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TRAUMA, ADDICTION, AND THE PATH TO RECOVERY AFTER THE
KAHRAMANMARAŞ EARTHQUAKES

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ÖZ

2023 Kahramanmaraş depremleri, Türkiye'de ani ve şiddetli karakterleriyle dikkat çekmiş ve bu tür doğal felaketlerin ardından ortaya çıkan psikolojik sonuçları anlamaya ve ele almaya yönelik acil bir ihtiyacı vurgulamıştır. Bu makale, bu tür felaketlerin ardından sıklıkla ortaya çıkan travma ve bağımlılığın keşimini incelemektedir. Yaygın psikolojik sıkıntılarının yanı sıra, etkilenen nüfuslar arasında travma sonrası stres bozukluğu, anksiyete, depresyon ve bağımlılık davranışlarında bulunan artışları derinlemesine ortaya koymaktadır. Derleme, Japonya, Nepal, İtalya, İran, Pakistan, Haiti ve Çin gibi ülkelerde yapılan küresel deprem çalışmalarının bulgularını sentezleyerek, felaket sonrası zihinsel sağlık zorluklarını yönetmede önceki deneyimlerden paralellikler çiziyor ve dersler çıkarmayı amaçlamaktadır. Makale, Psikolojik İlk Yardım gibi anlık müdahaleler ve sürdürülebilir psikolojik danışmanlık ve toplum tabanlı destek gibi uzun vadeli stratejiler içeren çok yönlü bir müdahale yaklaşımı önermektedir. Bu müdahalelere kültürel nüansların entegrasyonunun karmaşıklığını kabul ediyor ve etik düşüncelerin, politik koordinasyonun ve deprem travma süreçlerinin tedavisi konusunda zihinsel sağlık profesyonellerinin eğitilmesi ihtiyacının önemini vurgulamaktadır. Kaynak kısıtlılıkları, altyapı hasarı, kültürel engeller ve zihinsel sağlık programlarının uzun vadeli sürdürülebilirliği gibi zorluklar tartışılmaktadır. Ayrıca, felaket bölgelerinde çalışan profesyonellerin ve gönüllülerin zihinsel sağlığını desteklemenin önemini vurguluyor, zira bu kişiler tükenmişlik ve ikincil travma riski altındadır. Zihinsel sağlık sonuçlarını iyileştirmek için hızlı ve duyarlı araştırmalarla desteklenen yenilikçi ve uyarlanabilir müdahaleler savunulmaktadır. Bu kapsamlı inceleme, felaket müdahalesi üzerine olan tartışmalara katkıda bulunmakta ve etkilenen bireylerin ve toplulukların bütüncül iyileşmesi için hem travmanın hem de bağımlılığın ele alınmasının önemini vurgulamaktadır.

Anahtar Kelimeler: Deprem psikolojisi, travma, bağımlılık, deprem sonrası ruh sağlığı**Jel Kodları:** I12,I31,J12KAHRAMANMARAŞ DEPREMLERİNİN ARDINDAN TRAVMA, BAĞIMLILIK VE İYİLEŞME
YOLCULUĞU

ABSTRACT

The 2023 Kahramanmaraş earthquakes in Turkey, characterized by their suddenness and severity, have highlighted the acute need to understand and address the psychological aftermath of such natural disasters. This article examines the intersection of trauma and addiction that frequently follows such catastrophic events. It delves into the widespread psychological distress and the documented rise in post-traumatic stress disorder, anxiety, depression, and addictive behaviors among the affected populations. The review synthesizes findings from global earthquake studies, including those from Japan, Nepal, Italy, Iran, Pakistan, Haiti and China, to draw parallels and learn from previous experiences in managing post-disaster mental health challenges. The article proposes a multi-pronged approach to intervention that includes immediate responses such as Psychological First Aid and longer-term strategies like sustained psychological counseling and community-based support. It acknowledges the complexity of integrating cultural nuances into these interventions and highlights the importance of ethical considerations, political coordination, and the need for training mental health professionals in trauma-informed care. Challenges such as resource limitations, infrastructural damage, cultural barriers, and the need for long-term sustainability of mental health programs are discussed. Furthermore, the article stresses the importance of supporting the mental health of professionals and volunteers working in disaster zones, who are at risk of burnout and secondary trauma. Innovative and adaptable interventions, supported by rapid and responsive research, are advocated to improve mental health outcomes. This comprehensive review contributes to the discourse on disaster response, emphasizing that addressing both trauma and addiction is essential for the holistic recovery of affected individuals and communities.

Keywords: Earthquake psychology, trauma, addiction, post-disaster mental health**Jel Codes:** I12,I31,J12**Geliş Tarihi/Received:** 10.02.2024**Kabul Tarihi/Accepted:** 28.06.2024**Yayın Tarihi/Printed Date:** 30.06.2024**Kaynak Gösterme:** Çınaroğlu, M., (2024). "Kahramanmaraş Depremlerinin Ardından Travma, Bağımlılık ve İyileşme Yolculuğu". *İstanbul Nişantaşı Üniversitesi Sosyal Bilimler Dergisi*, 1(12) 37-59.

INTRODUCTION

1.1. Earthquake Psychology: Trauma Responses In Natural Disasters

The Psychological Aftermath Of Earthquakes Has Been A Focal Point Of Numerous Studies (Harada Et Al., 2015; Dai Et Al., 2016; Kılıç & Ulusoy, 2003), Shedding Light On The Enduring Nature Of Such Trauma. For Instance, Following The 1999 Marmara Earthquake In Turkey, Researchers Found That Survivors Not Only Suffered Immediate Psychological Distress But Also Long-Term Mental Health Issues Like Post Traumatic Stress Disorder (Ptd), Depression, And Anxiety (Ceyhan & Ceyhan, 2007). These Findings Underscore The Persistent Nature Of Earthquake-Induced Trauma And Its Impact On Mental Health. Similarly, Studies Conducted After Other Significant Earthquakes, Such As The 2011 Christchurch Earthquake In New Zealand (Spittlehouse Et Al., 2014) And The 2010 Haiti Earthquake (Shultz Et Al., 2011), Have Consistently Shown That The Psychological Ramifications Of Such Events Can Last For Years, Affecting Individuals And Communities Alike.

1.2. Global Perspectives On Earthquake Trauma

The Psychological Aftermath Of Earthquakes, With Their Sudden And Severe Impacts, Has Been Widely Studied Across Various Global Contexts. Research From Diverse Regions Such As Japan (Yokoyama Et Al., 2014), Nepal (Kc, Gan & Dwirahmadi, 2019), Italy (Alexander & Magni, 2013), Iran (Kamaledini & Azkia, 2021), Pakistan (Ayub Et Al., 2015), Haiti (Guimaro Et Al., 2013), And China (Wang Et Al., 2009), Highlights The Universal Need For Long-Term Mental Health Support Following Such Catastrophic Events. These Studies Collectively Emphasize The Widespread Psychological Distress And The Rise In Post-Traumatic Stress Disorder, Anxiety, Depression, And Addictive Behaviors Among Affected Populations. The Findings Underline The Critical Importance Of Integrating Cultural Nuances Into Mental Health Interventions And Advocating For The Consistent Training Of Mental Health Professionals In Trauma-Informed Care. Challenges Such As Resource Limitations, Infrastructural Damage, And Cultural Barriers Further Complicate The Effective Management Of Post-Disaster Mental Health. The Experiences From These Countries Demonstrate The Necessity Of Sustainable Mental Health Programs And The Value Of International Support In Enhancing The Resilience Of Disaster-Stricken Communities.

1.2.1. Integration Of Local Case Studies

Case Study 1: The 1999 Marmara Earthquake

The Marmara Earthquake, Which Struck Northwestern Turkey On August 17, 1999, With A Magnitude Of 7.4, Was One Of The Deadliest And Most Destructive Earthquakes In Turkish History. The Disaster Resulted In Over 17,000 Deaths, 250,000 Homes Destroyed, And Thousands Of People Displaced. The Psychological Impacts Were Profound And Long-Lasting, With Widespread Reports Of Post-Traumatic Stress Disorder (Ptd), Anxiety, Depression, And Increased Substance Use Among Survivors.

Psychological Impact:

- **Ptd And Depression:** Studies Conducted In The Aftermath Revealed That A Significant Proportion Of Survivors Developed Ptd And Depression. For Instance, Ceyhan And Ceyhan (2007) Found That Nearly One-Third Of The Affected Population Exhibited Symptoms Of Ptd Six Years Post-Disaster.
- **Substance Use Disorders:** Research Indicated A Rise In Substance Use Disorders As Survivors Attempted To Cope With Their Trauma. Yıldız And Göker (2004) Documented A Notable Increase In Alcohol And Drug Use Among The Affected Individuals.

Interventions:

- **Immediate Response:** Psychological First Aid (Pfa) Was Deployed, Focusing On Immediate Emotional Stabilization And Support. Trained Volunteers And Mental Health Professionals Provided Initial Counseling And Support Services.

- **Long-Term Support:** Long-Term Psychological Counseling Was Structured Into Phases, Starting With Intensive Individual Therapy Sessions And Later Incorporating Group Therapy. Community-Based Interventions, Including Peer Support Groups And Community Workshops, Played A Crucial Role In Fostering Resilience And Recovery.

Case Study 2: The 2011 Van Earthquake

On October 23, 2011, A 7.1 Magnitude Earthquake Struck The Eastern Province Of Van, Causing Widespread Destruction And Loss Of Life. Over 600 People Were Killed, And Thousands Were Left Homeless. The Earthquake Severely Impacted The Region's Mental Health, Highlighting The Need For Culturally Sensitive Interventions.

Psychological Impact:

- **Acute Stress Reactions:** In The Immediate Aftermath, Many Survivors Exhibited Acute Stress Reactions, Including Shock, Anxiety, And Confusion.
- **Long-Term Mental Health Issues:** Longitudinal Studies Showed That Survivors Continued To Experience Ptsd, Depression, And Anxiety For Years Following The Earthquake. Doğulu, Karanci, And Ikizer (2016) Reported High Levels Of Distress And A Significant Need For Ongoing Mental Health Support.

Interventions:

- **Cultural Adaptation Of Services:** Recognizing The Importance Of Cultural Context, Interventions Were Adapted To Align With Local Customs And Traditions. Religious Leaders Were Involved In Providing Psychological Support, And Traditional Practices Were Respected And Integrated Into The Therapeutic Process.
- **Community Resilience Programs:** Programs Aimed At Rebuilding Community Resilience Were Implemented, Focusing On Strengthening Social Networks And Communal Ties. These Included Community Meetings, Support Groups, And Collaborative Projects To Foster A Sense Of Unity And Collective Healing.

Case Study 3: The 2023 Kahramanmaraş Earthquakes

The Twin Earthquakes That Struck Kahramanmaraş In 2023 Were Among The Most Devastating In Recent Turkish History. The Earthquakes Caused Extensive Damage, With Over 50,000 Fatalities And Hundreds Of Thousands Displaced. The Psychological Toll On The Affected Populations Was Severe, Necessitating A Comprehensive And Culturally Sensitive Response.

Psychological Impact:

- **Widespread Trauma:** The Psychological Impacts Included High Rates Of Ptsd, Anxiety, Depression, And Substance Use Disorders. Early Assessments Indicated That Many Survivors Were Struggling With Acute Stress Reactions And Severe Psychological Distress.
- **Need For Long-Term Care:** The Magnitude Of The Disaster Underscored The Need For Long-Term Mental Health Support, With Many Individuals Requiring Sustained Psychological Care And Community Support.

Interventions:

- **Integrated Response:** The Response Included A Combination Of Immediate Psychological First Aid And Long-Term Counseling Services. Pfa Protocols Were Adapted To The Local Context, Ensuring Cultural Sensitivity And Relevance.
- **Holistic Approach:** A Holistic Approach Was Adopted, Incorporating Traditional Healing Practices And Religious Support Alongside Modern Psychological Interventions. Community Leaders And Religious Figures Were Trained To Provide Initial Psychological Support, While Professional Mental Health Services Were Made Accessible Through Mobile Clinics And Telehealth Platforms.

- **Sustainability And Resilience:** Efforts Were Made To Ensure The Sustainability Of Mental Health Programs, Focusing On Training Local Professionals And Building Community Resilience. Long-Term Strategies Included Vocational Training, Community Workshops, And Ongoing Support Groups To Promote Recovery And Resilience.

1.3. Addiction And Mental Health: Interlinked Challenges

The Correlation Between Mental Health Disorders And Addiction Following Traumatic Events Is Well Established, As Evidenced By Various Studies (Lee Et Al., 2020; Ogilvie & Carson, 2022; Tuncer & Şimşek, 2022). Research Following The 1999 Marmara Earthquake, For Instance, Highlighted A Rise İn Substance Use Disorders Among The Affected Populations (Yıldız & Göker, 2004), Demonstrating How İncurred Substance Use Often Serves As A Coping Mechanism İn Various Disaster Settings. This Pattern Underlines The Need For İntegrated Mental Health And Addiction Services İn Post-Disaster Recovery Efforts. Mental Health İssues And Addiction Frequently Become İntertwined After Major Traumatic Events, With The Escalation İn Substance Use (Brown, Stout & Mueller, 1999; Mercandagi, Yazıcı & Yazıcı, 2023) And Other Addictive Behaviors Acting As Maladaptive Coping Mechanisms. These Behaviors Are Responses To Overwhelming Stress And Emotional Pain, Which Can Significantly Disrupt Daily Functioning And Wellbeing, Thereby İncurring The Risk Of Developing Addictive Disorders As İndividuals Attempt To Self-Medicare And Manage Their Symptoms. For Instance, The 1999 Marmara Earthquake Serves As A Poignant Example, Where A Notable Rise İn Substance Use Disorders Among Survivors Was Documented (Öncül Et Al., 2002). This Was Attributed To The Stress And Despair Experienced Post-Disaster, With Many Turning To Alcohol, Nicotine, And Other Substances As A Form Of Temporary Relief From Their Traumatic Memories And Current Distress.

This Pattern Is Not Isolated To Marmara; It Mirrors Findings From Other Disasters Around The World. For Example, After Hurricane Katrina İn The United States, Studies (İspir, Danişman & Katar, 2023) Reported A Spike İn Alcohol And Drug Use, With Some Survivors Developing New Addictions And Others Experiencing Relapses. The Increase İn Substance Use Following The 2010 Earthquake İn Haiti Also Highlights The Vulnerability Of İndividuals And Communities İn The Aftermath Of Such Catastrophes. Research (Dube Et Al., 2018) Pointed Out That The Lack Of Structured Mental Health Services And The Abundance Of Stressors Exacerbated The Conditions Leading To Increased Substance Use.

Moreover, İn The 2011 Great East Japan Earthquake And Subsequent Tsunami, Researchers Observed Not Only An Increase İn Alcohol And Tobacco Consumption Among Survivors But Also A Rise İn Gambling (Shiba, 2020). This Was Possibly Due To The Disruption Of Social Networks And The Destruction Of Community Ties, Leading To Isolation And The Lack Of Healthier Coping Strategies.

The Imperative For İntegrated Services That Simultaneously Tackle Mental Health And Addiction İn The Aftermath Of Disasters Is Clear. Providing İmmediate Crisis Counseling And Psychological Support Is Crucial To Managing Acute Stress Reactions Experienced By Survivors. Equally İmportant Is The Development Of Community-Based Support Systems That Not Only Alleviate Feelings Of Isolation But Also Foster Social Connections To Support Recovery. Ensuring That Survivors Have Long-Term Access To Mental Health Professionals Who Are Adept İn Handling Trauma And Addiction Is An Essential Component Of A Sustainable Recovery Strategy. Educational Prevention Programs Play A Key Role İn Informing Communities About The Dangers Of Resorting To Substance Use As A Method Of Coping, Which Can Prevent The Escalation Of Addiction İssues. Additionally, Healthcare Providers Need Access To Resources And Training That Enable Them To Recognize And Address Co-Occurring Disorders Effectively. Finally, Policy Initiatives That Bolster Funding And Resources Are Necessary To Sustain Mental Health And Addiction Services, Ensuring That They Remain Available And Accessible For As Long As They Are Needed Following Disasters.

1.4. Understanding Trauma And Addiction In The Wake Of Earthquakes

The Pattern Of Increased Substance Use And Addiction Following Major Disasters Is A Global Phenomenon. The Great East Japan Earthquake, For Example, Led To An Increase In Alcohol Consumption And Related Disorders Among Survivors, Reflecting The Broader Trend Of People Turning To Substances As A Means Of Coping With Trauma. This Rise In Addictive Behaviors Post-Disaster Has Been Documented (Kanehara Et Al., 2016) And Highlighting The Critical Need For Targeted Interventions To Address Addiction In The Aftermath Of Earthquakes. To Further Understand The Connection Between Trauma And Addiction In The Aftermath Of Earthquakes, It Is Essential To Recognize The Underlying Mechanisms That Drive Individuals Towards Substance Use During Such Times Of Extreme Stress And Upheaval.

The Great East Japan Earthquake Provides A Clear Example Of How Disasters (Nakano Et Al., 2018) Can Precipitate A Rise In Substance Use As Individuals Struggle With The Immediate And Long-Lasting Effects Of Trauma. In The Wake Of This Event, Many Survivors Turned To Alcohol As A Coping Mechanism To Deal With The Profound Grief, Loss, And Disruption To Their Daily Lives. The Increased Alcohol Consumption And The Subsequent Development Of Related Disorders Have Been Widely Reported, Signifying A Distressing Pattern Of Individuals Attempting To Self-Soothe Through Addictive Behaviors. This Phenomenon Is Not Unique To Japan; It Reflects A Broader Trend Observed Globally Where Individuals In Disaster-Stricken Areas Exhibit Similar Behaviors. The Surge In Substance Use And Addiction Is A Multifaceted Issue, Influenced By Factors Such As The Destruction Of Community And Support Networks, The Overwhelming Nature Of The Trauma Experienced, And The Possible Lack Of Accessible Mental Health Resources. The Research Brings To Light The Widespread Nature Of Substance Use Following Disasters And The Pressing Need For Appropriately Tailored Interventions. Early Identification Is Crucial In These Scenarios, With Screenings For Substance Use (Reijneveld Et Al., 2005) Being A Vital Component Of Initial Assessments To Prevent The Escalation Into Addiction. Providing Integrated Support That Marries Mental Health Services With Addiction Support Creates A Comprehensive Approach To Recovery, Beginning With Psychological First Aid And Extending Into Counseling And Addiction Treatment Services. Community-Based Approaches Are Fundamental In Restoring And Strengthening Social Networks (Jacobs Et Al., 2016), Offering Shared Spaces For Communal Experiences That Can Help Alleviate Isolation And Offer Healthier Coping Mechanisms Than Substance Use. Education And Awareness Campaigns (Chaudhary & Piracha, 2021) Play A Pivotal Role In Changing Behaviors By Informing Communities About The Risks Of Using Substances As A Coping Mechanism And By Promoting Healthier Alternatives. The Provision Of Long-Term Mental Health Services (Nahar Et Al., 2014) Is Essential To Address The Persistent Effects Of Trauma And To Prevent The Entrenchment Of Addiction Issues. Furthermore, Sustained Research And Monitoring Are Key To Understanding The Patterns Of Substance Use After Disasters (Scott Et Al., 2006), Which In Turn Can Shape The Development Of Future Interventions And Policies. Longitudinal Studies Are Particularly Valuable As They Shed Light On The Long-Term Impacts And The Effectiveness Of Various Intervention Strategies. All These Components, Woven Together, Form The Fabric Of A Responsive And Resilient Approach To Disaster Management, Particularly In The Context Of Mental Health And Addiction.

1.5. The 2023 Kahramanmaraş Earthquakes: A Focal Point For Study

The 2023 Kahramanmaraş Earthquakes In Turkey Present A Recent And Highly Relevant Case For Examining The Intersection Of Trauma And Addiction. While Specific Research On This Event Is Still Emerging, The Patterns Observed In Previous Earthquakes Provide A Framework For Anticipating The Psychological Impacts. The Experiences From Past Earthquakes, Such As Those In Japan, China, Italy, Nepal, Haiti, Iran, Pakistan And Earlier In Turkey, Suggest A Likely Increase In Mental Health Issues And Substance Use Disorders Among The Survivors, Underscoring The Importance Of Timely And Effective Mental Health And Addiction Services. The 2023 Kahramanmaraş Earthquakes Offer A Contemporary Instance To Investigate The Convergence Of Trauma And Addiction, Providing Valuable Insights Into The Mental Health Challenges That Arise From Such Catastrophic Events. Although Research Directly Pertaining To

These Recent Earthquakes Is In The Nascent Stages, The Documented Experiences From Analogous Disasters Can Inform Our Expectations And Guide The Response Strategies (Gören, 2023; Merve & Yalçın, 2023). From The Evidence Gathered After The Great Hanshin Earthquake In Japan, The Sichuan Earthquake In China, And Previous Seismic Events In Turkey, A Pattern Can Be Discerned Wherein Survivors Exhibit Increased Rates Of Mental Health Disorders, Including Ptsd, Anxiety, Depression, And Notably, A Rise In Substance Use Disorders. This Suggests A Probable Replication Of These Outcomes In The Wake Of The Kahramanmaraş Earthquakes. The Anticipated Psychological Impacts Underscore The Acute Need For Accessible And Effective Mental Health And Addiction Services. The Provision Of Such Services Is Not Just Crucial For Individual Recovery; It Also Plays A Vital Role In The Overall Resilience And Rehabilitation Of Communities. Immediate Psychological Interventions, Such As Psychological First Aid, Can Offer Initial Relief, While Long-Term Services, Including Counseling And Substance Use Treatment Programs, Are Essential For Sustained Recovery. Moreover, As The Situation In Kahramanmaraş Evolves, It Presents An Opportunity For Conducting Longitudinal Studies That Can Add To The Body Of Knowledge On Post-Disaster Mental Health And Addiction. Such Research Is Imperative For Refining Intervention Strategies, Improving Preparedness For Future Disasters, And Ensuring That Mental Health And Addiction Services Evolve To Meet The Specific Needs Of Affected Populations (Milligan & Mcguinness, 2009). For A Comprehensive Approach To Mental Health In The Aftermath Of A Disaster, It Is Critical To Swiftly Implement Psychological Support (Sherchan Et Al., 2017), Deploying Teams That Can Provide Immediate Aid And Assess The Mental Health Needs Of Survivors (Mcfarlane & Williams, 2012). Interventions Must Be Designed With Cultural Sensitivity, Resonating With The Affected Population's Local Beliefs, Values, And Practices (Çınaroğlu, 2024). Building Local Capacity Is Essential, Through Training Healthcare Providers And Volunteers In Trauma-Informed Care And Addiction Support, Which Ensures The Sustainability And Relevance Of Services. Community Engagement Is Key, Involving Local People In The Development And Implementation Of Programs, Thus Enhancing Their Uptake And Effectiveness. Research And Evaluation Are Also Vital, With A Need To Encourage Studies On The Psychological Impacts Of The Disaster And The Effectiveness Of Interventions, Which Can Inform And Improve Future Responses. Lastly, Policy Advocacy Is Necessary To Ensure That Mental Health And Addiction Considerations Are Integrated Into Disaster Response Frameworks, Guaranteeing That Adequate Funding And Resources Are Allocated.

2. Intervention And Support Strategies

2.1. Psychological First Aid

Psychological First Aid (Pfa) Serves As A Critical Intervention In The Immediate Aftermath Of Disasters Like Earthquakes. It Acts As A Frontline Response That Addresses The Urgent Mental Health Needs Of Those Affected, Providing Emotional Support And Stabilization In A Time Of Crisis (Bisson & Lewis, 2009). As Emphasized In The Literature By Jeffrey H. Fox And Colleagues (Fox Et Al., 2012), Pfa Is Not Only About Immediate Relief But Also About Setting The Groundwork For Sustained Psychological Recovery And Resilience. Pfa Is A Crucial Initial Response Aimed At Mitigating The Immediate Distress Of Traumatic Events, With The Goal Of Warding Off The Development Of More Severe Psychological Issues And Addiction. Pfa's Core Objectives Encompass Establishing A Connection By Offering Compassionate, Non-Intrusive Support To Make Survivors Feel Safe And Attended To; Ensuring Safety By Helping Individuals Find Shelter And Resources, Which Can Mitigate Panic And Provide A Sense Of Security; Providing Comfort To Manage Overwhelming Emotions, Thereby Preventing Long-Term Stress Reactions; Encouraging Adaptive Coping By Helping Survivors To Access Their Own Strengths And Abilities, Fostering A Sense Of Control And Agency; And Instilling Hope By Highlighting The Potential For Recovery, Which Is Vital For Resilience. By Attending To These Objectives, Pfa Aims To Redirect Individuals From A Potentially Destructive Trajectory Toward Chronic Mental Health Issues And Addiction, Marking A Critical Window Of Intervention Where Appropriate Support Can Profoundly Influence An Individual's Path To Recovery. The Application Of Pfa Is Guided By Protocols That Are Adaptable To The Context And Culture Of The Affected

Community, With Trained Responders Delivering Aid In A Manner That Is Respectful, Informative, And Empowering, Placing The Dignity And Needs Of Survivors At The Forefront. Although Pfa Is An Invaluable Component Of Disaster Mental Health Response, It Represents Just The Initial Step. It Must Be Integrated Into A Continuum Of Care That Includes Ongoing Support And Access To Professional Mental Health Services, Which Address The Longer-Term Effects Of Trauma And Help Prevent The Onset Of Substance Use Disorders And Other Mental Health Conditions. This Comprehensive Approach Is Essential For A Holistic Recovery Journey For Those Impacted By Traumatic Events Like Earthquakes.

2.1.1. Psychological First Aid (Pfa) Step-By-Step Protocols Tailored To The Local Turkish Context

Pfa Is A Critical Initial Response In The Aftermath Of Disasters, Designed To Reduce Initial Distress And Foster Short- And Long-Term Adaptive Functioning. The Following Step-By-Step Protocols Are Tailored To The Local Turkish Context, Considering Cultural, Social, And Community-Specific Factors.

Step 1: Preparation

- **Training And Cultural Competence:** All Responders Should Undergo Training That Includes Modules On Cultural Competence Specific To Turkish Customs, Traditions, And Community Structures. This Training Should Highlight The Importance Of Respecting Local Beliefs And Practices.
- **Resource Identification:** Identify And Compile A List Of Local Resources, Including Mental Health Professionals, Community Leaders, Religious Figures, And Local Support Groups.

Step 2: Contact And Engagement

- **Approaching Survivors:** Approach Individuals In A Non-Intrusive, Compassionate, And Culturally Sensitive Manner. Use Common Turkish Greetings And Address People Respectfully According To Their Age And Social Status.
- **Creating A Safe Space:** Ensure Physical Safety And Provide A Quiet, Private Area For Individuals To Talk If Needed. Establishing Trust Is Crucial, Particularly In A Community-Oriented Society Like Turkey.

Step 3: Stabilization (If Needed)

- **Calming Techniques:** Use Simple, Culturally Appropriate Techniques To Help Individuals Manage Immediate Emotional Responses. Techniques May Include Deep Breathing Exercises And Grounding Techniques.
- **Reassurance:** Provide Clear And Truthful Information About The Current Situation And What Is Being Done To Ensure Safety And Recovery.

Step 4: Gathering Information

- **Assessing Needs:** Gently Ask About The Individual's Current Needs And Concerns, Considering Cultural Nuances That Might Make Them Reluctant To Express Certain Needs. This Could Include Concerns About Family Members, Community Obligations, Or Religious Practices.
- **Observing Behavior:** Pay Attention To Non-Verbal Cues That Might Indicate Distress, As Some Individuals May Not Feel Comfortable Expressing Their Feelings Verbally.

Step 5: Practical Assistance

- **Immediate Needs:** Help Individuals Address Immediate Practical Needs, Such As Finding Food, Water, Shelter, Or Reconnecting With Family Members. Ensure That Assistance Respects Local Customs And Community Practices.

- **Referrals:** Provide Information About And Referrals To Local Services, Including Medical Care, Shelter, And Mental Health Services.

Step 6: Connection With Social Supports

- **Family And Community Networks:** Encourage Individuals To Connect With Their Family, Friends, And Community Support Networks. In Turkey, Social Support From Family And Community Is A Crucial Aspect Of Coping.
- **Community Leaders And Religious Figures:** Facilitate Connections With Local Community Leaders And Religious Figures Who Can Provide Additional Emotional And Spiritual Support.

Step 7: Information On Coping

- **Cultural Coping Strategies:** Discuss Common Turkish Coping Strategies, Such As Communal Gatherings, Religious Practices, And Traditional Rituals. Encourage The Use Of These Culturally Familiar Coping Mechanisms.
- **Education On Stress Responses:** Provide Information On Common Stress Reactions And Coping Strategies In A Culturally Sensitive Manner, Using Examples And Analogies Familiar To The Local Population.

Step 8: Linkage With Collaborative Services

- **Follow-Up Services:** Ensure That Individuals Are Connected With Ongoing Support Services, Including Local Mental Health Professionals Trained In Trauma-Informed Care.
- **Long-Term Support:** Provide Information On Long-Term Mental Health Support Options Available Within The Community And Through Local Organizations.

2.1.2. Implementation Of Long-Term Psychological Counseling Structured Into Phases

The Implementation Of Long-Term Psychological Counseling Can Be Structured Into Distinct Phases To Ensure A Comprehensive And Adaptable Approach. These Phases Are Designed To Address The Evolving Needs Of Individuals Affected By The 2023 Kahramanmaraş Earthquakes And To Promote Sustained Recovery And Resilience.

Phase 1: Immediate Response (First 1-6 Months Post-Disaster)

- **Intensive Individual Therapy:** Provide Immediate Psychological Support Through One-On-One Counseling Sessions. Focus On Crisis Intervention, Stabilization, And Addressing Acute Stress Reactions. Techniques Such As Tf-Cbt And Emdr Can Be Particularly Effective.
- **Screening And Assessment:** Conduct Thorough Assessments To Identify Individuals With Severe Psychological Distress, Ptsd, Anxiety, Depression, And Emerging Substance Use Issues. Use Culturally Validated Tools To Ensure Accurate Diagnosis And Understanding Of The Individual's Context.
- **Community Outreach:** Engage In Community Outreach Programs To Identify And Reach Individuals Who May Not Voluntarily Seek Help. Utilize Mobile Clinics And Community Centers To Provide Accessible Services.

Phase 2: Intermediate Support (6-12 Months Post-Disaster)

- **Group Therapy Sessions:** Initiate Group Therapy Sessions To Foster A Sense Of Community And Shared Experience Among Survivors. These Sessions Can Address Common Issues Such As Grief, Loss, And Coping Strategies, Leveraging The Collective Resilience Of The Group.
- **Family Counseling:** Offer Family Counseling To Address The Impact Of The Disaster On Family Dynamics And To Support Collective Healing. Family Therapy Can Help Improve Communication, Reduce Conflict, And Strengthen Family Bonds.

- **Psychoeducation Workshops:** Conduct Workshops To Educate Survivors About Common Psychological Reactions To Trauma, Coping Strategies, And The Importance Of Self-Care. These Workshops Can Also Provide Training In Relaxation Techniques And Stress Management.

Phase 3: Long-Term Rehabilitation (1-2 Years Post-Disaster)

- **Ongoing Individual Counseling:** Continue Providing Individual Therapy For Those With Persistent Symptoms Or Who Develop Delayed Responses To The Trauma. Tailor Interventions To Address Long-Term Issues Such As Chronic Ptsd, Depression, And Substance Use Disorders.
- **Vocational Training And Support:** Integrate Vocational Training And Support Into Counseling Programs To Help Individuals Rebuild Their Lives. Provide Resources And Guidance On Job Skills, Employment Opportunities, And Educational Advancement.
- **Community Resilience Building:** Facilitate Community-Based Programs Aimed At Rebuilding Social Networks And Fostering Community Resilience. Activities May Include Community Events, Peer Support Groups, And Collaborative Projects That Encourage Community Engagement And Mutual Support.

Phase 4: Sustained Recovery And Prevention (Beyond 2 Years Post-Disaster)

- **Maintenance Counseling:** Offer Maintenance Counseling Sessions To Support Ongoing Recovery And Prevent Relapse. These Sessions Can Be Less Frequent But Remain Available To Address Any Recurring Issues Or New Stressors.
- **Monitoring And Follow-Up:** Implement A System For Regular Follow-Up To Monitor Progress And Address Any Emerging Needs. Use Surveys And Check-Ins To Gather Data On Long-Term Outcomes And Adjust Interventions As Necessary.
- **Policy Advocacy And Community Involvement:** Advocate For Policies That Support Mental Health Services And Disaster Preparedness. Encourage Community Involvement In Shaping And Maintaining Mental Health Programs, Ensuring They Remain Relevant And Effective.

Each Phase Should Be Guided By Measurable Goals Such As Reducing Ptsd Symptoms, Improving Social Functioning, And Enhancing Overall Well-Being. By Structuring Long-Term Psychological Counseling Into These Phases, The Approach Ensures That Interventions Are Targeted, Culturally Sensitive, And Responsive To The Evolving Needs Of Disaster Survivors.

2.2. Long-Term Mental Health Support

Long-Term Mental Health Care Post-Disaster Is Akin To Rebuilding A City After Its Ruins. The Study (Kino Et Al., 2020) On The Great East Japan Earthquake Unfolds A Tapestry Of Psychological Care Ranging From Intimate Counseling Sessions Addressing Deep-Seated Traumas To Communal Initiatives That Knit Back The Social Fabric Of Shattered Communities. This Multifaceted Approach Underlines The Necessity Of Nurturing The Mind Alongside The Physical Rebuilding, Ensuring That Survivors Don't Just Live But Thrive Post-Calamity. The Metaphor Of Rebuilding A City From Its Ruins Aptly Describes The Process Of Long-Term Mental Health Support Following A Disaster. The Comprehensive Psychological Care That Unfolded After The Great East Japan Earthquake Provides An Illustrative Example Of The Intricate And Prolonged Nature Of Such Support. This Extended Care Involves Several Layers Of Intervention, Much Like The Multifaceted Effort Required To Reconstruct A Devastated Urban Landscape. In The Healing Journey From Disaster Trauma, Intimate Counseling Plays A Pivotal Role, Offering One-On-One Therapy (Lotzin Et Al., 2023) Sessions That Delve Deeply Into Individual Experiences, Allowing Survivors To Safely Navigate Through Their Grief, Loss, And Trauma. This Personalized Form Of Therapy Is Vital In Helping Individuals Face And Manage The Symptoms Of Ptsd, Anxiety, And Depression That Frequently Emerge Following Catastrophic Events. Group Therapy (Trentiniti Et Al., 2018) Complements Individual Counseling By Providing A Collective Space For Healing, Where Survivors Can Share Their Stories With Others Who Have Faced Similar Adversities. This Shared Therapeutic Experience Is Crucial For Fostering A Sense Of

Community And Collective Resilience, Helping To Reknit The Social Ties That Are Often Frayed In The Aftermath Of A Disaster And Combat Feelings Of İsolation. Community-Based İnitatives (Carrasco, Egbelakin & Dangol, 2023) Are Equally İmportant, As They Work Towards Rebuilding The Social Framework That Binds Communities Together. Such İnitatives Might Encompass Support Groups, Workshops, And Public Health Campaigns Focused On Communal Healing And Recovery, Ensuring That Mental Health Support İs Not Only Culturally Sensitive But Also Widely Accessible. The Education Of Survivors, Alongside The Training Of Local Health Professionals In Trauma-İnformed Care, Serves To Fortify Community Resilience And Support Self-Reliance In Long-Term Recovery. This İncludes Raising Awareness About The Signs Of Mental Health İssues And Substance Use Disorders To Promote Early İntervention And Prevent Complications. For Communities And İndividuals To Truly Thrive After A Calamity, Mental Health Care Must Become An İntegral Component Of Public Health Responses. Advocacy For Mental Health Resources, The İncorporation Of Mental Health Services In Primary Care, And The İnclusion Of Mental Health Considerations In All Recovery Planning Are Fundamental Steps In This İntegration. Lastly, Ongoing Support Acknowledges The Long-Lasting Nature Of Trauma's İmpact. Continual Access To Mental Health Resources, Follow-Up Care, Booster Therapy Sessions, And Support For Those With Delayed Trauma Reactions Are Essential To Ensure Enduring Recovery And The Well-Being Of Survivors. The Multifaceted Approach To Long-Term Mental Health Care, As Demonstrated In The Aftermath Of The Great East Japan Earthquake, Underlines The Need For A Comprehensive Strategy That İncludes İmmediate Crisis İntervention And Extends İnto The Prolonged Nurturing Of Mental Well-Being. It İs This Holistic Approach That Ensures Survivors Do Not Just Live Through The Aftermath But Are Given The Support Necessary To Thrive In The Years Following The Calamity.

2.3. Addressing Addiction Post-Disaster

Confronting Addiction In The Wake Of Disaster İs A Journey From The Depths Of Despair To The Dawn Of Hope. Comprehensive Treatment Programs Become Lighthouses Guiding İndividuals Through The Stormy Seas Of Addiction, İlluminated By Behavioral Therapies That Delve Deep Into The Trauma At The Core Of Addictive Behaviors. This Holistic Approach İs Not Just About Treating A Condition; It's About Reclaiming Lives From The Clutches Of Disaster-İnduced Despair. Addressing Addiction In The Context Of Post-Disaster Recovery İs A Complex And Delicate Process That İnvolves Guiding İndividuals From A State Of Vulnerability To One Of Empowerment And Hope. Comprehensive Treatment Programs Act As Beacons In This Process, Offering Direction And Support To Those Navigating The Turbulent Aftermath Of A Disaster. Comprehensive Programs For Addiction Treatment In The Wake Of Disasters Blend Various Critical Elements To Facilitate Recovery. Essential To These Programs İs The Early İdentification Of Those At Risk For Or Currently Struggling With Addiction, As Early İntervention Can Lessen The Severity Of Addiction And Guide İndividuals On A Clearer Path To Recovery. Behavioral Therapies Stand As A Pillar Of These Treatments, Aiding İndividuals In Addressing The Underlying Trauma That May Fuel Addictive Behaviors, With Cognitive Behavioral Therapy (Cbt (Saadlou Et Al.,2022)), Dialectical Behavior Therapy (Dbt (Görg Et Al., 2019)), And Eye Movement Desensitization And Reprocessing (Emdr (Konuk Et Al., 2006)) Being Particularly Beneficial. Peer Support Groups, İncluding Alcoholics Anonymous (Aa) Or Narcotics Anonymous (Na), Offer Platforms For The Exchange Of Experiences And Coping Strategies, Fostering A Sense Of Community And Mutual Support Essential For Recovery (Bloom, 1998). Medication-Assisted Treatment (Mat) İs Also An İntegral Part Of The Recovery Process For Some, Helping To Manage Withdrawal Symptoms And Cravings And Allowing İndividuals To Participate More Fully In Their Recovery Efforts (Placide Et Al., 2018). A Trauma-İnformed Approach To Care, Which İntegrates An Understanding Of Trauma Within All Facets Of Addiction Services, Can Create A Supportive Environment Conducive To Healing And Recovery. Involvement Of Family Members In The Recovery Process (Doğulu, Karancı & İkizer, 2016) Can Provide Additional Support And Address The Familial Impact Of Addiction. Programs Should Also Assist İndividuals In Reintegrating Into Their Communities, Which Might Encompass Vocational Training, Educational Opportunities, And The Fostering Of Healthy Leisure Activities. Recognizing That Recovery From Addiction İs Typically A Long-Term Process, Continuous Care That İncludes Ongoing Counseling And Support Services İs Critical To Help Maintain Sobriety And Navigate

The Challenges Of Recovery. This All-Encompassing Approach To Post-Disaster Addiction Treatment Not Only Tackles The Immediate Symptoms Of Addiction But Also The More Profound Psychological Aftermath Of The Disaster. It Charts A Course From Turmoil And Despair To Stability, Resilience, And Hope, Ensuring Individuals Are Equipped Not Just To Survive But To Thrive, With The Necessary Tools And Support To Reconstruct Their Lives.

2.4. Role Of Community And Social Support

Community Engagement In Post-Disaster Scenarios Is The Heartbeat Of Collective Healing. It's About Transforming Individual Sorrows Into A Symphony Of Shared Strength. Local Initiatives And Support Groups Provide More Than Just Aid; They Offer A Sense Of Belonging, A Reminder That No One Is Alone In Their Struggle. This Communal Bond Is The Foundation Upon Which Shattered Lives And Neighborhoods Are Rebuilt, Stronger And More Resilient Than Ever. Community And Social Support Systems Allow For The Sharing Of Experiences, Which Can Be Therapeutic In Itself. It Helps Individuals To Understand That Their Reactions Are Normal And That They Are Not Alone In Their Journey Towards Recovery. Local Initiatives, Whether In The Form Of Support Groups Or Community Rebuilding Projects, Foster Social Cohesion. This Sense Of Unity And Shared Purpose Is Invaluable For Psychological Recovery And For Rebuilding The Physical Infrastructure Of Communities. By Participating In Community-Led Initiatives, Individuals Gain A Sense Of Control And Empowerment. This Can Be Particularly Effective In Communities Where Reliance On One's Neighbors And Social Networks Is An Integral Part Of The Culture.

2.5. Detailed Components Of A Multi-Pronged Intervention Approach

The Study Proposes A Multi-Pronged Intervention Approach, Emphasizing The Need For Specific And Detailed Components To Be Clearly Outlined. This Includes The Use Of Psychological First Aid (Pfa) As An Immediate Response, Providing Emotional Support And Stabilization To Those Affected By Disasters. Pfa Should Be Complemented With Long-Term Strategies Such As Sustained Psychological Counseling And Community-Based Support Systems. These Interventions Should Include Specific Types Of Psychological First Aid Applications, Such As Individual And Group Therapy Sessions, Trauma-Focused Cognitive-Behavioral Therapy (Tf-Cbt), And Eye Movement Desensitization And Reprocessing (Emdr). Additionally, Community-Based Support Could Involve Organizing Support Groups, Peer Counseling Programs, And Community Resilience-Building Activities. Detailed Protocols For These Interventions Can Ensure A Structured And Effective Response To The Complex Psychological Needs Arising From Disasters.

2.6. Challenges In Intervention

Tackling These Interventions Involves Navigating A Labyrinth Of Challenges. Resource Limitations, Cultural Barriers, And Access Disparities Are But A Few Of The Hurdles. Overcoming These Requires Not Just Dedication And Resources But A Nuanced Understanding Of The Varied Tapestries Of Human Experience Affected By Such Calamities. In The Complex Aftermath Of A Disaster, The Effective Allocation Of Resources Becomes A Critical Component Of The Response. Limited Resources Must Be Managed And Utilized Efficiently To Provide The Necessary Support Where It Is Most Needed. Alongside Practical Considerations, Cultural Competence Is Non-Negotiable. Interventions That Do Not Take Into Account The Cultural Norms, Values, And Traditions Of The Affected Community May Fall Short. It Is The Understanding And Respect For These Cultural Factors That Ensure Interventions Are Not Only Accepted But Also Integrated Effectively Into The Community's Recovery Efforts. Access And Equity In The Provision Of Support Services Pose Another Significant Challenge. In The Wake Of Disasters That Disrupt Infrastructure, It Becomes Even More Crucial To Implement Strategies That Ensure Services Reach All Segments Of The Population, Particularly The Most Vulnerable And Marginalized. Without Equitable Access, The Response Risks Deepening Existing Disparities, Hindering A Community's Overall Ability To Recover And Rebuild.

2.7. Monitoring And Evaluation

Like Skilled Artisans Refining Their Craft, Continuous Monitoring And Evaluation Of These Interventions Are Essential In Sculpting Effective And Responsive Strategies. This Meticulous Process Ensures Interventions Evolve, Adapt, And Align With The Changing Needs Of Survivors, Weaving A Stronger Safety Net For Current And Future Disasters. Adaptability In Disaster Response Is Essential For The Success Of Interventions. Through Diligent Monitoring And Evaluation, Practitioners Can Identify Which Strategies Are Effective And Which Are Not, Allowing Them To Customize Their Approaches To Better Serve The Community's Needs. Furthermore, Establishing Feedback Loops That Channel The Insights And Experiences Of Disaster-Affected Individuals Back Into Program Design Ensures That The Interventions Remain Relevant And Responsive. Additionally, The Measurement Of Outcomes Plays A Critical Role By Quantifying The Impact Of These Interventions. This Data Not Only Informs Improvements In Practices But Also Supports Funding Requests And Policy Changes That Can Enhance Disaster Response Efforts In The Future.

2.8. Cultural And Societal Factors In Mental Health And Addiction Responses

In The Aftermath Of Disasters, The Societal And Cultural Fabric Deeply Influences Individuals' Approaches To Mental Health And Addiction. The Extent Of Stigma Associated With These Issues Can Vary, Significantly Affecting The Recovery Process. In Some Societies, Stigma May Create Barriers To Seeking Help, While In Others, More Accepting Attitudes Can Facilitate Recovery. This Dynamic Is Underscored By Research Published In Current Psychiatry Reports, Which Points Out The Profound Impact Of Cultural Context On How Disasters Are Experienced And How Individuals, Particularly Children And Youth, Develop Coping Strategies. Cultural Attitudes Towards Mental Health And Addiction Are Nuanced And Can Either Hinder Or Help The Healing Process. Interventions Must Be Carefully Tailored To Align With These Attitudes To Be Truly Effective. For Mental Health Professionals, Cultural Competence Is Non-Negotiable; They Must Be Adept In Understanding And Respecting The Cultural Backgrounds And Values Of Those They Serve, Which Directly Correlates With The Effectiveness Of Their Work. Furthermore, The Mental Health Of Children And Youth In The Wake Of Disasters Requires Special Attention, As Their Experiences Are Often Shaped And Interpreted Through The Lens Of Cultural Factors. Interventions For These Younger Populations Must Be Designed With An Acute Awareness Of The Cultural Norms And Values That Inform Their Perceptions And Expressions Of Distress. Only With This Cultural Sensitivity Can Mental Health Interventions Hope To Achieve Their Intended Outcomes.

2.8.1. Understanding Local Cultural Practices

Communal Support Systems:

- **Family And Social Networks:** Turkish Culture Places A Strong Emphasis On Family And Extended Social Networks. Interventions Should Leverage These Networks By Involving Family Members In The Therapeutic Process. Family Counseling Sessions Can Help Address Collective Trauma And Foster A Supportive Environment For Individual Recovery.
- **Community Gatherings:** Regular Community Gatherings And Events Play A Vital Role In Turkish Society. Organizing Group Therapy Sessions And Community Workshops Within These Gatherings Can Help Normalize Mental Health Support And Encourage Participation.

Traditional Healing Methods:

- **Religious Practices:** Islam Is A Significant Aspect Of Life For Many In Turkey. Collaborating With Local Religious Leaders And Incorporating Religious Practices, Such As Prayer And Spiritual Guidance, Into Therapy Sessions Can Enhance The Relevance

And Acceptance Of Psychological Interventions. Training Imams And Religious Leaders To Recognize Mental Health Issues And Provide Initial Support Can Be Beneficial.

- **Traditional Remedies And Practices:** In Some Regions, Traditional Remedies And Healing Practices Are Still Prevalent. Mental Health Professionals Should Be Aware Of These Practices And Respect Them When Designing Interventions. Where Appropriate, Integrating These Practices With Evidence-Based Psychological Therapies Can Provide A Holistic Approach To Healing.

Integrating Modern Psychological Interventions

Cultural Adaptation Of Therapies:

- **Tailored Cognitive Behavioral Therapy (Cbt):** Adapt Cbt Techniques To Reflect Cultural Values And Norms. For Example, Incorporating Culturally Relevant Metaphors And Examples Can Make Cbt More Relatable. Emphasizing Collective Well-Being And Family Support Within Cbt Sessions Can Also Align With Cultural Values.
- **Trauma-Informed Care:** Ensure That Trauma-Informed Care Practices Are Adapted To Consider Local Experiences And Historical Contexts. Understanding The Community's History, Collective Traumas, And Social Dynamics Can Help Tailor Interventions More Effectively.

Community-Based Interventions:

- **Peer Support Groups:** Establish Peer Support Groups Led By Trained Community Members. These Groups Can Provide A Space For Individuals To Share Experiences And Coping Strategies, Fostering A Sense Of Solidarity And Mutual Support.
- **Community Education Programs:** Develop Educational Programs To Raise Awareness About Mental Health And Reduce Stigma. These Programs Can Be Conducted In Collaboration With Local Schools, Community Centers, And Religious Institutions.

Collaboration With Local Leaders:

- **Engaging Local Leaders:** Work With Community Leaders, Including Religious Figures, Educators, And Local Government Officials, To Promote Mental Health Initiatives. Their Endorsement Can Enhance Community Trust And Participation.
- **Training Programs:** Offer Training For Local Leaders On Basic Mental Health Support, Recognizing Symptoms Of Trauma, And Providing Initial Assistance. This Training Can Empower Leaders To Act As First Responders Within Their Communities.

2.8.2. Addressing Stigma And Promoting Acceptance

Public Awareness Campaigns:

- **Media Engagement:** Utilize Local Media, Including Television, Radio, And Social Media, To Disseminate Information About Mental Health. Highlight Stories Of Recovery And Resilience To Reduce Stigma And Encourage Individuals To Seek Help.
- **Cultural Messaging:** Develop Culturally Sensitive Messages That Resonate With The Community's Values And Beliefs. Emphasize The Importance Of Mental Health As Part Of Overall Well-Being And Communal Harmony.

Accessible Services:

- **Mobile Clinics:** Implement Mobile Mental Health Clinics To Reach Remote And Underserved Areas. These Clinics Can Provide Immediate Support And Referrals To More Comprehensive Services.
- **Telehealth Services:** Expand Telehealth Services To Offer Remote Counseling And Support, Particularly In Areas Where Access To Mental Health Professionals Is Limited.

2.9. Resource Limitations And Infrastructure Challenges

In The Wake Of A Disaster, The Scarcity Of Resources And The Extent Of Infrastructural Damage Significantly Impede The Delivery Of Mental Health And Addiction Services. The Challenge Extends Beyond Providing Immediate Support To Maintaining Long-Term Care, Particularly In Regions Where Healthcare Facilities Are Limited Or Have Been Destroyed. A Systematic Review In Jama Highlights The Need For A Structured Framework That Enables Case Identification, Triage, And The Execution Of Mental Health Interventions In Such Constrained Circumstances. Efficient And Equitable Allocation Of Resources Is Necessary To Ensure That Mental Health And Addiction Services Can Continue To Support Affected Individuals. When Infrastructure Is Damaged, Alternative Methods Such As Mobile Clinics And Telepsychiatry Become Valuable Solutions For Reaching Those In Need. Establishing Sustainable Services In This Context Demands Creative Solutions And Strong Partnerships Between Governments, Non-Governmental Organizations, And The Communities They Serve. These Collaborative Efforts Are Essential For Creating Resilient Healthcare Systems Capable Of Withstanding The Impacts Of Disaster And Providing Continuous Care To Those Affected.

2.10. Training And Capacity Building For Mental Health Professionals

The Aftermath Of A Disaster Often Reveals A Gap In The Availability Of Professionals Trained To Handle The Upsurge In Mental Health And Addiction Issues. To Bridge This Gap, The Development And Implementation Of Training Programs Are Vital. These Programs Are Designed To Quickly Equip Local Professionals With The Necessary Skills To Provide Effective Mental Health And Addiction Services. In Particular, Training In Trauma-Informed Care Is Crucial, As It Ensures That Service Providers Are Sensitive To And Can Adeptly Address The Trauma Experiences That Individuals Face Post-Disaster. Moreover, Addressing Organizational Challenges Is As Important As The Training Itself. This Includes Establishing Structures That Provide Support, Supervision, And Ensure The Continuity Of Care. Such Measures Are Necessary To Build Local Capacity And Maintain A Robust Response To The Mental Health Needs Arising From The Crisis, As Highlighted By The Variety Of Mental Health Support Activities And Organizational Challenges Recorded Following The Great East Japan Earthquake In BMC Psychiatry. These Steps Together Contribute To A More Resilient And Responsive Mental Health Care System In Disaster-Stricken Areas.

2.11. Integration Of Traditional And Modern Practices

The Integration Of Traditional Beliefs And Practices With Contemporary Psychological Approaches Is Essential In Regions Where Cultural And Religious Beliefs Are Deeply Intertwined With Daily Life. The Literature On Disaster Mental Health Frequently Acknowledges The Value Of Such Integration. Respect For Traditional Practices, Which Often Hold Significant Healing And Recovery Potential Within Many Cultures, Can Be Harmoniously Combined With Modern Psychological Methods To Foster A More Holistic Approach To Mental Wellness. Involving Community Leaders And Healers In The Integration Process Can Be Instrumental In Melding These Practices, Bridging The Gaps Between Differing Worldviews And Ensuring Community Buy-In. It's Also Crucial That These Integrated Practices Be Adapted In A Way That Is Evidence-Based, Upholding Their Effectiveness And Safety, To Ensure That The Interventions Are Beneficial And Culturally Sensitive.

2.12. Cultural Awareness

The Study Highlights The Importance Of Cultural Awareness In Addressing Psychological Recovery Post-Natural Disasters. Specific Cultural Practices And Beliefs Can Significantly Influence The Recovery Process, As They Shape Individuals' Coping Mechanisms And Resilience. For Instance, In Communities Where Communal Support And Collective Rituals Are Integral, These Cultural Elements Can Be Leveraged To Enhance The Effectiveness Of Psychological Interventions. Integrating Cultural Awareness Into Mental Health Services Ensures That Interventions Are Respectful And Relevant, Thereby Increasing Their Acceptance And Impact. Future Research Should Further Explore The Role Of Cultural Practices In Psychological Recovery, Examining How These Practices Can Be Harmonized With Evidence-Based Interventions To Support Holistic Healing.

2.13. Ethical Considerations In Post-Disaster Interventions

In The Aftermath Of Disasters, Upholding Ethical Standards Amidst The Prevailing Chaos Is Of Utmost Importance. Matters Such As Informed Consent, Confidentiality, And Addressing Vulnerability Take On Heightened Significance. Ensuring That Survivors Fully Comprehend The Mental Health And Addiction Services Being Provided To Them Is Essential, With Informed Consent Being Obtained In A Manner That Respects Their Ability To Make Decisions, Even In High-Stress Situations. Protecting The Privacy Of Those Receiving Aid Is A Fundamental Ethical Concern, Particularly Due To The Sensitive Nature Of Mental Health And Addiction Issues. Additionally, Special Care Must Be Directed Towards Vulnerable Populations To Ensure That Interventions Are Equitable And Do Not Cause Further Harm Or Exacerbate Existing Disparities.

2.14. Political And Organizational Coordination

For An Effective Disaster Response, It Is Imperative To Have Coordinated Efforts Among Different Levels Of Government And Organizations. Such Collaboration Ensures A More Comprehensive Approach To Addressing Mental Health Needs. However, Challenges Like Bureaucratic Hurdles And Issues In Communication Can Significantly Impede The Delivery Of Mental Health Services. A Study From Bmc Public Health (Nuzzo Et Al., 2019) Highlights The Importance Of Community Resilience And Social Capital In Mental Health During Emergencies, Recommending That Research Be Incorporated Into Government Response Frameworks To Enhance Effectiveness. An Integrated Response That Brings Together Various Government Branches And Organizations Can Lead To More Effective Service Delivery. It Is Crucial To Tackle Bureaucratic And Communication Obstacles To Avoid Delays That May Negatively Impact Mental Health Outcomes. Additionally, Tapping Into And Bolstering Community Resilience And Social Capital Is A Potent Strategy In Mental Health Disaster Response. This Strategy Is Founded On The Recognition And Strengthening Of The Community's Inherent Resources And Networks, Which Can Serve As A Solid Foundation For Recovery And Resilience.

2.15. Addressing Diverse Needs Of Different Population Groups

Disasters Have A Varied Impact On Different Demographic Groups, Which Necessitates The Development Of Tailored Approaches In Mental Health Care. It's Essential To Design Interventions That Are Sensitive To The Unique Needs Of Children, Women, The Elderly, And Those With Pre-Existing Conditions To Ensure Their Effectiveness. The Inclusivity Of These Interventions Is Crucial For Providing Equitable Care That Considers All Affected Groups. Additionally, Offering Specialized Services That Cater To The Particular Needs Of These Diverse Groups Guarantees That Care Is Not Only Appropriate But Also More Likely To Be Effective In Addressing The Specific Challenges Faced By Each Group In The Aftermath Of A Disaster.

2.16. Long-Term Sustainability Of Mental Health And Addiction Programs

Ensuring The Long-Term Sustainability Of Mental Health And Addiction Programs Post-Disaster Is A Multifaceted Challenge That Requires Both Immediate And Strategic Planning For Ongoing Support. The Necessity For Such Enduring Support Is Well Documented (Stumbo, Ford & Green, 2017) In The Field Of Disaster Mental Health. Securing Immediate Funding Is Essential, Yet It's Equally Important To Develop Strategies For Sustained Financial Backing. This Involves Advocacy For Government Funding, Engaging Private Donors, And Pursuing Grants That Provide Long-Term Financing Options. Investing In The Training And Development Of Local Mental Health Professionals Is Fundamental To Maintaining Service Capacity, Especially As The Involvement Of Initial Aid Organizations Diminishes Over Time. Additionally, The Cultivation Of Community-Based Models Of Care Can Foster More Sustainable Mental Health And Addiction Services. These Models Leverage Local Resources And Establish Support Systems Capable Of Operating Independently, Thus Ensuring Continuity Of Care That Is Resilient To The Ebb And Flow Of External Aid.

2.17. Impact Of Disaster On Mental Health Professionals

The Well-Being Of Professionals Operating In Disaster Zones Is A Critical Yet Often Overlooked Aspect Of Disaster Response. These Individuals Are At High Risk (Hernández-Torres Et Al., 2023) For Burnout And Secondary Trauma, A Concern Recognized Within The Disaster Mental

Health Community. To Support These Professionals, The Implementation Of Self-Care Protocols Is Crucial. These Protocols Help Mitigate The Risk Of Burnout And Ensure That Those Providing Aid Do Not Themselves Become Casualties Of Trauma. Additionally, Regular Supervision And Support Sessions Are Vital, Offering A Space For Mental Health Professionals To Process Their Experiences And Strategies To Cope With Compassion Fatigue. Finally, Staff Rotation Policies Can Significantly Alleviate The Stress Of Continuous Exposure To Traumatic Situations, Helping Protect The Mental Health Of Workers And Sustain The Quality Of Care They Provide. These Measures Are Essential To Maintain The Health And Effectiveness Of Those Dedicated To Managing Disaster Mental Health And Addiction Services.

2.18. Innovations And Adaptations In Disaster Mental Health Interventions

Innovative And Adaptable Approaches In Mental Health And Addiction Interventions Are Vital To Address The Multifaceted Challenges That Arise In The Aftermath Of Disasters. Rapid Research Is Essential To Understand The Immediate Mental Health Impacts And To Develop Interventions That Can Meet The Evolving Needs Of Those Affected. Leveraging Technology, Such As Telepsychiatry And Mobile Health Applications, Provides Creative Solutions For Delivering Mental Health And Addiction Services, Even When Traditional Infrastructure Is Compromised (Hilty, Turvey & Hwang, 2018). It's Also Crucial To Culturally Adapt Interventions To Align With The Local Context Of Disaster-Affected Areas, Ensuring That The Programs Are Not Only Acceptable But Also Effective. Additionally, The Design Of These Programs Must Incorporate A Degree Of Flexibility, Allowing For Adjustments To Be Made In Response To The Changing Circumstances And Needs That Characterize Disaster Response Scenarios. This Flexibility Is A Cornerstone Of Innovation, Ensuring That Mental Health And Addiction Services Remain Responsive And Relevant During Times Of Crisis.

2.19. Emerging Topics In Post-Disaster Psychological Recovery

The Psychological Recovery Process Post-Natural Disasters Must Also Focus On Emerging And Developing Issues. One Such Area Is The Use Of Digital Health Technologies, Including Telepsychiatry, Which Can Provide Remote Psychological Support To Affected Individuals. Telepsychiatry Offers A Viable Solution For Delivering Mental Health Services In Areas Where Physical Access To Healthcare Facilities Is Compromised. This Approach Not Only Ensures Continuity Of Care But Also Expands The Reach Of Mental Health Services To Underserved Populations. Moreover, The Integration Of Digital Tools Such As Mobile Health Apps Can Facilitate Self-Help And Ongoing Mental Health Monitoring, Providing Additional Support To Those In Recovery. Emphasizing These Emerging Technologies In Disaster Response Strategies Can Enhance The Overall Efficacy And Accessibility Of Mental Health Interventions.

CONCLUSION

In The Early Hours Of 2023, The Earth Beneath Kahramanmaraş Trembled, Revealing The Fragility Of Both Our Man-Made Structures And The Human Spirit. The Resulting Trauma And Surge In Addiction Underscore The Intricate Challenges That Such Disasters Inflict Upon The Psyche, Challenges That Require A Response As Multifaceted And Resilient As The Communities They Affect. This Review Has Highlighted The Profound Psychological Turmoil Unleashed By The Earthquakes, Where The Loss Of Over 50,700 Individuals And The Injury Of 107,000 Others Have Only Begun To Sketch The Outlines Of An Arduous Journey Toward Healing. The Psychological Scars, Manifested In The Form Of Ptsd, Anxiety, Depression, And Addictive Behaviors, Mirror The Findings From Global Research, Emphasizing The Enduring Impact Of Such Traumatic Events On Mental Health. Immediate Interventions Like Psychological First Aid Stand Out As Critical Initial Responses, Offering Solace Amidst Chaos. Yet, The Path Of Recovery Extends Far Beyond The Immediacy Of Disaster. It Demands Ongoing Mental Health Support, An Investment In Both The Cultural Fabric And The Evidence-Based Methodologies That Underpin Effective Care, Especially In The Culturally Rich Context Of Turkey. The Path Forward Is Strewn With Hurdles: The Cultural Stigmas That Shroud Mental Health, The Finite Pool Of Resources, And The Imperative Of Training Skilled Professionals In Trauma And Addiction. Ethical

Diligence, The Mobilization Of Political Support, And Organizational Synergy Are The Linchpins For Equitable And Effective Interventions. The Narrative Of Recovery Is Incomplete Without Acknowledging The Diverse Needs Of Affected Populations And The Requisite Sustainability Of Mental Health Programs. Equally Important Is Safeguarding The Well-Being Of Those On The Front Lines—The Mental Health Professionals Facing The Vicissitudes Of Trauma Alongside Those They Serve. Innovation And Flexibility In Mental Health Interventions Are Indispensable Allies In This Endeavor, Offering The Promise Of Strategies That Can Pivot In Response To Emergent Challenges And Evolving Needs. As We Reflect On The Lessons Of The Kahramanmaraş Earthquakes, It Is Evident That Our Collective Resilience Is Being Tested Not Just In Physical Reconstruction But In The Domain Of Mental Fortitude As Well. The Discussions Presented Herein Contribute To A Larger Dialogue On Disaster Response, Emphasizing The Critical Imperative To Address Both Trauma And Addiction In The Aftermath Of Calamity. In The Synthesis Of Comprehensive Understanding, Concerted Action, And Persistent Innovation Lies Our Best Hope—Not Only To Rebuild The Crumbled Edifices Around Us But To Heal And Reinforce The Communal Spirit Within. The Earthquakes Have Underscored An Invaluable Lesson: Addressing The Psychological Aftermath Is Not Merely A Journey Back To Normalcy; It Is A Quest To Imbue Our Collective Resilience With The Strength To Withstand The Uncertainties Of The Future.

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EXTENDED ABSTRACT
GENİŞLETİLMİŞ ÖZET**KAHRAMANMARAŞ DEPREMLERİNİN ARDINDAN TRAVMA, BAĞIMLILIK VE İYİLEŞME
YOLCULUĞU**

2023 Kahramanmaraş depremleri, Türkiye'nin yanı sıra küresel toplulukta da önemli bir yankı uyandırmıştır. Bu felaket, beklenmedik bir anda milyonlarca insanın hayatını alt üst ederken, hem bireysel hem de toplumsal düzeyde derin psikolojik izler bırakmıştır. Tarih boyunca, depremlerin yol açtığı yıkım ve kaos ortamları, insanların ruh sağlığı üzerinde kalıcı etkiler yaratma potansiyeline sahiptir. Kahramanmaraş depremleri, bu gerçeği bir kez daha gözler önüne sermiş ve travma sonrası zihinsel sağlık problemlerinin ele alınması gerekliliğini vurgulamıştır.

Bu makalenin amacı, Kahramanmaraş depremleri sonrası ortaya çıkan travmatik deneyimlerin ve bunların bağımlılık ile olan ilişkisinin kapsamlı bir analizini sunmaktır. Depremden etkilenen bireylerde görülen travma sonrası stres bozukluğu (TSSB), anksiyete, depresyon ve çeşitli bağımlılık formlarındaki artışlar, bu çalışmanın temel odağını oluşturacaktır. Makale, global ölçekte depremler sonrası yapılan araştırmaların bulgularını bir araya getirerek, bu deneyimlerden çıkarılabilecek dersleri ve stratejileri tartışmayı hedeflemektedir. Türkiye'deki mevcut durumu Japonya, Nepal, İtalya, İran, Pakistan, Haiti ve Çin'de yaşanan benzer felaketlerle karşılaştırarak, bu ülkelerin tecrübelerinden ve uygulamalarından yararlanmayı ve Kahramanmaraş depremi sonrasında karşılaşılan zihinsel sağlık zorluklarının üstesinden gelmekte kullanılacak yöntemleri önermeyi amaçlar. Böylece, travma ve bağımlılığın kesişim noktasında yer alan bireylerin iyileşme süreçlerine ışık tutacak ve bu alanda çalışan profesyoneller için yol gösterici bilgiler sunacak bir literatür çalışması gerçekleştirilecektir.

Makalemiz, Kahramanmaraş depremi sonrasında bireylerin yaşadığı travma ve stresle başa çıkmalarına yardımcı olmak için, acil müdahaleden uzun vadeli iyileşme süreçlerine kadar geniş bir yelpazede stratejiler önermektedir. Bu stratejilerin başında, deprem sonrası kaotik ortamda insanların psikolojik ihtiyaçlarına hızlı ve etkili bir şekilde yanıt vermek üzere tasarlanmış Psikolojik İlk Yardım (PİY) yaklaşımı gelmektedir. PİY, bireylerin travma sonrası deneyimleriyle baş etmelerine ve psikolojik dirençlerini artırmalarına yardımcı olacak ilk müdahalelerin bir parçasıdır.

Öte yandan, uzun vadeli iyileşme ve adaptasyon için sürdürülebilir psikolojik danışmanlık ve toplum tabanlı destek programları da büyük önem taşımaktadır. Bu programlar, bireylerin travmatik deneyimlerini işlemelerine, bağımlılık gibi riskli davranışlardan uzak durmalarına ve topluluk içinde destek ve anlayış bulmalarına olanak tanır. Uzun vadeli müdahaleler, aynı zamanda travma sonrası iyileşme sürecinde bireyin sosyal ve ekonomik hayata tekrar entegre olabilmesi için gerekli kaynaklara erişimini de kolaylaştırmalıdır.

Bu müdahale yaklaşımlarının uygulanması sırasında, etkilenen toplulukların kültürel değerlerine ve inançlarına duyarlı olmak esastır. Kültürel nüansların müdahale stratejilerine entegrasyonu, bu sürecin karmaşıklığını anlamamızı ve bireylerin ihtiyaçlarına daha iyi yanıt vermemizi sağlar. Ayrıca, etik düşünceler her zaman öncelikli olmalı ve müdahaleler, bireylerin özerkliğine ve bütünlüğüne saygı göstermeli, onları travma sonrası daha da zorlayabilecek herhangi bir durumdan kaçınmalıdır.

Politik koordinasyon, bu tür müdahalelerin başarısında kritik bir role sahiptir. Etkili politik koordinasyon sayesinde, kaynaklar verimli bir şekilde ayrılabilir, müdahalelerin erişimi genişletilebilir ve farklı kurumlar arası iş birliği sağlanabilir. Son olarak, zihinsel sağlık profesyonellerinin, deprem travması ve sonrasında gelişebilecek psikolojik komplikasyonların tedavisi konusunda özel olarak eğitilmesi gerekmektedir. Bu eğitim, profesyonellerin gerekli beceri ve bilgi birikimine sahip olmalarını sağlayarak, etkilenen bireylerin karşılaştıkları zorluklarla daha etkin bir şekilde baş etmelerine yardımcı olur.

Bu çalışmada, Kahramanmaraş depremi sonrasında karşılaşılan başlıca zorluklar detaylı bir şekilde incelenmektedir. Kaynak kıstlılıkları, depremin yarattığı hasarın büyüklüğüyle doğrudan ilişkilidir ve yeterli yardımın hızlı bir şekilde sağlanabilmesi için kritik bir engel teşkil eder. Altyapıdaki hasarlar, özellikle sağlık hizmetlerinin sunumu ve acil durum müdahalelerinde ciddi aksamalar yol açar. Bu tür zorluklar, travma sonrası iyileşme sürecini yavaşlatmakta ve psikolojik yardımın etkin bir şekilde ulaştırılmasını engellemektedir.

Kültürel engeller ise, travma sonrası müdahale ve iyileşme süreçlerinde bireylerin deneyimlerini anlamada ve uygun müdahalelerin uygulanmasında karşımıza çıkmaktadır. Bu engeller, toplumun değer yargıları, inanç sistemleri ve travmayı ele alış biçimleri ile ilgilidir. Ayrıca, zihinsel sağlık hizmetlerine erişimde ve bu hizmetlerin kabulünde de belirleyici bir rol oynamaktadır.

Zihinsel sağlık programlarının uzun vadeli sürdürülebilirliği, özellikle ekonomik kısıtlamalar ve insan kaynaklarındaki yetersizlikler göz önünde bulundurulduğunda, başka bir önemli meseledir. Depremin ardından sağlanan desteklerin sürdürülebilir olması, toplumun uzun vadeli iyileşmesi ve direncinin artırılması için zorunludur. Bu, hem finansal kaynakların yönetimi hem de eğitilmiş profesyonellerin ve gönüllülerin devamlılığını içerir.

Felaket bölgelerinde çalışan profesyonellerin ve gönüllülerin zihinsel sağlığına destek olmak, genellikle göz ardı edilen ancak hayati öneme sahip bir konudur. Bu bireyler, tükenmişlik ve ikincil travma gibi risklerle karşı karşıyadır. Onların da desteklenmesi, travma sonrası toplumun iyileşme kapasitesini artıracak ve sürdürülebilir bir yardım çabasını mümkün kılacaktır. Bu nedenle, müdahale planları, yardım çalışmalarının bu önemli unsurlarını koruyacak ve destekleyecek şekilde tasarlanmalıdır.

Bu makale, felaket sonrası zihinsel sağlık sonuçlarının iyileştirilmesi için, hızlı ve duyarlı araştırmaların desteklediği yenilikçi ve uyarlanabilir müdahalelerin gerekliliğini savunmaktadır. Felaketlerin ardından ortaya çıkan zihinsel sağlık sorunlarına hızlı bir yanıt vermek, etkilenen bireylerin ve toplulukların iyileşme sürecini büyük ölçüde hızlandırabilir. Bu nedenle, araştırmacılar ve pratik uygulayıcılar, değişen koşullara hızla uyum sağlayabilen, etkili ve esnek müdahale stratejileri geliştirmek için bir araya gelmelidir.

Yenilikçi müdahaleler, bilimsel araştırmalara dayalı olmalı ve toplumun ihtiyaçlarına göre özelleştirilmelidir. Bu

yaklaşımın temelinde, travma ve bağımlılık gibi konuların bütüncül bir şekilde ele alınması yatmaktadır. Bütüncül iyileşme, yalnızca bireysel sağlık sonuçlarını değil, aynı zamanda sosyal ve ekonomik refahı da içermelidir. Bu, bireylerin toplulukları içinde işlevsel ve üretken roller üstlenmelerini sağlayarak, toplumun genel iyileşme kapasitesini artırır.

Bu kapsamlı inceleme, felaket müdahalesi üzerine olan tartışmalara somut katkılar sağlamayı amaçlamaktadır. İncelenen müdahalelerin etkinliği ve uygulanabilirliği, değişik kültürel bağlamlarda ve çeşitli sosyo-ekonomik koşullarda test edilmeli ve doğrulanmalıdır. Araştırma ve müdahalelerin bu şekilde uyarlanabilirliği, felaketlerin ardından zihinsel sağlık hizmetlerinin hızla yerine getirilmesini sağlayarak, travma ve bağımlılığın etkilerini azaltabilir ve toplumların daha hızlı iyileşmesine katkıda bulunabilir.

Sonuç olarak, bu çalışma, felaket müdahalesi ve iyileşme süreçlerinde travma ve bağımlılığın bütüncül olarak ele alınmasının, etkilenen bireyler ve topluluklar için en iyi sonuçları nasıl sağlayabileceğine dair kanıtlar ve öneriler sunmaktadır. Bu yaklaşım, aynı zamanda, felaket sonrası zihinsel sağlık hizmetlerinin gelecekteki yönünü şekillendirecek olan politika yapıcılar ve uygulayıcılar için de bir rehber işlevi görmeyi hedeflemektedir.

KATKI ORANI BEYANI VE ÇIKAR ÇATIŞMASI BİLDİRİMİ

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