



Building Resilient Communities

Tips & Tools

Created by an IOCC Frontliner Advisory Group comprised of Orthodox clergy, licensed clinicians and counselors.

GENERAL TIPS

- Have a plan in place – identify resources you, your family, and your community can bring to bear before crises. That way you are prepared to provide services and care in the wake of a disaster
- Create multiple avenues to allow all people to access assistance or service opportunities
- Focus on courage and hope in spite of fear. While it is okay to feel afraid, demonstrating courage inspires hope and engagement
- Engage all year round! You don't have to wait until a disaster strikes to get involved. Stay active through volunteering monthly, packing hygiene and cleanup kits, or making your own monthly [IOCC Care Calls](#)

Youth and Young Adults

 Worship → prayer must be central in everything we do with our young people

 Connect → allow quality time to be spent with their peers and work on ways to incorporate service into everything they do

 Engage youth in designing response ideas → people support what they create; kids are no different

 Debrief → give youth the opportunity to break experiences down for themselves and talk about their experiences

 Ensure that opportunities to serve or help are tangible

Parish Focused

 Take an inventory of the talents and resources within your parish community. Identify potential leaders who can be tasked with developing the policy/procedure for response to needs from within the greater community. This gives a real sense and culture of shared ownership and room for healthy discussion of differences of approach before crisis happens. Signing up to become an [IOCC Homefront parish](#) can help a community prepare.

 Develop a clear line item in the parish budget for response to greater community issues. This could be called a "Benevolence Fund" or "Crisis Response Fund." Talk about this fund regularly, even in times of calm. Reinforce that this is a part of the culture of the parish.

 Provide opportunities - (during COVID, even over ZOOM) for non-crisis, non-political engagement among parishioners (book study, young family groups, etc). Often personal interactions where one does not just have to focus on the problems can create and remind parishioners of the deeper faith and human bonds they have with one another. These bonds are especially important to keep intact during times of crisis and disaster.

 Always have proper and robust debriefing sessions. Even if it is a non-crisis situation (a homeless family comes to the parish and the parish responds, an appeal is given to support a charity, etc), give room for honest debriefing about what was done well, what new challenges arose that were previously not revealed, etc.