

# “Worth a Thousand Words”

Stress reduction in post-Katrina New Orleans  
among women through a combined Photo Voice  
and Freirian Praxis methodology approach

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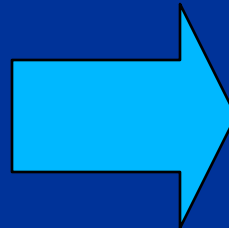
American Public Health Association Conference

Washington, D.C.

November 2007

# A Shift in the Recovery

November 2005



November 2007



# Natural Disasters and Stress:

## *Hurricane Katrina*

“New problems will arise, the people of New Orleans.....will need to confront economic hardship *and* emotional distress.”

~ Hector Ventura, M.D.

“Having experienced the trauma of this event myself, I am certain that *social* and *behavioural* problems will emerge in many victims of Katrina.”

~ Edward D. Frohlich, M.D.

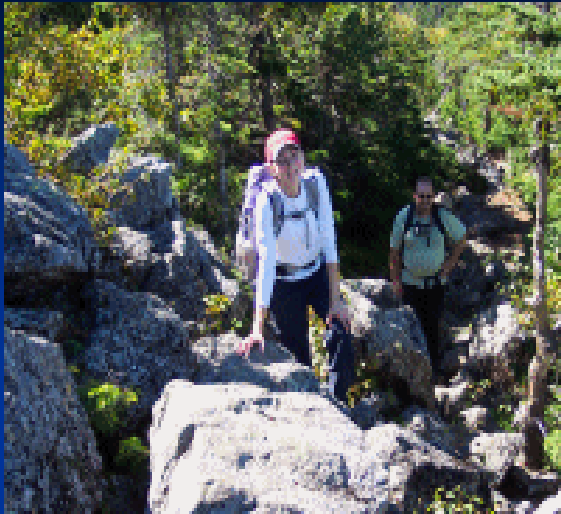
# Natural Disasters & Stress Response

- There is an association between experiencing a natural disaster and the onset or intensification of stress (ATSDR, 2005, Butterbaugh, 2005, Seager, 2005)
- Determinants exist for the nature of the stress response:
  - Female gender
  - Unemployment status
  - Educational level
  - Loss of a family member

(Butterbaugh, 2005, Montazeri, 2005, Van Ommeren, 2005, WHO, 2006).

# Meeting the Challenge

- “Establishment of financial, medical, and educational resources in new communities”  
(Rodriguez et al., 2006)
- Exposure Therapy (Foa, 2005)
- Pharmacotherapeutics, Group Therapy w/  
families (Rhoads, Pearman & Rick, 2007)
- Art therapy (Orr, 2007)



What about taking pictures?



Using Pictures: To see in a different way

## The Berlin Wall



Using Pictures: To create feelings

Tiananmen Square





Using Pictures: To capture history

Where were you?



Using Pictures: To capture history

Hurricane Katrina- Where were you?



What are we saying?

That pictures have worth ...

...they are worth a thousand words

# How to give our pictures the most Worth

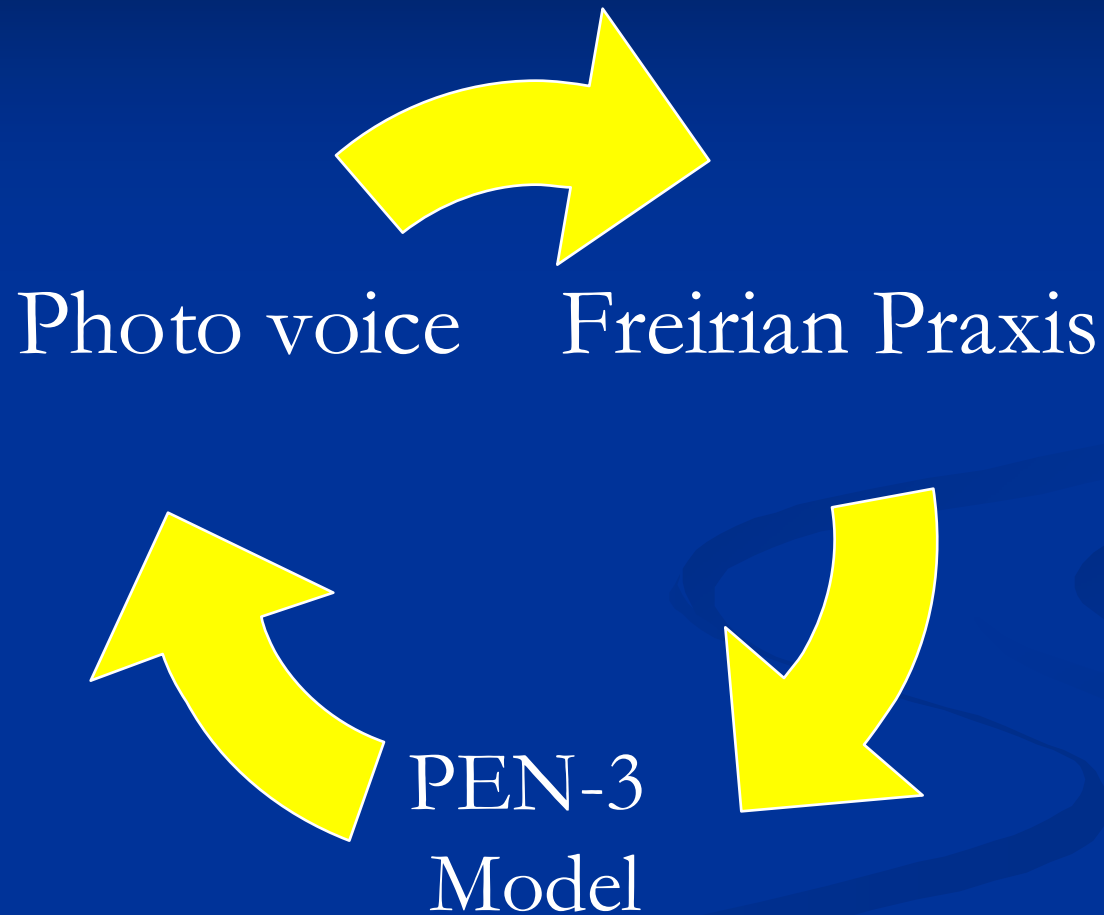
- Kid Camera Project

- New Orleans based NGO
- Provided training for participants in:



- Power, ethics, and uses of the visual image
- Camera usage and care
- Introduction to project background and purpose

# WATW Methodology



# The Photo Voice Technique

“What is Photo Voice?”

- A process by which people can *identify, represent, and enhance* their world through a specific photographic technique” (Wang and Burris, 1994)
- “A participatory action research strategy by which people create and discuss photographs as a means of catalyzing personal and community change.” (Wang et al., 1997)

# Photo Voice: Interpretation

Get “SHOWED”

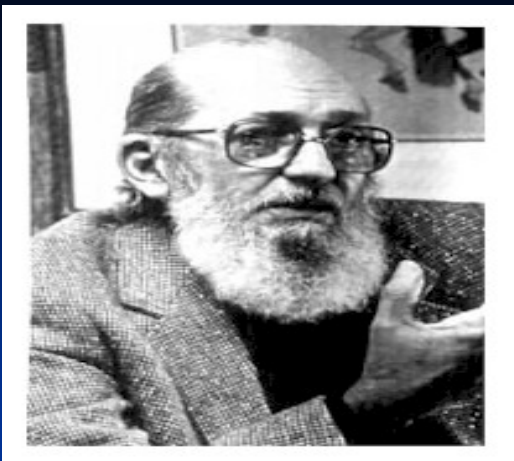
- What do you See here?
- What’s really Happening here?
- How does this relate to Our lives?
- Why does this problem or this strength Exist?
- What can we Do about this? \*

(Wang and Burris, 1997)



\* “Given what we discussed, what is the next step?”



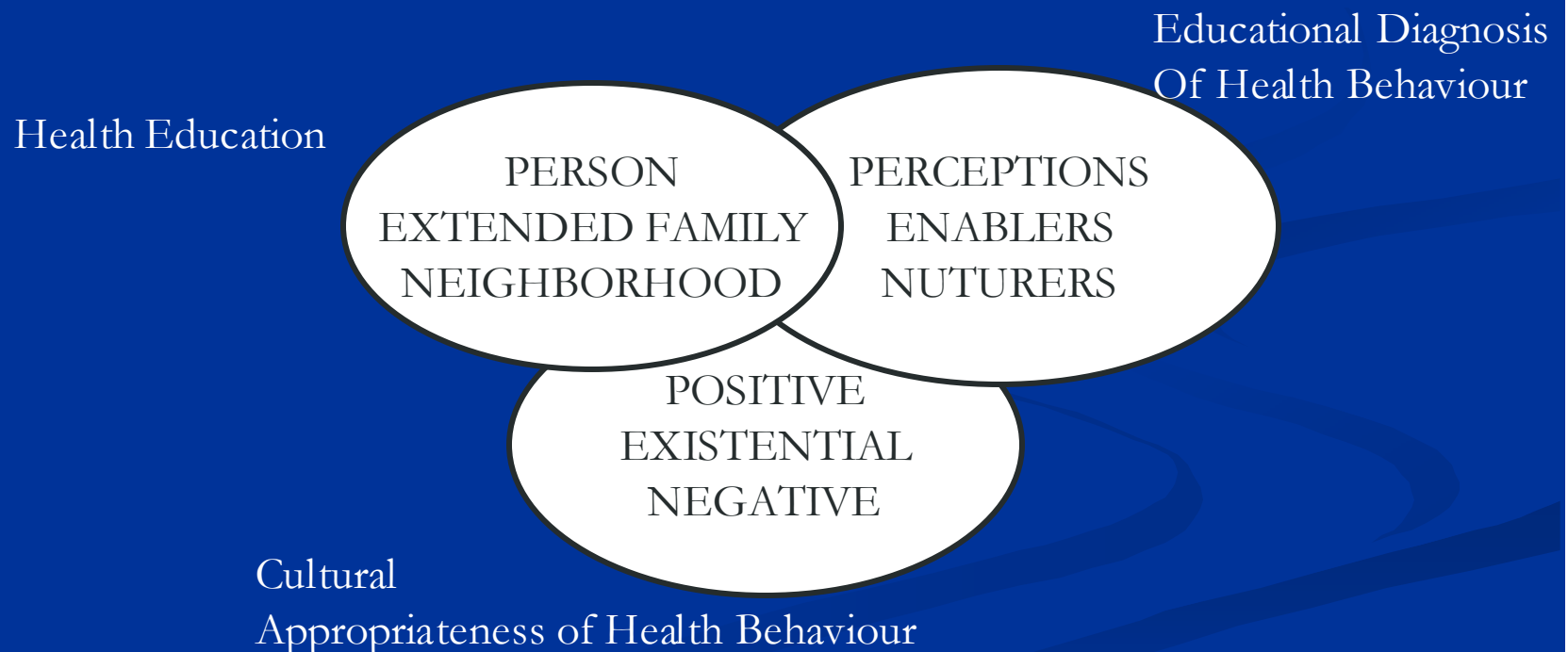


## The Freirian Praxis: *Setting the Standard*

- Paulo Freire (1921-1997) was a Brazilian educator who worked with pre-literate peasants in Brazil and was the author of “*Pedagogy of the Oppressed*” where he wrote:
  - Learning should “change” the participant (against “banking” concept of education)
  - “Culture of Silence,” is to look critically at world, understand it, take action to better it.
  - From “object” to “subject”

# The PEN – 3 Model

- The Model has three dimensions; each with its own groupings of P.E.N. categories



Adapted from Airhihenbuwa C. (1999). *Of Culture and Multiverse: Renouncing "the Universal Truth" in Health*. *Journal of Health Education*; 30(5): 267-273

- WATW is a unique combination of this methodology...

What if these elements joined forces to describe and enhance stress self-management approaches for women in post-Katrina New Orleans?

# WATW Participants

- 8 women
  - 50 -90 years of age
  - Involved in or attended previous TUXCOE events
  - Were in New Orleans during and after Hurricane Katrina

## After Consent:

- Camera
- Compensation
- Participant Manual



# Worth a Thousand Words: A Snapshot

**Practice Prompt:** Take three pictures that capture your daily life

**Prompt 1:** What are our assets for managing stress after Hurricane Katrina?

**Prompt 2:** What are our needs for managing stress after Hurricane Katrina?

**Prompt 3:** What can we do for our own stress management?

# WATW: Through the Lens

Practice Prompt: Take three pictures that capture your daily life



# WATW: Through the Lens

Prompt 1: What are our assets for managing stress after Hurricane Katrina?



# WATW: Through the Lens

Prompt 2: What are our needs for managing stress after Hurricane Katrina?





# WATW: Through the Lens

- Prompt 3: What can we do for our own stress management?



# WATW: Through the Lens

## “Share Session”

- **S**how - “picture of the Senior Showcase sponsored every year,”
- **H**appening - Senior Showcase “involves the community as well as the center and the school children.”
- Relates to **O**ur lives - Children are “not in the numbers that they were there before. “This has to be done” for “people to come back.”
- **W**hy does this **E**xist - “after Katrina, it takes a lot of stress off of us, but off of them too.”
- What we can **D**o - “relationships and social activity,” and that “it is good to be around kids.”



# WATW: Through the Lens

- PEN-3 Categorization
  - “Positive”
  - Before or After Hurricane Katrina?
    - “Appreciate it now.”
  - Approach on a individual, small-group, or community-level setting?
    - “Interact with them (children) in small groups of seven or so”

# WATW Conclusions

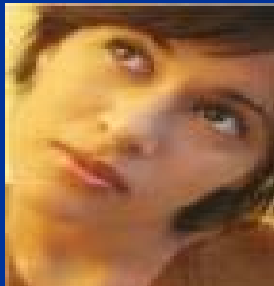


- Faith-based or church-based
- New Orleans culture and heritage
- Input from numerous demographic groups/geographic areas
- The restoration and expansion of centers for social activity and collaboration



The Worth a Thousand Words Project *did* contribute positively to the recovery and betterment of this initial sample of New Orleans women

What are the next  
steps for Worth a  
Thousand  
Words?



# WATW: The Next Shot

- To formally present these initial findings to the participating women in the project
- Proceed with the design of the stress-management approach recommended by and in conjunction with the participants
- Explore the application of WATW to other public health issues in the New Orleans area impacted by Hurricane Katrina

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- \*\* All images were attained from Google Images Search

Questions?



Comments?