

Resilience Subcommittee
Governor's Advisory Committee on WNC Recovery

October 15, 2026

Objectives:

- Build a shared understanding of post-disaster mental health in WNC.
- Learn from regional experts about what is working and what is missing.
- Identify actionable priorities to strengthen long-term mental health resilience across the region.

Agenda

2:00-2:10 Welcome & Why We are Here	Frame mental health as a core component of long-term disaster recovery and resilience. Governor's office remarks on mental health
2:10-2:25 Connecting organizational capacity to community resilience	Elizabeth O'Hagan, Regional Manager of Community Engagement, CROSSNORE • How do strong community connections, trusted relationships, and local networks become embedded within organizations and how do those connections help communities withstand and recover from disaster?
2:25-2:40 Disasters & Mental Health	Jen Runkle, Epidemiologist, North Carolina Institute of Climate Studies • What happens after disaster? • What are we seeing after Helene? • Recovery is a long-term game
2:40-3:10 Moderated Panel: What is working and what is missing?	1. What are you seeing and hearing in your communities now? 2. What has helped and what is still missing? 3. What do we need moving forward? Lisa DeCiantis, Chief Clinical Office for Mental Health Wellness, Treatment, and Recovery at the Division of Mental Health, Developmental Disabilities, and Substance Use Services Erin Braasch, Executive Director, WNC Health Network Tiffany English, Mountain Community Health Partnership Autumn Fischer, Appalachian Mountain Community Health Centers Meghan Corneal, Southeast US Representative, Disaster Relief / Recovery / Resilience Direct Relief

	Amelia Wheeler, School of Teaching and Learning, Western Carolina University
3:10-3:25 Putting Resilience into Practice – Resources for Resilience	A brief, experiential introduction to practical tools participants can use to support individual regulation, connection, and resilience.
3:25-3:30 Closing	Next meeting