

News & Updates

St. Croix Long Term Recovery Group



The St. Croix Long Term Recovery Group (LTRG) is a cooperative body that is made up of representatives from faith-based, non-profit, government, business and other organizations working within St. Croix to assist individuals and families as they recover from Hurricane Maria. The goal of the LTRG is to match recovery resources with community needs in order to ensure that even the most vulnerable in the community recover from the disaster.

To reach the office, please call (340) 713-4440 or email Christina Joseph, Executive Assistant, at cjoseph@stxltrg.org

Next LTRG Meeting is TOMORROW at 6:00pm

We will meet at the St. Croix Christian Church

Please plan to join us tomorrow at 6:00 for our next full meeting. We will hear updates from committees, learn about exciting new projects (including a presence at the upcoming Ag Fair), and ways that we can support each other in this recovery effort.

If you cannot attend in person but still want to be a part of the conversation, please join us by Zoom:

Join Zoom Meeting

<https://zoom.us/j/618933801>

One tap mobile

+14086380968,,618933801# US (San Jose)

+16468769923,,618933801# US (New York)

Dial by your location

+1 408 638 0968 US (San Jose)

+1 646 876 9923 US (New York)

+1 669 900 6833 US (San Jose)

Meeting ID: 618 933 801

Find your local number: <https://zoom.us/u/abhTNx4nXI>

Volunteers Needed for AG Fair 2019

Can you spare 2 hours to represent the LTRG?

The LTRG seeks volunteers to talk about the organization, distribute flyers and encourage residents to join in two hour shifts. Shifts begin 9:00am pm Saturday, Sunday and Monday, February 16th-18th, with last shift ending at 5:00pm on Monday.

Tools for Resilience, Compassion Fatigue Workshops

Space is still available!

Download the flyer: [Click Here](#)

You are invited to attend: Tools for Building Resilience
A workshop presented by Presbyterian Disaster Assistance Sponsored by FEMA

Please register for one workshop.

Tuesday, February 19 2019 9:00 AM- 1:00 PM
St. Croix Christian Church
3019A Estate Orange Grove, Christiansted
https://www.surveymonkey.com/r/PDA_SC2-19-19

OR
Wednesday, February 20 2019 4:00 PM- 8:00 PM
St. Croix Christian Church
3019A Estate Orange Grove, Christiansted
https://www.surveymonkey.com/r/PDA_SC2-20-19

OR
Thursday, February 21 2019 9:00 AM- 1:00 PM
Island Baptist Church
105 CA Rte 701 (Melvin Evans Highway, Frederiksted)
https://www.surveymonkey.com/r/PDA_SC2-21-19

OR
Friday, February 22 2019 9:00 AM- 1:00 PM
Island Baptist Church
105 CA Rte 701 (Melvin Evans Highway), Frederiksted
https://www.surveymonkey.com/r/PDA_SC2-22-19

You will learn...

Essential elements of building and maintaining resilience

How to transform one's life from the stress of reactivity to the calm effectiveness of intentionality

Tools for Building Resilience is a program presented by Presbyterian Disaster Assistance. It is a half-day workshop designed to give participants the opportunity to refocus, re-charge, and learn new tools for resilience and to remember their best resilience tools. It is designed to be presented to secular groups and organizations as well as to those in faith-based situations. The program is grounded in the empirical understanding that stress is mitigated through a set of essential elements for building resilience that include practicing self-care, using narrative, and strengthening positive relationships. Participants practice tools for resilience that can be used in the midst of stressful situations as well as part of a broader self-care lifestyle.

Portions of the Tools workshop are based in Dr. Eric Gentry's work in Compassion Fatigue (<http://www.compassionunlimited.com>). We also draw from the work of Jim Norman with Eastern Mennonite University, Dr. Andrew Weil, Ashley Davis Bush and others. A key concept is the understanding that managing and regulating our own responses help mitigate the impact of stress in the moment, reducing the potential for build-up of prolonged stress responses.

The design of the program includes underpinnings in adult learning styles, including the principle that adults learn best when they get involved in the learning process and have a chance to experience what they are learning. Therefore, we offer participants opportunities for self-reflection and to draw on their own knowledge and experience. We support their increasing self-confidence by providing detailed practice of new tools throughout the three and one-half hour program.

The program includes presentation and discussion of common signs of stress as well as methods for coping, grounded in physiological aspects of stress responses. It involves presentation of information about stress and resilience and the opportunity for participants to develop personalized plans for responding to stress and life events in ways that are more resilient.

Promote the Hotline!

The LTRG has a dedicated HOTLINE for beneficiaries to use to get connected with Disaster Case Managers. Please share this flyer (in English and Spanish) broadly within our community. We don't want ANYONE to fall through the cracks!

[ENGLISH FLYER](#)

[SPANISH FLYER](#)



SPONSORED PROJECT OF THE
ST. CROIX FOUNDATION

ST. CROIX LONG TERM RECOVERY GROUP

HOTLINE

DISASTER CAUSED UNMET NEED

IF YOU ARE A HURRICANE IRMA/MARIA DISASTER SURVIVOR STILL IN NEED OF **INFORMATION, ASSISTANCE** OR A **DISASTER RECOVERY PLAN** PLEASE CONTACT THE DISASTER CASE MANAGEMENT COMMITTEE OF THE LONG TERM RECOVERY GROUP AT THE NUMBER BELOW:

(340) 473 - 5305

"The mission of the STX LTRG is to help our members independently provide community services on a daily basis, as well as to provide effective relief and recovery services to people affected by disaster on the island of St. Croix, USVI."

Upcoming Events

Upcoming Committee Meetings:

Disaster Case Management: Feb. 15, 1:00 pm. Contact Karen Hunt at khunt@vipistx.org

Wellness Committee: Feb. 26, 1:30 pm. Contact Lori Edwards at ledwards@myfastmail.com

Unmet Needs Committee: Feb. 13, 5:30 pm. Contact Cheryl O'Reilly at caoscorpion@hotmail.com

Youth Committee: Feb. 21, 5:30 pm. Contact Xawntoia Franklin at xawntoia@hotmail.com

If your committee is not listed, please check with your committee chair.