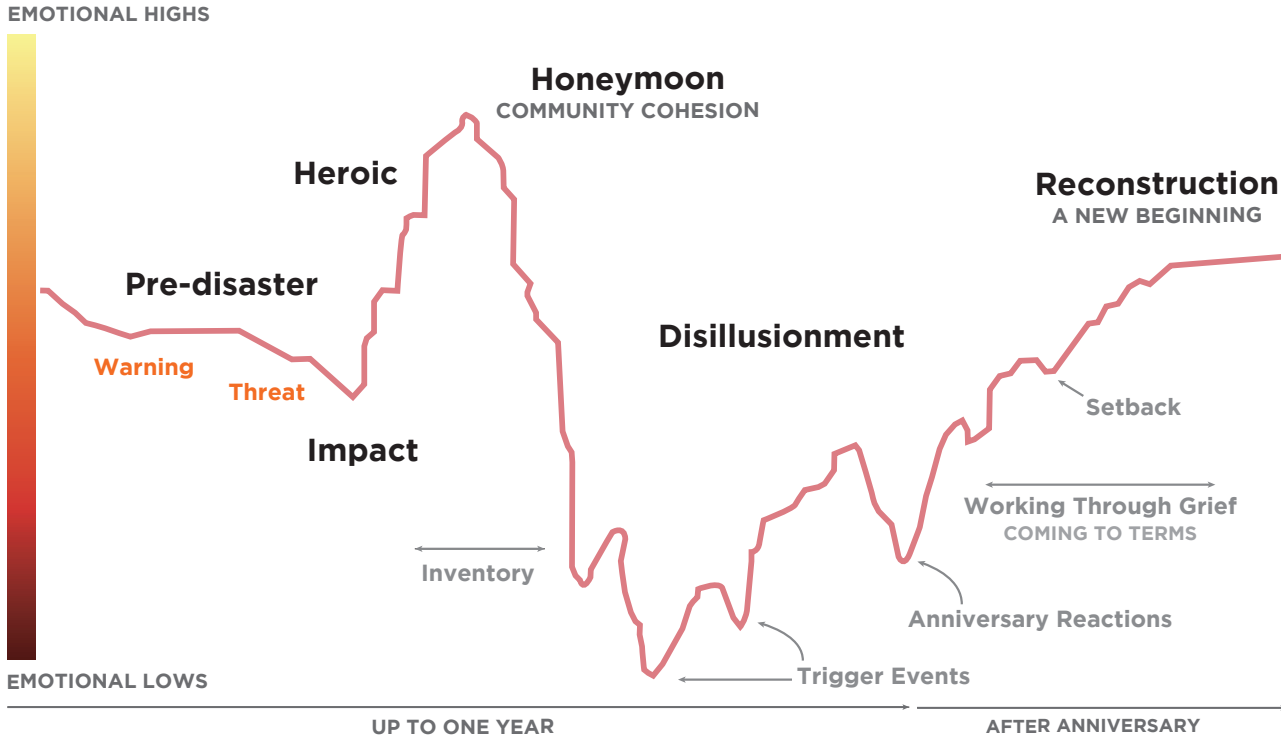




# Phases of Disaster



Source: Zunin/Meyers, as cited in Training Manual for Mental Health and Human Service Workers in Major Disasters, U.S. Department of Health and Human Services (2000).

This theoretical model, developed by Zunin and Myers in California, outlines phases of a disaster in terms of individual and collective emotional response in the community.

## 1 Pre-disaster Phase

Disasters with no warning can cause feelings of vulnerability, fear of the future, lack of security, and loss of control. Disasters with warning can cause guilt or self-blame for failure to heed warnings.

## 2 Impact Phase

Reactions can range from shock to overt panic. Initial confusion and disbelief are followed by a focus on self-preservation and family protection. Emotions range from shock to panic.

## 3 Heroic Phase

Many survivors exhibit adrenaline-induced rescue behavior, high activity, and low productivity. Risk assessment may be impaired. There is a sense of altruism.

## 4 Honeymoon Phase

Community bonding occurs. Disaster assistance is readily available. Many are optimistic that all will return to normal. CCP staff can establish a program to identify, assess, and help those affected.

## 5 Disillusionment Phase

Stress and fatigue take a toll. Optimism turns into discouragement. Need for substance abuse services may increase. Larger community returns to business as usual. Demand for CCP services may increase.

## 6 Reconstruction: A New Beginning

Individuals and communities begin to assume responsibility for rebuilding their lives. People begin adjusting to new circumstances. There is a recognition of growth and opportunity.