



Second Chances: Rice Internationals Prepare for the Next Hurricane or Emergency

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*Sponsored by the Office of Research & Graduate Studies (RGS)
& the Office of International Students & Scholars (OISS)*

Guest Panelists

Moderated by Dr. Adria Baker,
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Unexpected Events

Katrina

August 29, 2005, was the first day of classes for Tulane. The levees broke in New Orleans, and the city began to fill with water. Internationals evacuated under extreme circumstances; some airlifted.

Rita

On September 23, 2005, the Gulf Coast region, including Houston, prepared for a Category 5 hurricane. Fortunately for Houston, the storm took a NW turn. Some schools remain closed still.

Future Events?

Home country crisis.

Another natural disaster in the Gulf Coast.

Black-out.

Other. . . ?

Top Ten List for Emergency Preparation

1. Take important documents with you:

- ✓ **Proof of ID**
- ✓ **I-94 (hopefully attached in passport)**
- ✓ **Passport**
- ✓ **I-20 or DS-2019 Texas**
- ✓ **Driver license or Texas ID**
- ✓ **SSN card**
- ✓ **Rental information**
- ✓ **Contact numbers**

2. Although plans change as the crisis changes, have a safety plan updated and thought ahead of time...NOW.

3. Try to have some cash with you.

4. Don't panic. Watch enough news to be informed, but take a break from it.

Top Ten List for Emergency Preparation (cont.)

5. Let the international office know what you and your friends need.

6. Find a group of friends to stay with and to support one another.

7. Communicate regularly with your family and loved ones what your plans are.

8. Take medications and try to get a month's supply, if appropriate.

9. Maintain your legal immigration status.

a.) Non immigrants (such as F, J and H visa holders) not eligible for public assistance, only private funds.

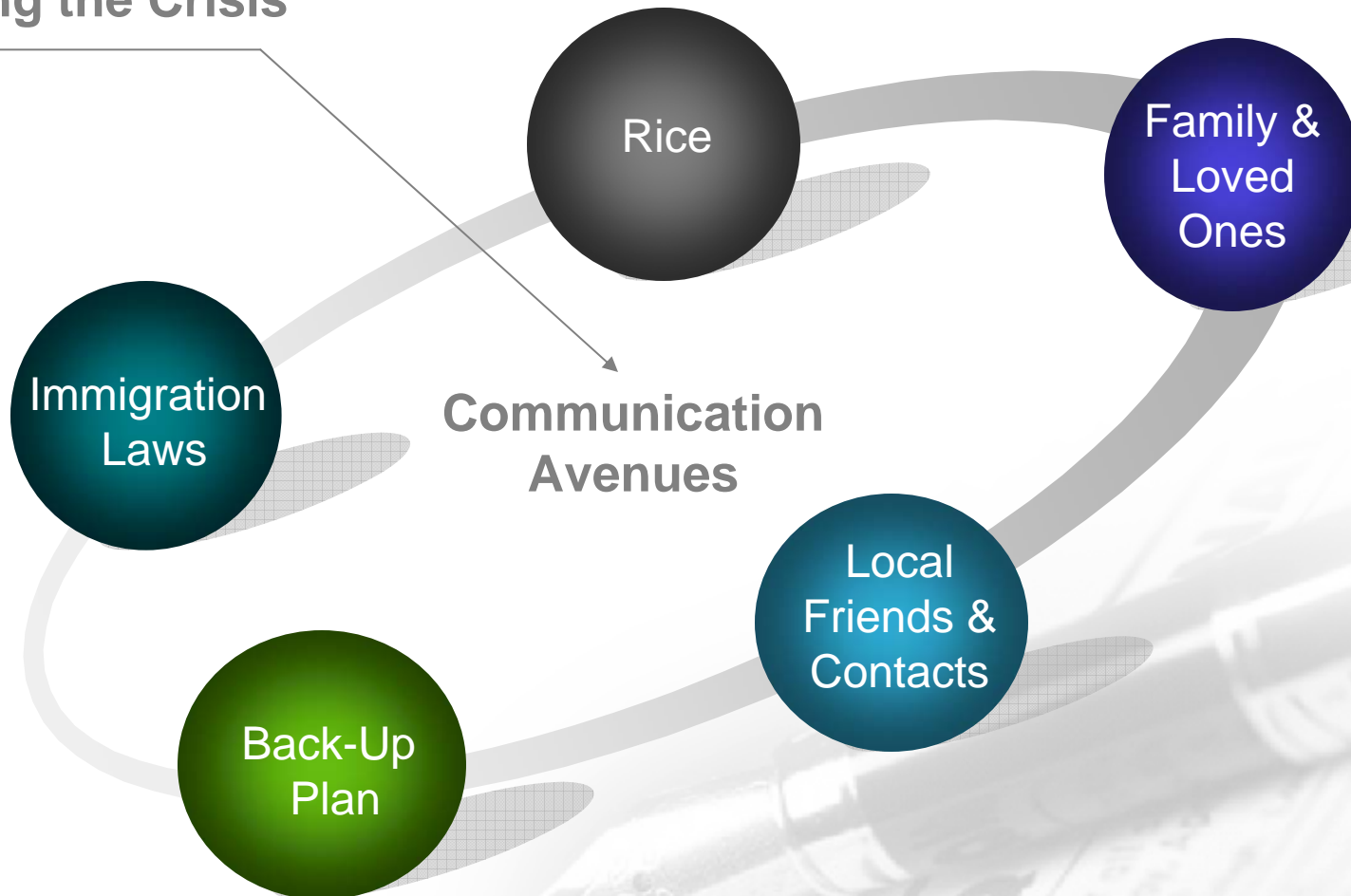
b.) Keep SEVIS email address and telephone number with you for guidance, if you cannot contact your Designated School Official (DSO). The SEVIS website is: <http://www.ice.gov/graphies/sevis/emergency/evacuation.htm>.

c.) Register full time or leave to home country. *Note:* Very recent guidelines from DHS are asking immigration officials to be lenient when possible.

10. Stay connected to Rice's emergency updates.

Keeping Connected

During the Crisis



Special Points of View

- I. **Mithun Mehta**, MBA Student
Tulane international visiting student's experience

- II. **Dr. Jordan Konisky**, Vice Provost for Research & Graduate Studies
 - What worked last time (and what needs improvement)
 - Updates from the Rice University Crisis Management Team
 - Other

- III. **Sri Priya Sundararajan**, ECE doctoral student
Tips from a Rice international student who volunteered in helping with Rita Hurricane on-campus shelter

Post-Trauma Interventions for Internationals

Definition of Trauma:

Trauma is the result of an experience which is essentially *disruptive* and *chaotic* to the individual at spiritual, cognitive, emotional and physical levels.



Common Reactions to an Trauma or a Disaster

1. Difficulties with sleep
2. Nightmares about the event
3. Depressed mood
4. Tendencies to jump or be startled at sudden noises or moves
5. Irritable feelings (for example, getting upset easily)

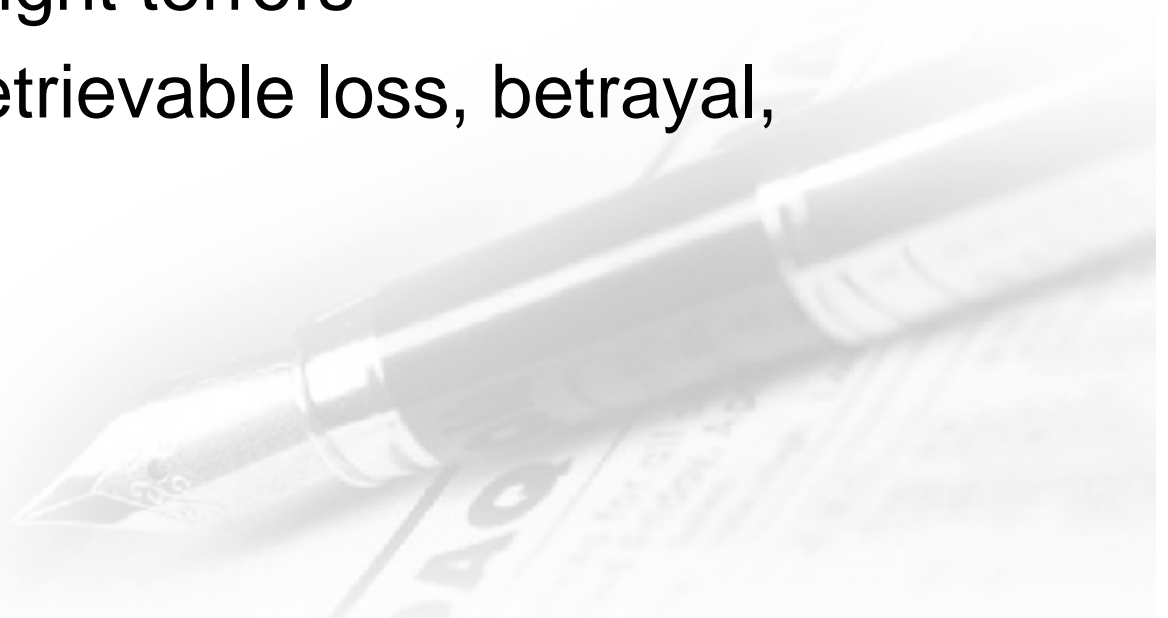
Common Reactions to an Accident

6. Unstable mood; frequent ups and downs
7. Self-accusations or guilt
8. Fears of situations that may initiate memories of the event
9. Tension in the body
10. Impaired memory
11. Difficulties in concentration

Types of Responses

1. Re-Experiencing

- a. flashbacks
- b. intense emotions
- c. somatic complaints
- d. nightmares, night terrors
- c. feelings of irretrievable loss, betrayal, helplessness



Types of Responses (cont.)

2. Avoidance

- a. avoiding place, people
- b. using drugs, alcohol
- c. dissociating
- d. accompanied by shame, numbness, embarrassment, low self-esteem etc.



Types of Responses (cont.)

3. Arousal

- a. heightened startled response, restlessness
- b. sleep problems
- c. generalization of threat
- d. regression
- e. unable to concentrate



How to Manage Post-Traumatic Stress

1. Recognize your own feelings and accept them as normal
2. Talked with spouse, friends or other relatives about your feelings
3. Talked with professional person (e.g., counselors, doctor)
4. Prayed for guidance and/or strength



How to Manage (cont.)

5. Get enough rest
6. Whenever possible, take time off and do something you enjoy
7. Get as much physical activity as possible, exercise
8. Tried to see the positive side of the situation
9. Give someone a hug; touching is healing
10. Took things a day at a time, one step at a time

Help We Can Offer as a Friend

1. Acceptance of the common reactions to the trauma as normal.
2. Provide support, emotionally and physically.
3. Refer him/her to seek help from school personnel and services, contact family members.
4. Nurture yourself. Take care of yourself talking to professional helpers.



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Questions & Discussion

Thank you!