

Understanding Cities and Mental Health: A Biopsychosocial Approach

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FIGURE 3

Event 1: Coronary Artery Occlusion

EVENT #1
(10-11:30 A.M.)

SYSTEMS HIERARCHY

INTRASYSTEM CHANGES

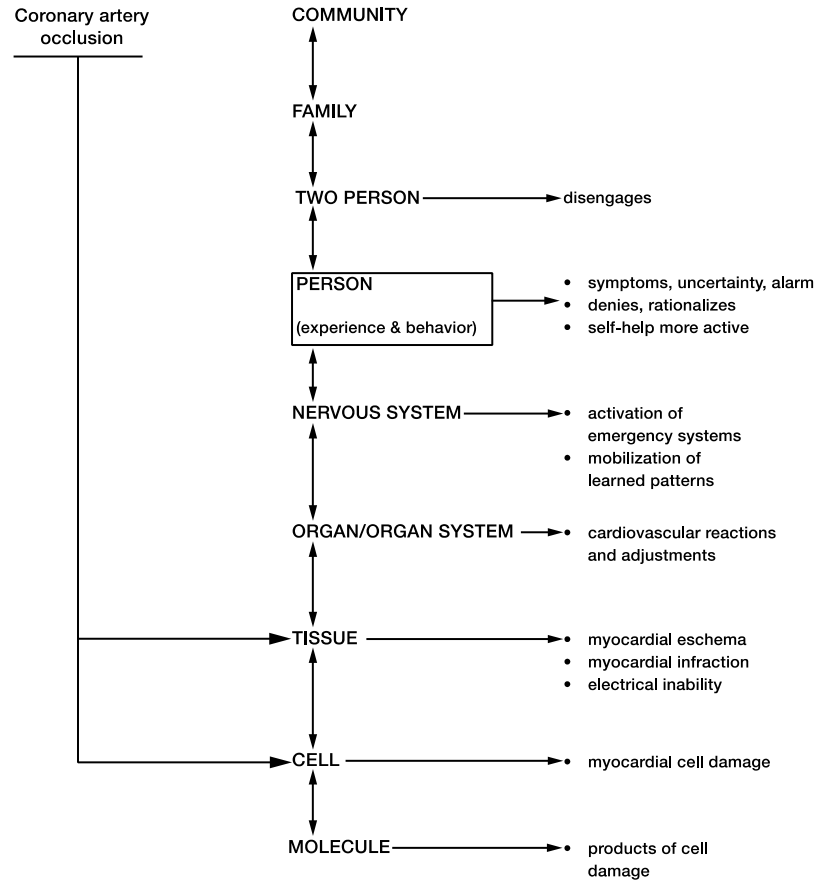




FIGURE 4
Event 2: Intervention of Employer

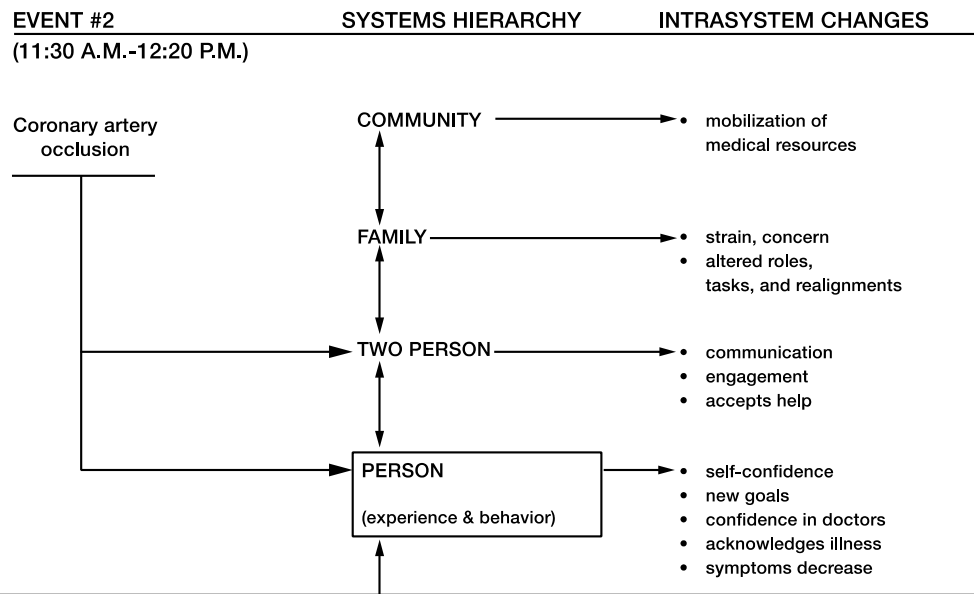
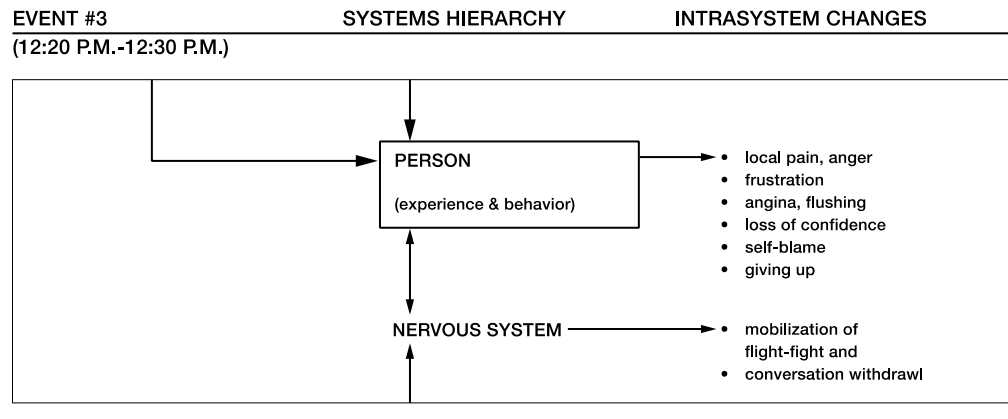




FIGURE 5
Event 3: Unsuccessful Attempt at Arterial Puncture



BIOSPHERE

SOCIETY-NATION

CULTURE-SUBCULTURE

COMMUNITY

FAMILY

TWO PERSON

PERSON

NERVOUS SYSTEM

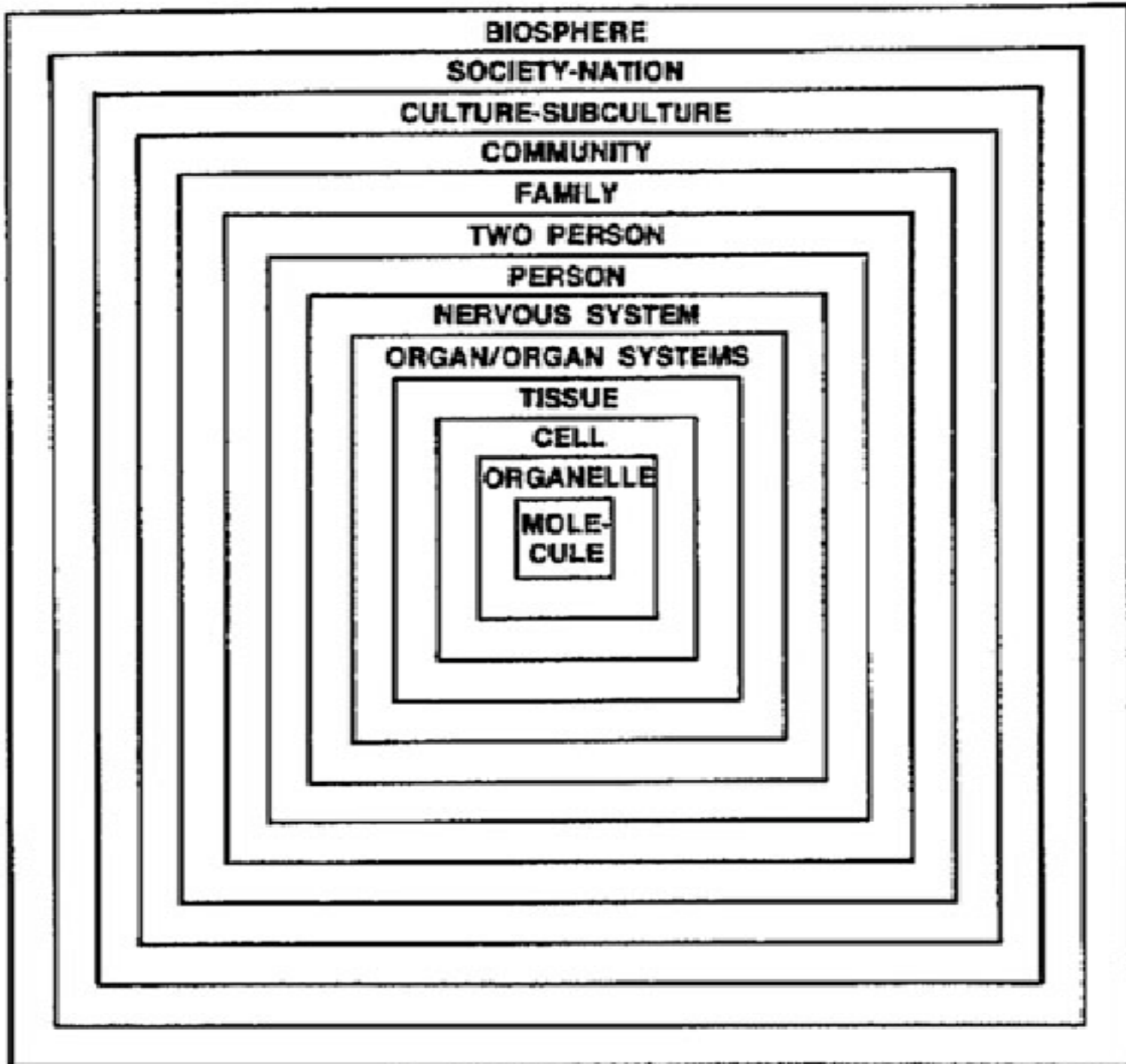
ORGAN/ORGAN SYSTEMS

TISSUE

CELL

ORGANELLE

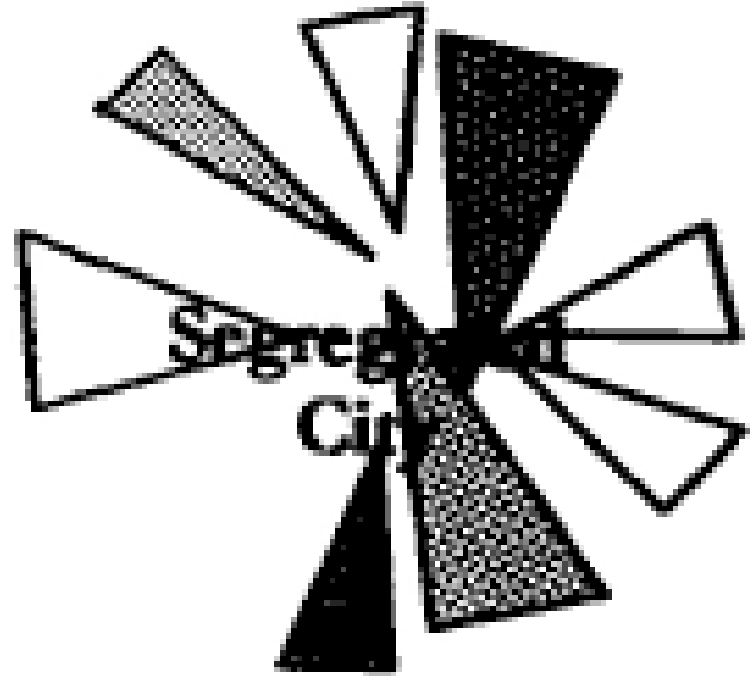
**MOLE-
CULE**





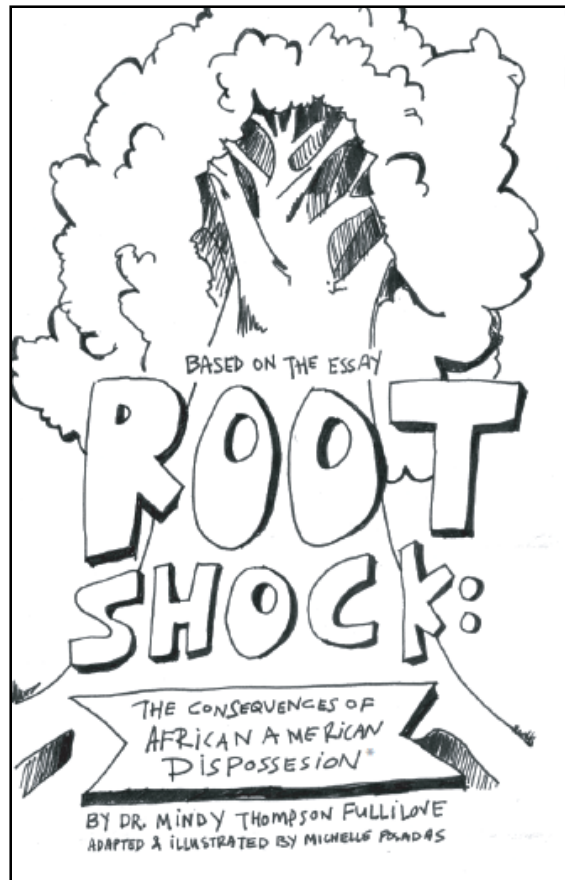
NEW YORK FASHIONS
PLUS

Handwritten graffiti on the brick wall, including the word "VOS" and other illegible tags.

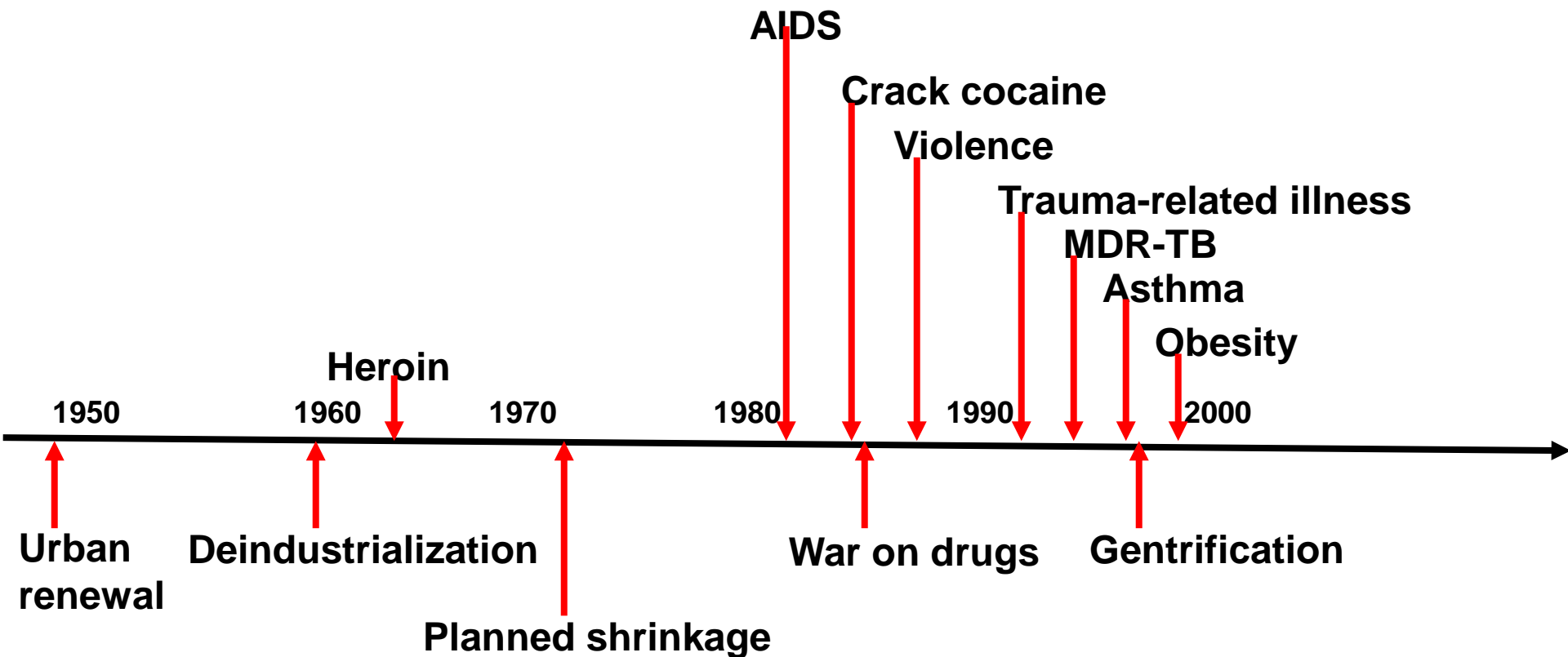


Understanding root shock

The traumatic stress reaction to the loss of all or part of one's emotional ecosystem

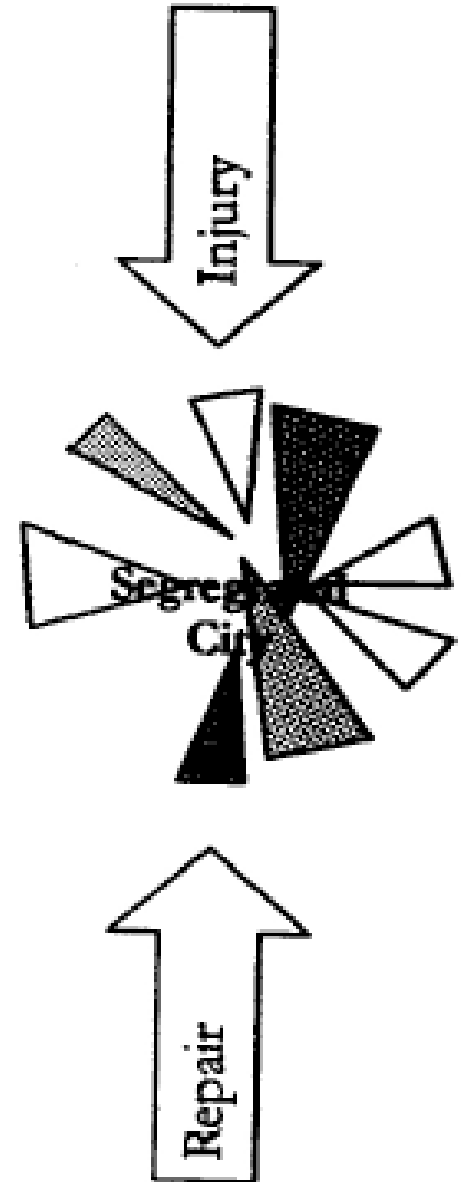
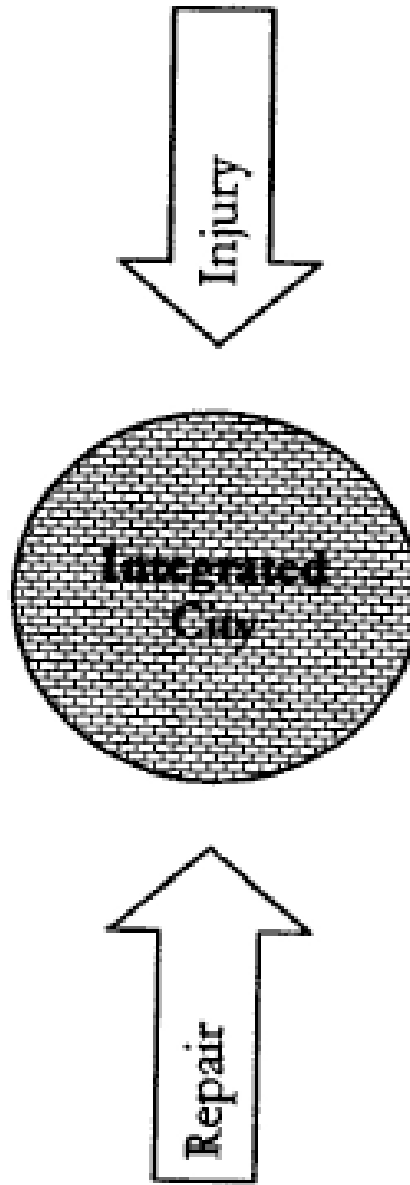


Synergism of Plagues in the Context of Serial Forced Displacement

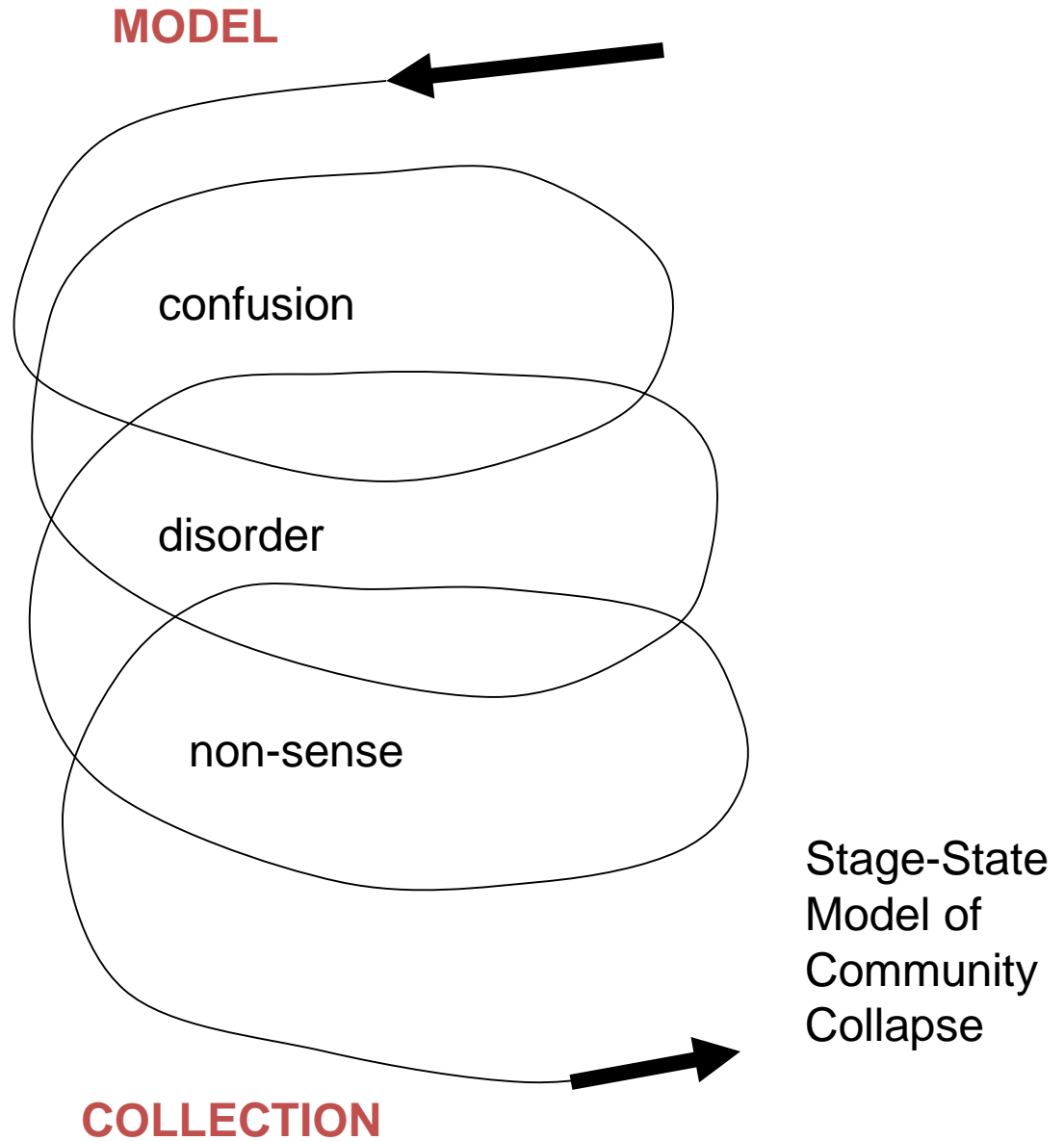


Everything that happens occurs in a particular context

- Integration is key to health: rates of mental illness higher in disintegrated, as compared to integrated, communities
- Segregated city is, by definition, a disintegrated community
- Governs injury and repair



What happens to communities that are repeatedly hit, as has been the case for black communities over the past 70 years?



Post-disaster recovery goes through phases

- Crisis
- Honeymoon
- Disillusionment
- (Re)integration



2012



Liz Roll, Five Years After Sandy, 2017



<https://features.weather.com/rebuilt-repaired-abandoned-five-years-after-sandy/>

Rebuilding in Enschede

Explosion in May 2000

Rebuilt by 2007



Interventions at multiple levels of scale: Enschede Model

Interorganizational

- Helping organizations cooperate to restore individual autonomy
- Ensuring inclusivity in the rebuilding
- Mourning and celebrating together
- Keeping attention throughout the post-disaster period, and with the changing needs

Individual

- Promoting the restoration of autonomy
- Moving slowly to “diagnose” – normal response to abnormal event
- Offering needed therapies to those who still suffer after the initial two months have passed

Rebuilding in Enschede

Loesje is a poster
campaign that uses humor
to get people moving:

*since the
disaster
my knight
doesn't take
his armor off*

**MIJN RIDDER HEEFT
SINDS DE RAMP
ZIJN HARNAS
NIET MEER
UITGEDAAN**

Loesje

NAZORG VUURWERKRAMP



A Sunday school class in an English Protestant community

Hughes, *People of Cove and Woodlot*, p. 343



Art class at the Irene Kaufman Settlement House, photo by Esther Bubley



FOUR HUNDRED YEARS OF INEQUALITY

400

AN OBSERVANCE FOR A JUST FUTURE 1619 TO 2019

The number '400' is rendered in a large, bold, black sans-serif font. Two black chains are wrapped around the bottom of the two zeros, with the chains extending downwards and outwards, symbolizing oppression or slavery.