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Module 2 Précis: Mitigation and Community Resiliency

Mitigation through resilience is an approach that is often overlooked by many disaster preparedness and response plans; yet it has proven to be incredibly effective in addressing vulnerabilities and empowering communities to contribute toward action.[1] In his chapter on community-based disaster management and risk reduction, Luna highlights the issue of dependency. When a community or population becomes dependent on relief services, aid providers, or outside organizations, they become more vulnerable to risks. However, when a community practices resilience, risks are reduced, systematic changes are put into action, and everyone is empowered to participate in preparedness activities.[1]

The Rio+ documentary about disasters and resilience in Rio de Janeiro emphasizes the same concept. When a community comes together to identify challenges and create active solutions without complete reliance on outside entities, change is made on a larger, and more enduring scale, and greater resilience is built.[2] Ultimately, mitigating the effects of disasters through upstream, systemic change creates an opportunity to not only reduce the likelihood and impact of future events, but it also generates a spiritual connectedness and resiliency in a community.

References
1. Luna E. *Community-Based Disaster Risk Reduction and Disaster Management*.
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2. *One Step Back, Two Steps Forward*. Resiliencia Comunitaria; 2012. https://www.youtube.com/watch?v=g8O_69nNjTg&list=PLEB3953287C3B96DD