Mental and Behavioral Health Implications of the Perfect Storm: Hurricane Florence, COVID, and the Summer of George Floyd

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Cultivating a resilient community together

NHCbouncesback.org
The Pair of ACES

Adverse Childhood Experiences

- Maternal Depression
- Physical & Emotional Neglect
- Emotional & Sexual Abuse
- Divorce
- Substance Abuse
- Mental Illness
- Domestic Violence
- Incarceration
- Homelessness

Adverse Community Environments

- Poverty
- Violence
- Discrimination
- Lack of Opportunity, Economic Mobility & Social Capital
- Community Disruption
- Poor Housing Quality & Affordability

Hurricane Florence

COVID19
Historic and Generational trauma

- Wilmington’s Ugly History of Racism
- 1898 Massacre
- Never resolved, hidden from population
2019 Needs Assessment

1) Addressing Intersection of Culture and Trauma
2) Better Connection of Families to Services
3) Providing and Sustaining Support to Organizations towards becoming Trauma-Informed
4) Creating a Sequence of Activities to Move from Awareness to Action
5) Addressing Workforce Stress
6) Creating a Common Language around Trauma
7) Strategic Planning and Creating Logic Models
2 years post-Hurricane Florence

• 864 students (K-12) eligible for McKinney-Vento (Homeless) services
• Over 152 homes on waitlist or under construction with local rebuilding ministries
• 582 people on caseload for case-management services
What are we doing now?

“You can’t pour from an empty cup.”
We know that significant mental health needs didn’t show up until 4-9 months after Hurricane Florence.

Bracing for impact post-COVID and the Trauma of Exposed Racial Trauma:
• Schools in the fall
• Increased over-doses, substance abuse counseling needs
• Lining up community gatherings for conversations with law enforcement – trusted members/leaders from community of color to lead
• Child abuse
• Domestic violence
Connection Matters

• Value of collaboration and relationships
• Setting the tone of our work together
• Creating Safe Spaces
• Dialog for conversations going forward
  • Recent discussions with Wilmington Police Department, NHC Sheriff’s Office