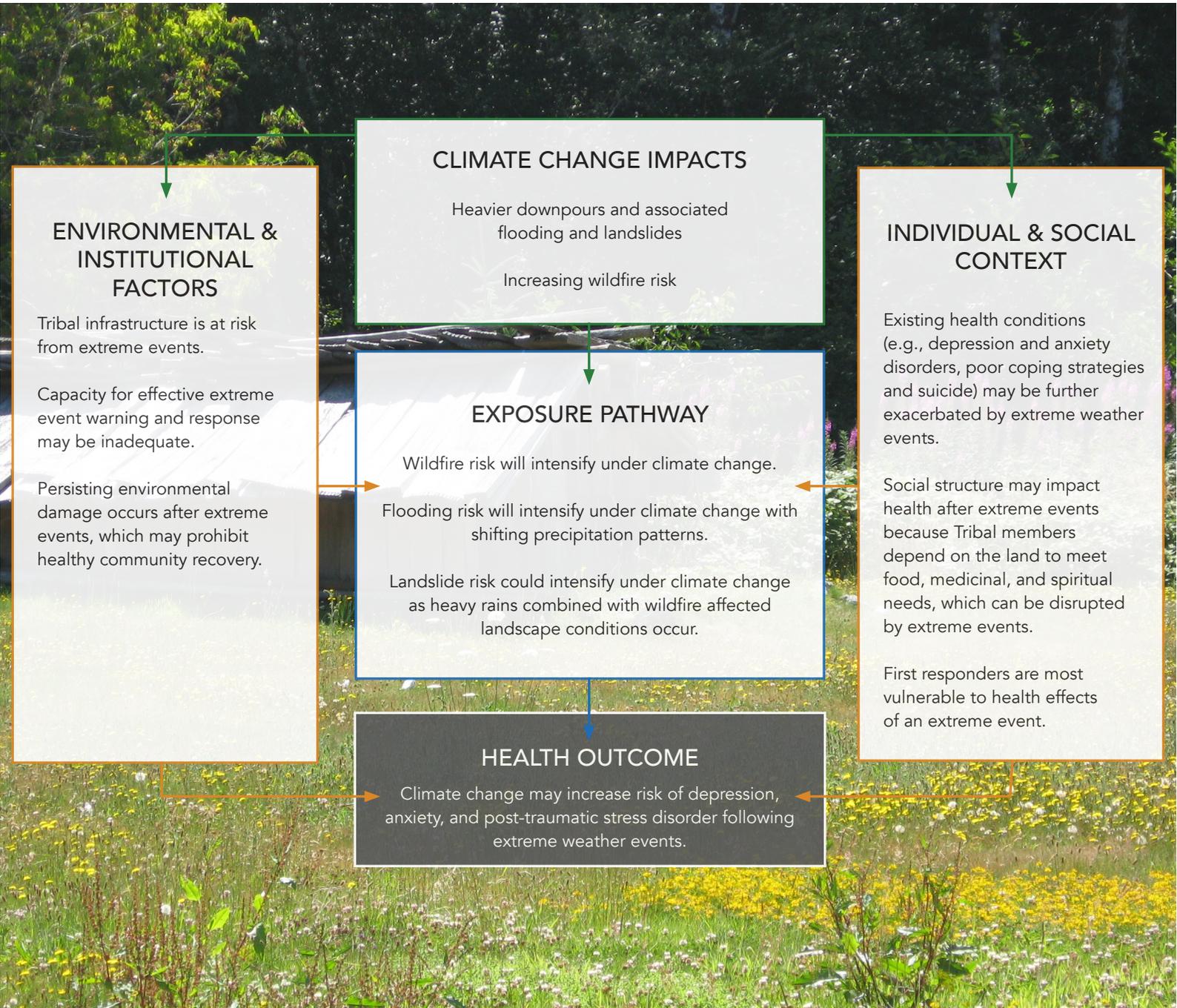




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## YUROK TRIBE CLIMATE CHANGE ADAPTATION PLAN FOR WATER AND AQUATIC RESOURCES

All sub-populations have an increased risk of  
mental health impacts from extreme weather events.





## MENTAL HEALTH & EXTREME WEATHER EVENTS

Many people exposed to climate or weather-related disasters experience depression, general anxiety, and post-traumatic stress disorder (PTSD), which often occur at the same time. Depending on the type and magnitude of the disaster (e.g., landslide, flooding) the majority of affected people recover over time, although a significant portion develop chronic mental health dysfunction due to injury, death, loss of possessions, or displacement.



### ADAPTATION STRATEGIES

Listed below are strategies that can be implemented to reduce the risk of mental health from extreme weather events among Tribal members.

#### Institutional

Consider implementing all Adaptation Strategies in the Multi-Generational Trauma health pathway to develop a base of mental health resiliency in the Yurok Tribal community and respond to existing health conditions.

Work to increase emergency response process, funding and extreme climate and weather events (e.g., firefighting, public safety calls), through enhanced staffing and equipment.

Raise awareness among mental health providers about climate impacts, potential loss of traditional foods, and response.

Expand public education and outreach to people living in or near the fire hazard zones. This should include information about and assistance with mitigation activities such as defensible space, and advanced identification of evacuation routes and safety zones.

Consider establishing programs to discuss and educate residents in flood plain and landslide areas about preparedness and the resources available during and after emergency events.

Consider conducting door to door education of households who might be at risk or have high needs such as elderly, infants, or the chronically ill.

#### Individual

Engage in institutionally organized activities to enhance social cohesion, promote mental wellness, and reinvigorate cultural practices and traditions.

Consider developing emergency evacuation plans and in-home kits to prepare for potential extreme events (e.g., fire, flood).

Visit the elders to get to know them and their lived stories to help you see other paths.

*“People aren’t prepared for this type of hardship anymore. Maybe a few old timers have enough food and water in storage in the event that conventional sources are cut off for an extended period of time, but that’s it.”*

— Yurok Elder