Juvenile Justice Evidence-at-a-Glance #1:
Healing and Resilience After Natural Disasters

- **175 million youth across the globe experience natural disasters**, including floods, cyclones, droughts, heatwaves, tsunamis, severe storms, and earthquakes. Approximately 14 percent of all children and youth in the United States have experienced a natural disaster.

- Children and youth who experience natural disasters and secondary adversities are more likely to develop mental health problems than adults, such as
    - Depression
    - Anxiety
    - Traumatic stress symptoms
    - Posttraumatic stress disorder (PTSD)
    - Grief
    - Suicide

- Some youth are more vulnerable to the physical, mental health, and learning difficulties after a natural disaster, including those who:
    - Were severely injured or ill due to the natural disaster or a family member has experienced significant injuries or illness;
    - Endured other forms of trauma after the natural disaster;
    - Experienced multiple events that are dangerous or life-threatening during the disaster
    - Experienced the death of a loved one or pet;
    - Believed there was a direct threat to their life or a family members' life during the disaster
    - Experienced multiple adversities after a disaster;
    - Missed school for an extended period of time or had to drop out;
    - Were at greater risk for property loss and personal impact after the natural disaster (i.e., due to poverty, systemic racism, oppression);
    - Had a family member/caregiver who was a rescue worker or essential worker.

- **All youth have the capacity for healing and resilience following exposure to a natural disaster.** Protective factors that support resilience to natural disasters include, but are not limited to:
    - Close relationships, trust, belonging
    - Self-regulation, executive function skills
    - Problem-solving and planning
    - Hope, optimism
    - Sense of individual meaning and purpose
    - Positive views of self, self-efficacy
    - Positive habits, routines, activities
    - Skilled school leadership
    - Positive views of family
    - Culture and religion
    - Family routines, traditions
    - Trauma-informed social service agencies and systems, schools, and communities