Social Work and the Use of Sport: From Survivors to Surviving Communities

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SOCIAL WORK INTERVENTIONS

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SPORT INTERVENTIONS

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A MULTIDISCIPLINARY PARADIGM FOR DISASTER INTERVENTION
Social Constructionist Theory

Each person creates his/her reality based upon life experiences.

- Focusing on strengths (survivor)
- Working in the here and now
- Begin where the person is
- Participants co-create reality
The Person in Environment/Sociological/Psychosocial Perspective

MICRO LEVEL
Individual

MEZZO LEVEL
Family/Community

MACRO LEVEL
Culture/Policy

(Gelman & Mirabito, 2005)
Personal Life Event

- A life event is brief in duration, but can have serious and long-lasting effects.
Personal Life Event

- These may be positive.
- Examples are:
  - winning the lottery
  - graduating from school
  - having a baby
Group activity

- Please get into the group that matches the number on your card.

- Follow directions given
Personal Life Event

- These may be negative:
  - losing a loved one
  - sustaining an injury
  - losing a job
Individual activity

- Think of a negative life event that you have experienced.
- Remember what happened.
- Consider your responses to it
  - Biologically/physically
  - Psychologically
  - Spiritually
Response to Negative Event
Consider:

- What resources did you use in your recovery from the event?
- What happens when an entire family or community experiences the same event?
Some Consequences of Disaster on Families
(Ehrenreich & McQuaide, 2001)

- People may be forced out of traditional roles or into new ones.

- Child rearing practices and traditional patterns of male-female relationships may be challenged.

- Marital conflict and distress rise.
Some Consequences of Disaster on Families
(Ehrenreich & McQuaide, 2001)

- Increases in the divorce rate in the months following disasters.
- Increase in parent/child conflicts.
- Increases in family violence.
Some Consequences of Disaster on Communities

- Disasters may physically destroy or disrupt schools and centers of worship and other important institutions.

- Traditional patterns of social and civil authority may be disrupted.
Some Consequences of Disaster on Communities

• Increase in the rates of community violence, aggression, drug and alcohol abuse, and rate of legal convictions.

• Looting may take place.

• Police, local housing agencies, local health facilities are overwhelmed and face a new task of integrating their work with that of volunteers, often from outside the community.
Understand the Culture of Law Enforcement
(James & Gilleland, 2001)

- Usually a closed system
- Authority roles
- Segregation from society
- Irregular work schedules
- Reactive nature of the job
- Exposure to the negative side of life
- Constant emotional control
- Judgment of right and wrong
Definition of Disaster

“Most definitions stress that a disaster is a severe destruction that *greatly exceeds the coping capacity of the affected community.*”

ICSPPE Handbook 2008, p. 23
The Stages/Phases of Recovery in Natural Disasters

(Ehrenreich, 2005; Henry & Colliard, 2005; James & Gilleland, 2005; Kane, 2007 cites The National Center for Post Traumatic Stress Disorder, 2005, Weaver, 2007)

• Experts have defined stages of disaster recovery, however, each disaster has its own unique characteristics.

• Interventions should be matched to needs of the community which change over time.
Stage 1

**Heroic, Rescue, Impact**

- Beginning of disaster through the 1st week
- Altruism is prominent; Emotions are strong.
- Efforts for survival and rescue
- Ensure physical needs (housing, food, clean water, etc.)
- Mental health of the rescue and relief workers (throughout)
- Direct concrete relief.
- Seek to reunite families and communities
- Provide information, comfort, practical assistance, emotional “first aid”
Stage 2

*Early Intervention, Immediate Post Disaster, Honeymoon, Inventory, Relief*

- 2nd week – 4th month
  - Denial; A willingness to help others; Optimism about the future; Shared community
  - Continue to attend to basic needs
  - Educate local professionals, volunteers, and community with respect to effects of trauma
  - Train additional disaster counselors
  - Begin reestablishing community infrastructure: jobs, housing, community institutions and processes
Stage 3
Disillusionment, Recoil and Rescue

- 4th month – 2 years

- Reality of destruction and loss, Grief, Depression,
- Provide broad outreach services aimed at education about responses to disaster and information as to the availability of services and guidance
- Provide concrete support in specific situations.
- Provide school-based services for all children, in addition to individual or group services to children identified as showing signs of distress.
Stage 4

Reconstruction

- 2 years - later

- Community emerges out of despair toward empowerment and renewal
- Continue to provide defusing and debriefing services for relief workers and disaster survivors
- Maintain a “hot line” or other means by which survivors can contact counselors
- Community support groups are essential.
UN Definition of Sport

- “Incorporated into the definition of ‘sport’ are all forms of physical activity that contribute to physical fitness, mental well-being and social interaction.
- These include play; recreation; organized, casual or competitive sport; and indigenous sports or games.”

The quick re-establishment of simple cultural activities such as sports, play areas and religious practices in an affected community can make a significant and quick contribution in the stabilization of the situation.
Group activity

- Please get into the group that matches the number on your card.

- Follow directions given
Create a Case Including:

1. Geographic Location
2. Type of Disaster Event
3. Population and Demographics
4. Special Risk Groups
5. Cultural and Religious Factors
Discussion Questions

- Look at each stage/phase of intervention in natural disaster?

- What are some sports or cooperative games that may be appropriate at each stage? Why
### Summary of Recovery Stages

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<td><strong>Altruism</strong>&lt;br&gt;Strong emotions&lt;br&gt;Survival/rescue&lt;br&gt;Physical needs&lt;br&gt;Workers’ mental health&lt;br&gt;Reunite families &amp; communities&lt;br&gt;Provide information, comfort, &amp; practical assistance.</td>
<td><strong>Denial</strong>&lt;br&gt;Willing to help&lt;br&gt;Optimism&lt;br&gt;Shared community&lt;br&gt;Educate local professionals &amp; community&lt;br&gt;Begin reestablishing community infrastructure: jobs, housing, institutions.</td>
<td><strong>Realization, Grief, &amp; Depression,</strong>&lt;br&gt;Provide broad outreach services&lt;br&gt;Provide concrete support&lt;br&gt;Provide school-based services to all children &amp; other services to children with distress.</td>
<td><strong>From despair toward empowerment and renewal</strong>&lt;br&gt;Continue to provide debriefing&lt;br&gt;Maintain a “hot line”&lt;br&gt;Community support groups are essential.</td>
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References


- International Council of Sport Science and Physical Education. (2008), Sport and physical activity in post-disaster intervention. Author.

References

Sport and Physical Activity in Post-Disaster Intervention
Rheinsberg, Germany
November 1-7, 2008