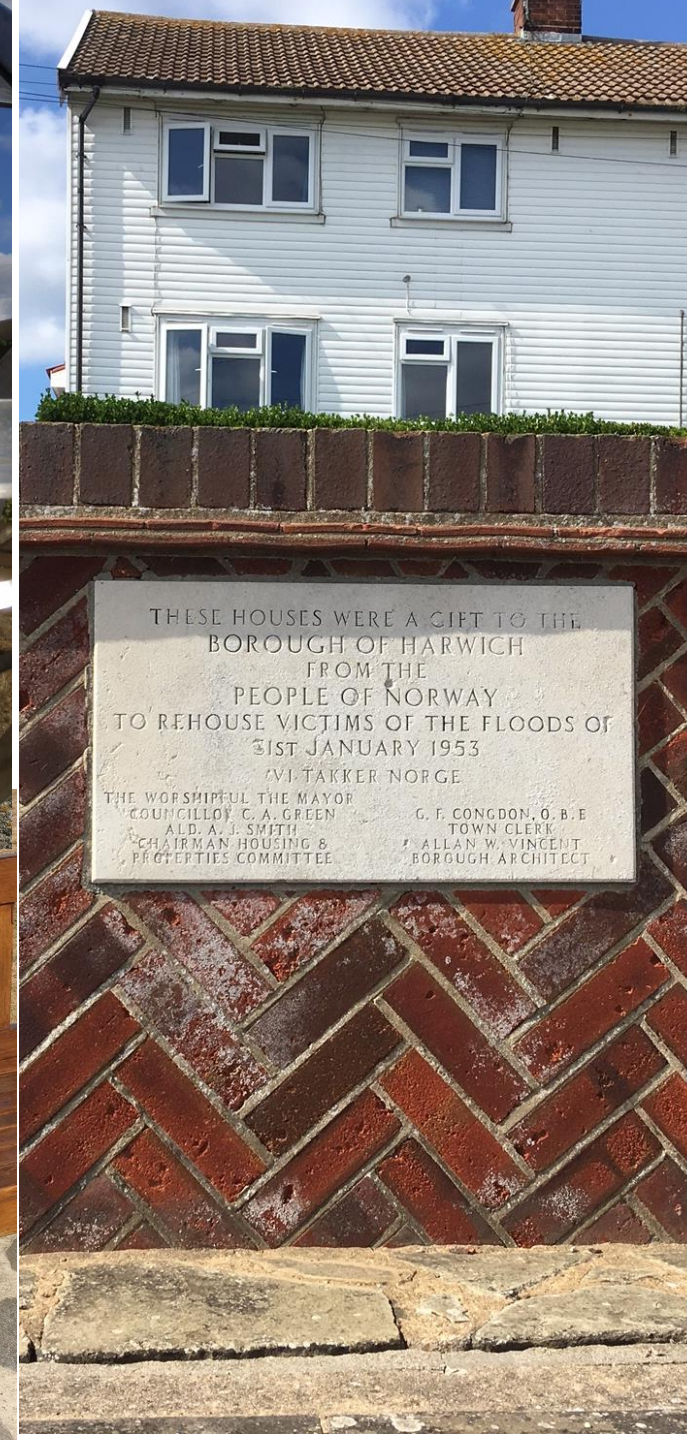
ACTUAL LEVEL  
OF FLOOD WATER



DESIGNED & PRODUCED BY:-  
BRYAN ROWLAND SIGNWRITING

Eight people  
were drowned  
and 700  
families were  
made homeless.

The area  
remained under  
water for 5 days.  
The flood level is  
shown below.



THESE HOUSES WERE A GIFT TO THE  
BOROUGH OF HARWICH  
FROM THE  
PEOPLE OF NORWAY  
TO REHOUSE VICTIMS OF THE FLOODS OF  
31ST JANUARY 1953  
AVI TAKKER NORGE

THE WORSHIPFUL THE MAYOR  
COUNCILLOF C. A. GREEN  
ALD. A. J. SMITH  
CHAIRMAN HOUSING &  
PROPERTIES COMMITTEE

G. F. CONGDON, O. B. E.  
TOWN CLERK  
ALLAN W. VINCENT  
BOROUGH ARCHITECT











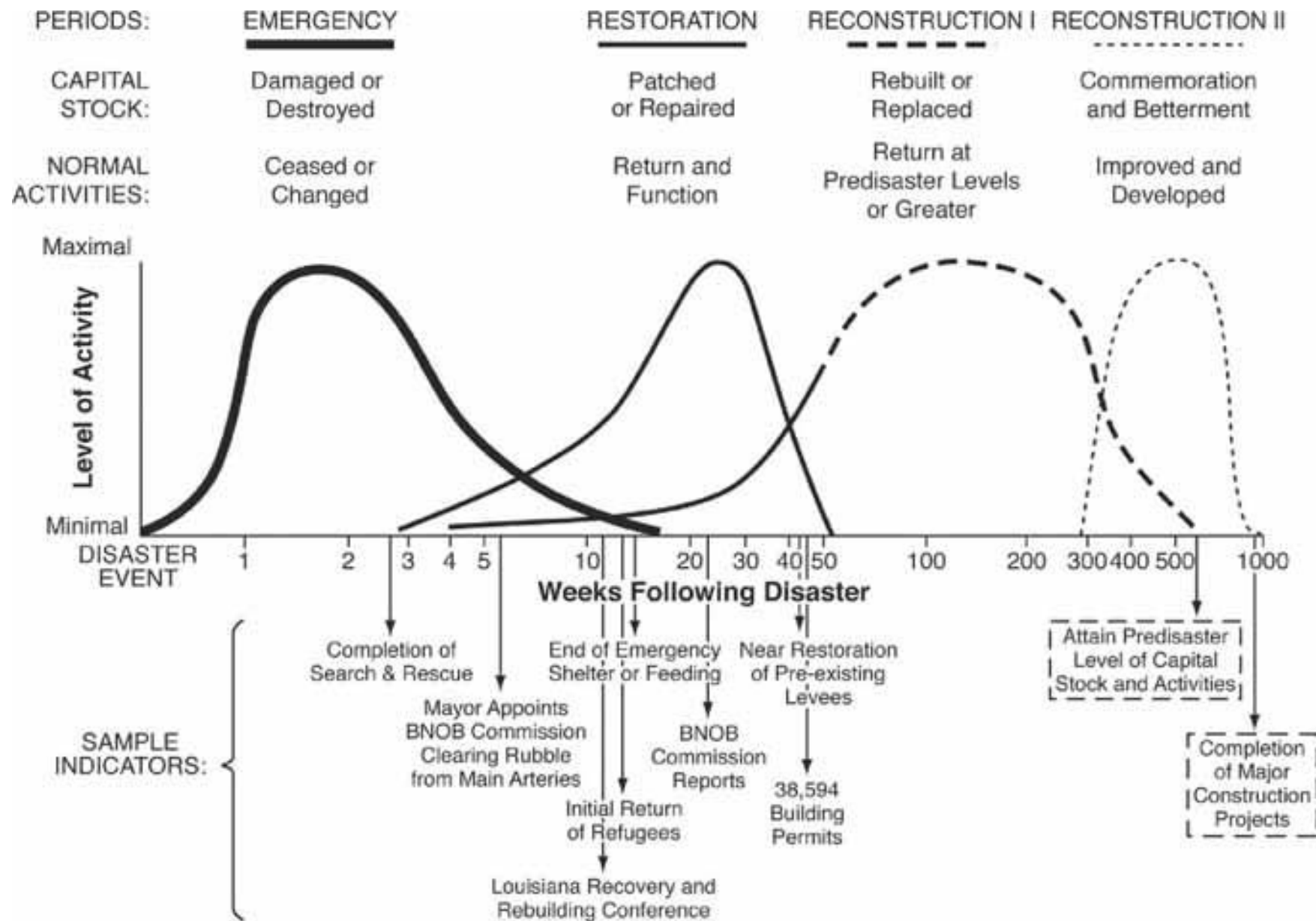
# What I've learnt

- Disasters can happen in minutes, recoveries can last for decades
- The time to network is now...
- Secondary stressors are inevitable
- The 5 ways to wellbeing are invaluable
- Psychosocial is about doing the basics well
- Strong communities cope better
- One size doesn't fit all
- Aroha ki te tangata – trust the people

Disasters happen in seconds, recoveries take decades







Reconstruction of New Orleans after Hurricane Katrina: A research perspective

R. W. Kates, C. E. Colten, S. Laska, and S. P. Leatherman



# RECOVERY OVER TIME

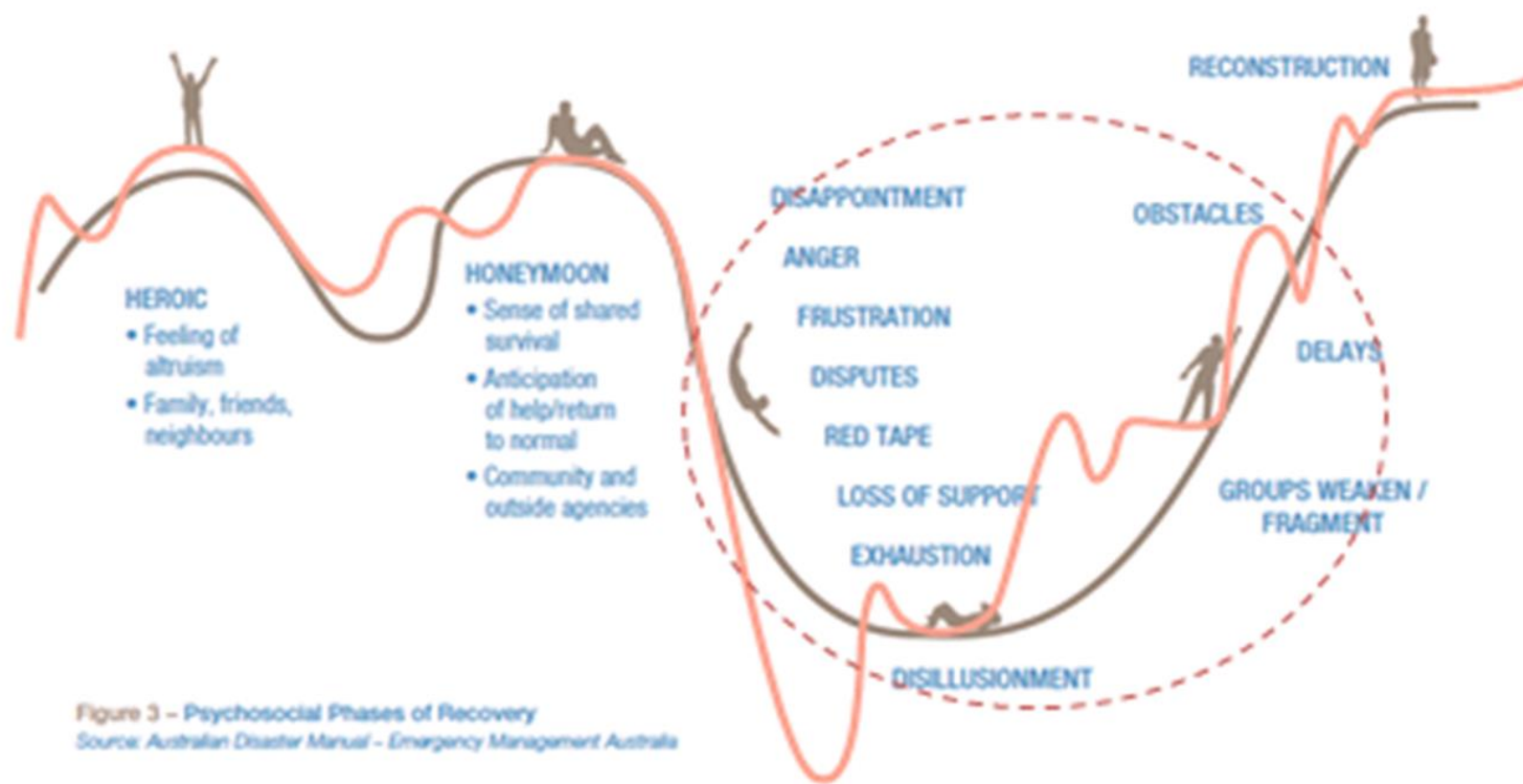
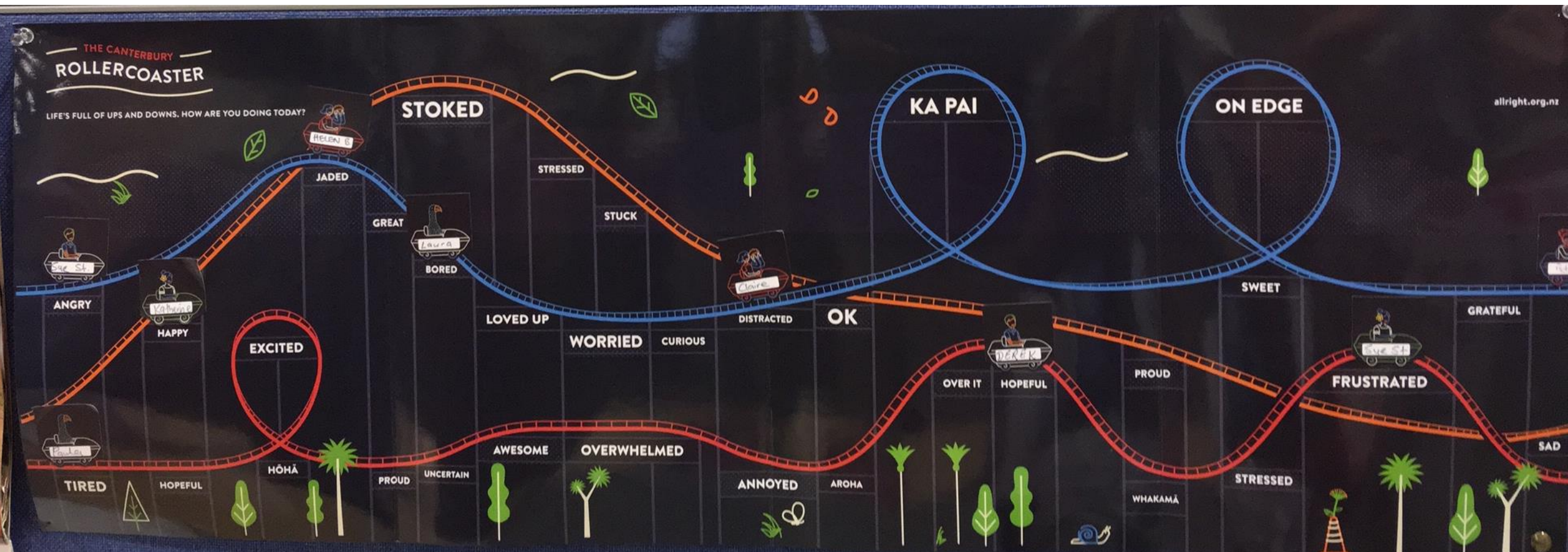


Figure 3 – Psychosocial Phases of Recovery  
Source: Australian Disaster Manual – Emergency Management Australia





# The Canterbury Roller Coaster: Life's full of ups and downs





The time to network is now ...





Secondary stressors are inevitable



We're amalgamating Christchurch schools because of the Earthquake.

Yeah right.®

Tui





Social recovery is about doing the basics well



Aaron Campbell Photography

# Five Ways to Wellbeing

(new economics foundation 2008)

- Evidence-based
- Universally accessible



## 5 WAYS TO WELLBEING

Connect . Give . Take notice . Keep learning . Be active

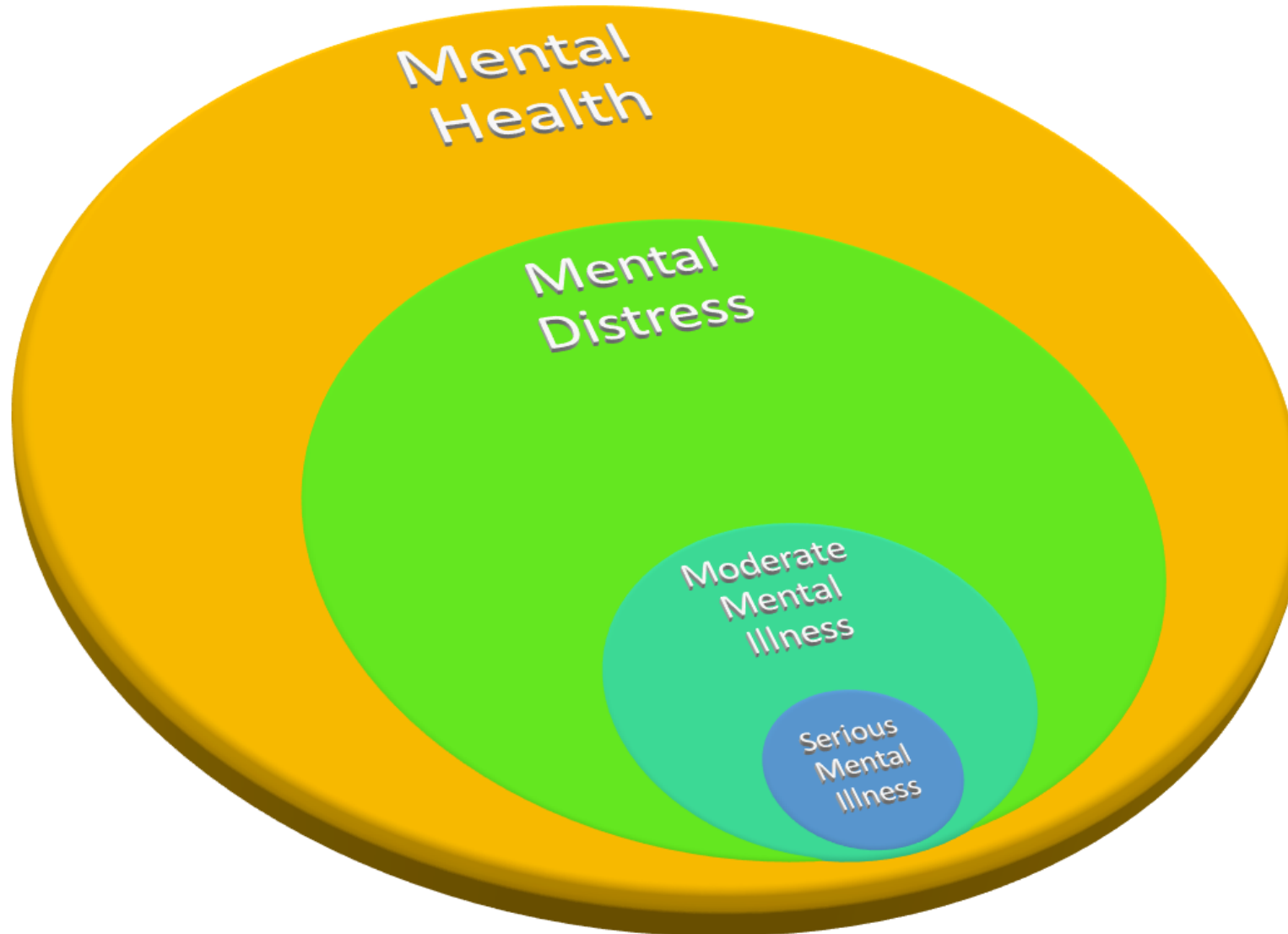
Heke tipu oranga, he taonga tuku iho, ka pakanga ake, aue te aiotanga, te manawanui

 Mental Health Foundation  
of New Zealand  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)



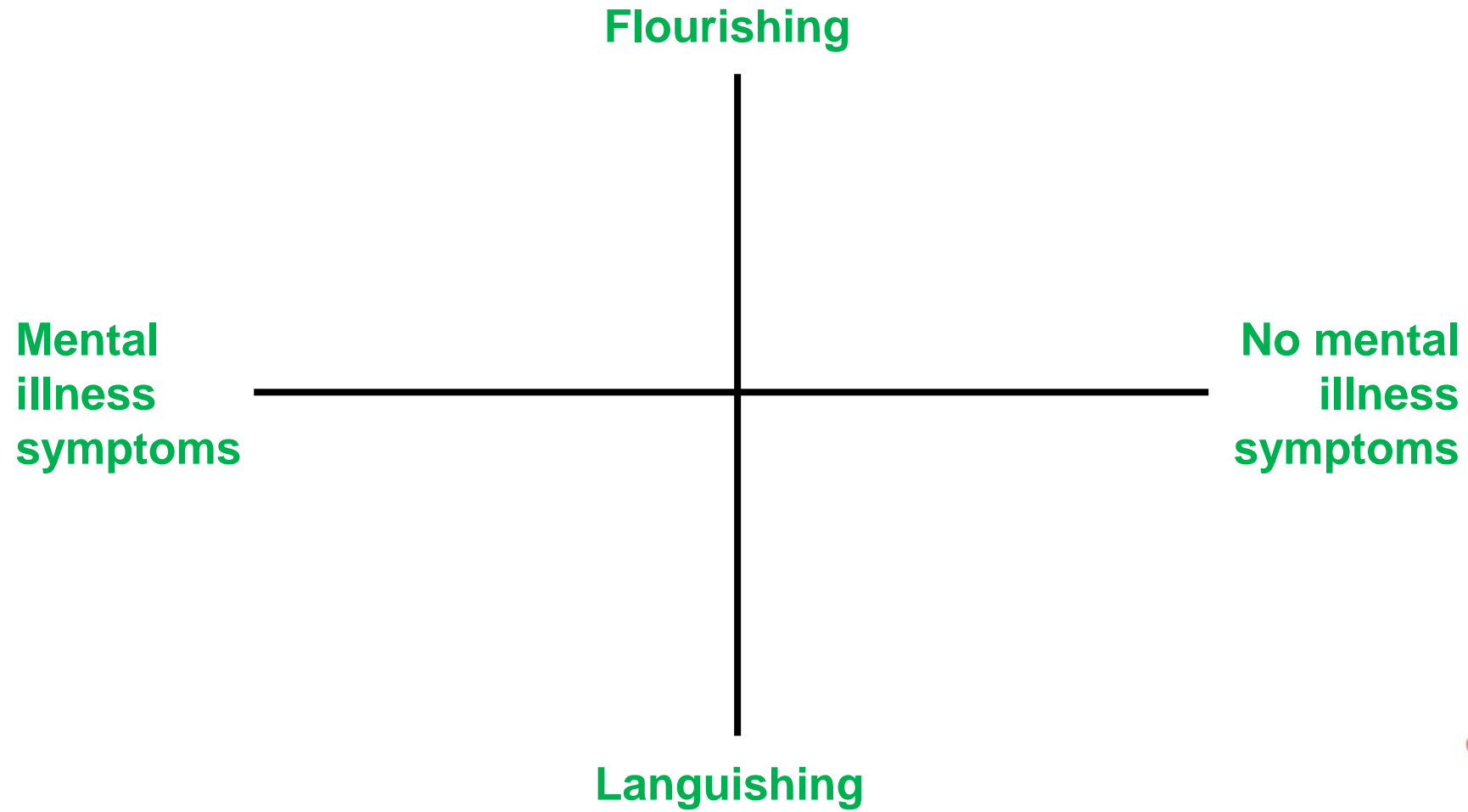


# A model of mental health experience



# Understanding positive mental health

A two continua model (Corey Keyes 2007)







Meaning and Purpose  
Engagement and Interest  
Positive Emotions  
Vitality  
Resilience  
Self-Esteem  
Optimism  
Positive Relationships  
Sense of Agency

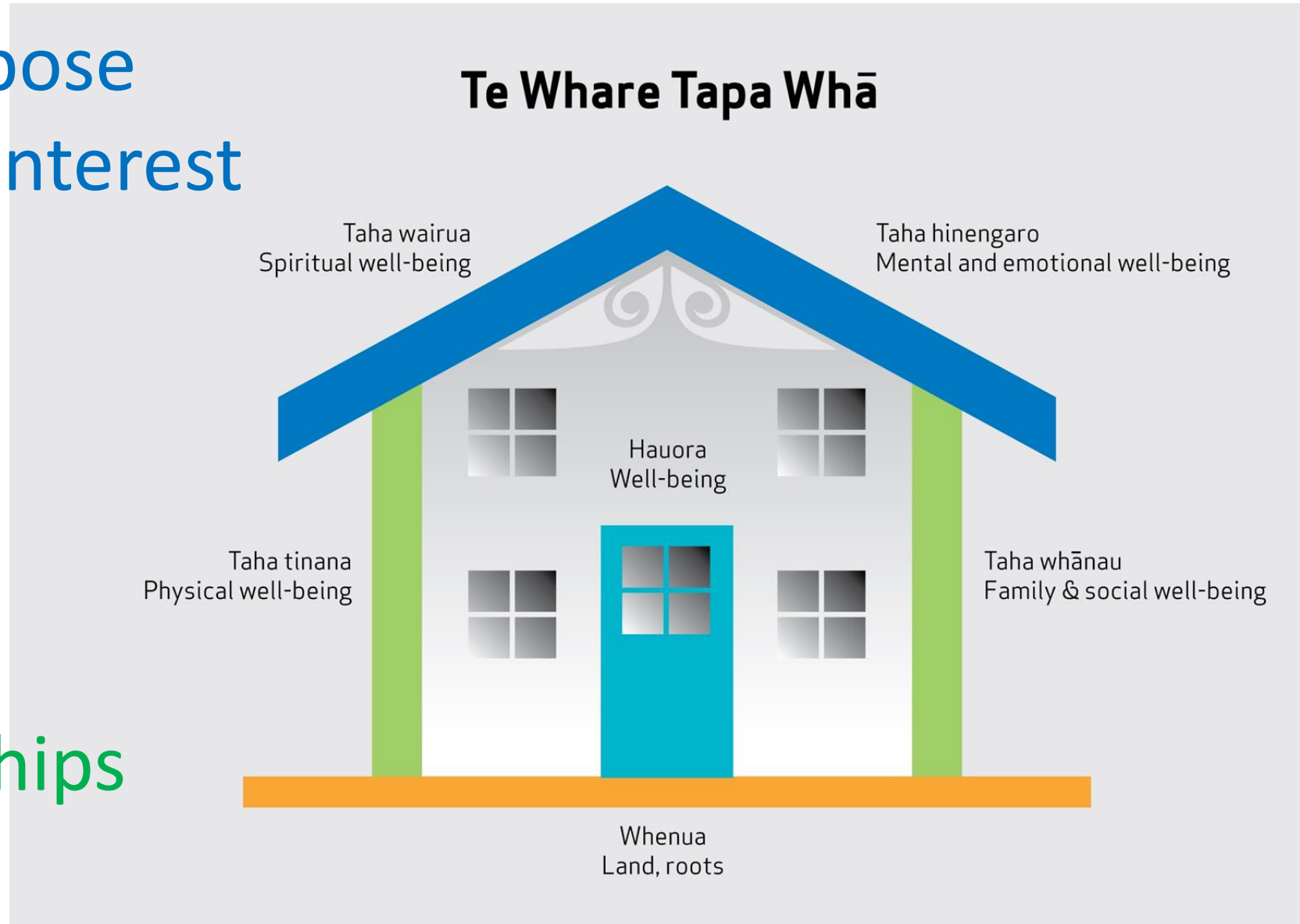
#### 5 WAYS TO WELLBEING

Connect . Give . Take notice . Keep learning . Be active

*Heke tipu oranga, he taonga nuku iho, ka pūkanga ake, aue te aiotanga, te manawaru*



Meaning and Purpose  
Engagement and Interest  
Positive Emotions  
Vitality  
Resilience  
Self-Esteem  
Optimism  
Positive Relationships  
Sense of Agency





# Mauri Noho (Languishing)



# Mauri Ora (Flourishing)

- cultural & spiritual alienation
- negative emotions
- knowledge gaps
- chronic pain
- increased risk of physical ill-health
- negative relationships
- social isolation

Wairua

Hinengaro

Tinana

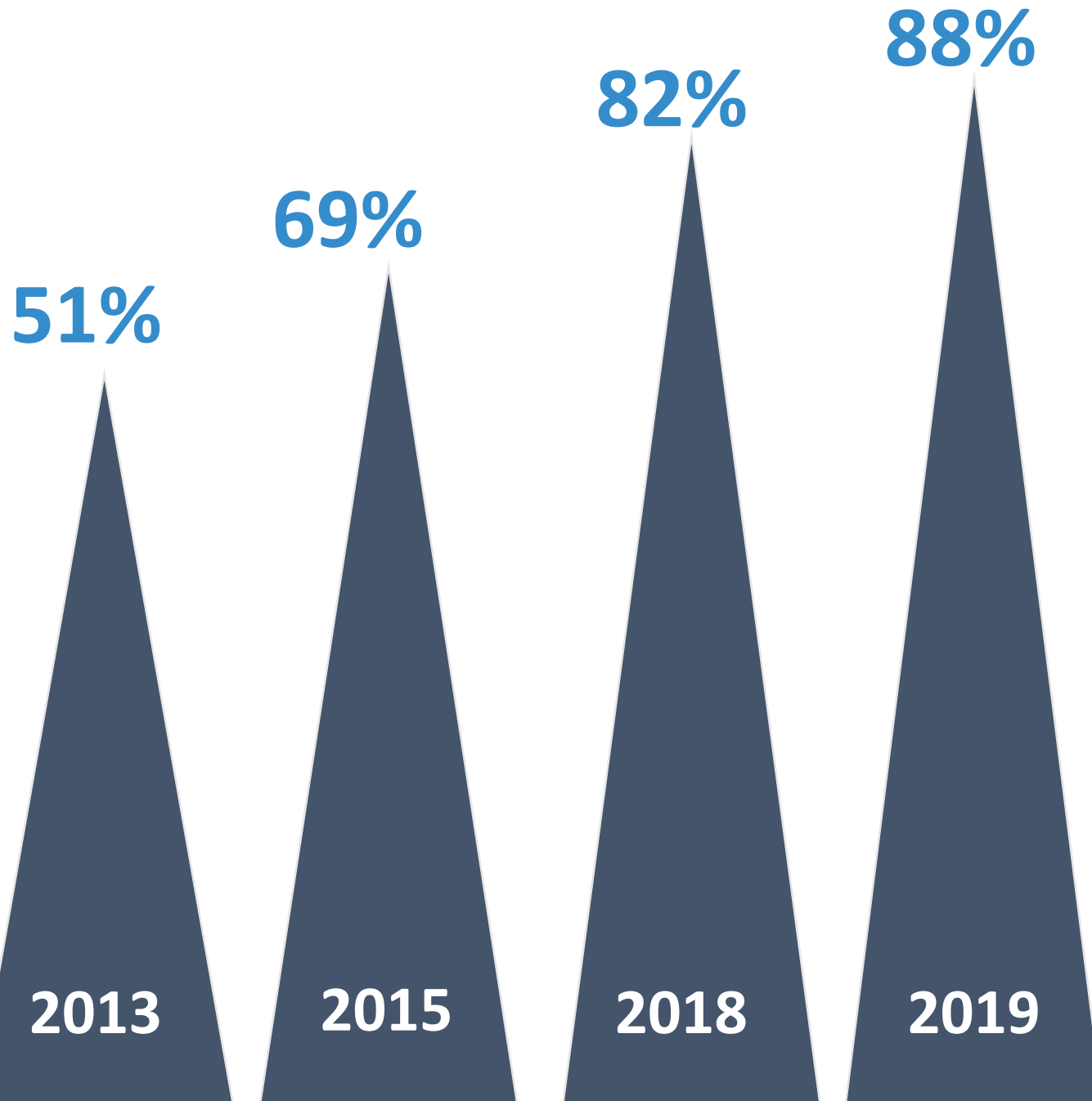
Whānau

- spiritually robust
- culturally engaged
- emotional competence
- healthy thinking
- energetic
- able to participate in activities & events
- positive, sustaining relationships



All Right? works to support and improve Cantabrians' mental health and wellbeing as we recover and rebuild from the earthquakes.





**47%** of people are doing something for their wellbeing as a result of seeing our messages

**90%** agreed that All Right? messages they have seen are helpful

**75%** said the messages make them think about how they are feeling

# Strong communities cope better







Te Rūnanga o NGĀI TAHU

all  
right?



AS A WHĀNAU, WHEN  
WE HAKA TOGETHER,  
WE LEARN TOGETHER

allright.org.nz

PUAMIRIA PARATA-GOODALL  
AND HER MUM REIHANA  
(AUNTY DO) PARATA



Te Rūnanga o NGĀI TAHU

all  
right?



KO AU, KO KOE,  
KO TĀTOU

allright.org.nz

AARON HAPUKU  
WITH HIS DAUGHTER  
KAAHU

# One size doesn't fit all

खुशहाली की प्राप्ति के ५ तरीके

**दीजिए**  
अपना समय, अपने शब्द, अपनी उपस्थिति

**जुड़े**  
वातचीत, सुनें, और वहाँ मौजूद हों, जुड़े महसूस करें

**ध्यान दें**  
साधारण चीजें याद रखें जो आपको खुशी देती हैं

**सीखते रहें**  
नये अनुभव को ग्रहण करें, अवसर देखें, खुद को चकति करें

**क्रियाशील रहें**  
जतिना कर सकते हैं करें, जो करें खुशी से करें

HINDI  
allright.org.nz

अगर आप इनको ईनकि जीवन में लाते हैं तो आपको लाभ महसूस होगा

all right?

관계

"We enjoy what the city has to offer. Visiting public parks and places like the Art Gallery as a family is one of my favourite things to do in the weekend."



allright.org.nz

all right?



Aroha ki te tangata - Trust the people



IT'S  
ALL RIGHT  
TO TALK  
IT OUT.



ALLRIGHT.ORG.NZ

*all  
right?*

IT'S  
ALL RIGHT  
TO HAVE  
A CRY.



ALLRIGHT.ORG.NZ

*all  
right?*

IT'S  
ALL RIGHT  
TO KEEP  
TICKING  
ALONG.



ALLRIGHT.ORG.NZ

*all  
right?*

IT'S  
ALL RIGHT  
TO TAKE A  
BREATH.



ALLRIGHT.ORG.NZ

*all  
right?*

*all  
right?*

ALLRIGHT.ORG.NZ

गले लगने की  
चाहत हो तो  
भी सही है



ALLRIGHT.ORG.NZ

*all  
right?*

HE PAI  
TE TORO  
ĀWHINA.



ALLRIGHT.ORG.NZ

*all  
right?*



# <https://hewakaora.nz/>

## He waka eke noa

He Waka Ora is designed to equip you with the info you need to plan and run effective wellbeing initiatives, whether you're recovering from a disaster or are eager to reinforce the strength and resilience of the people in your community. As well as gaining practical tips, tools and insights, you'll get a sense of the core components that contributed to the success of the All Right? campaign.

## Anticipate the journey

The stages that typically follow a disaster.

## Understand wellbeing

Wellbeing and how this can be challenged post-disaster.

## Seek to understand

Using research to meet people's needs.

## Building the foundations

Getting (and keeping!) wellbeing on the agenda

## Ar

How  
impa



## Resources

- Long term planning for recovery from disasters: ensuring health in all policies : <https://www.cph.co.nz/wp-content/uploads/ltprecovery-hiap-fulldocument.pdf>
  - L Thornley, J Ball, L Signal, K Lawson-Te Aho & E Rawson (2015) Building community resilience: learning from the Canterbury earthquakes, Kōtuitui: New Zealand Journal of Social Sciences Online, 10:1, 23-35, DOI: [10.1080/1177083X.2014.934846](https://doi.org/10.1080/1177083X.2014.934846)  
<https://www.tandfonline.com/doi/pdf/10.1080/1177083X.2014.934846?needAccess=true>
  - Gluckman's article - <https://www.pmcsa.org.nz/wp-content/uploads/Christchurch-Earthquake-Briefing-Psychosocial-Effects-10May11.pdf>
  - Secondary stressors and extreme events and disasters: a systematic review of primary research from 2010-2011., Lock S, Rubin GJ, Murray V, Rogers MB, Amlôt R, Williams R. <https://www.ncbi.nlm.nih.gov/pubmed/23145350>
  - Guidelines for working with CALD communities  
<https://ccc.govt.nz/assets/Documents/Services/Civil-Defence/BestPracticeGuidelinesofDiverseCommunitiesDisasterMarch2012.pdf>
  - Chief Science Advisor's Psychosocial Briefing - <https://www.pmcsa.org.nz/wp-content/uploads/Christchurch-Earthquake-Briefing-Psychosocial-Effects-10May11.pdf>
- Psychosocial Framework, Ministry of Health - <https://www.health.govt.nz/system/files/documents/publications/framework-psychosocial-support-emergencies-dec16-v2.pdf>
- All Right? campaign - <https://allright.org.nz/>

**Evaluation of a well-being campaign following a natural disaster in Christchurch, New Zealand, [Kristi Calder](#), [Lucy D'Aeth](#), [Sue Turner](#), [Ciaran Fox](#) & [Annabel Begg](#), [International Journal of Mental Health Promotion](#), Volume 18, 2016 - [Issue 4](#), Pages 222-233 | Received 08 Nov 2015, Accepted 05 Jul 2016, Published online: 09 Aug 2016.**

- Evaluation of the All Right? Campaign's Facebook intervention post-disaster in Canterbury, New Zealand, Calder et al, Health Promotion International, 2019, 1–12, doi: 10.1093/heapro/day106

- Once in a Lifetime: City building after disaster in Christchurch - <https://shop.projectfreerange.com/item/once-in-a-lifetime-city-building-after-disaster-in-christchurch>
- A Paradise Built in Hell by Rebecca Solnit (2009)
- WH Auden , Musee des Beaux Arts - <http://english.emory.edu/classes/paintings&poems/auden.html>





Photo: Lynley Cook