

There will be a **Psychological First Aid** class held on Wednesday, August 12, 2009 from 8:00 a.m. until 5:00 p.m. at the Managed Emergency Surge for Healthcare (MESH) location at 3930 N. Georgetown Road, Indianapolis 46254. A training course summary is below.

If you are interested in participating in this training there are three prerequisites:

1. To register for the class, send an email to me no later than Wednesday August 5th at 3:00 p.m. (Further information and instructions will be sent to individuals who register for the class. After successful completion, CEU certificates will be emailed to participants.)
2. Complete the NIMS training ICS 100, 200 & 700 and forward your certificates of completion to me. (I have several from many of you. If you haven't sent yours yet, I need your certificates prior to August 10th in order for you to participate in the class. You may email me your certificate or forward your FEMA NIMS successful completion email.)
3. Download the Psychological First Aid Manual at http://www.ncptsd.va.gov/ncmain/ncdocs/manuals/PFA_2ndEditionwithappendices.pdf . Review the content prior to the training session and bring a copy of the manual with you to training on August 12th. (Knowledge of the content is essential as references to this manual will be made during the session. If you are unable to download it, let me know & I'll send you a pdf copy.)

This class is for individuals who have not attended a previous PFA training. If you have any questions, please let me know.

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PSYCHOLOGICAL FIRST AID TRAINING

8:00 a.m. to 5:00 p.m.

Psychological First Aid (PFA) is a supportive intervention for use in the immediate aftermath of disasters and terrorism. PFA is supported by disaster mental health experts as the acute intervention of choice when responding to the psychosocial needs of persons affected by disaster and terrorism. This course prepares individuals to provide basic care, comfort and support to people who are experiencing disaster-related stress. It provides a framework for understanding the factors related to stress responses in disaster situations affecting workers and the people they serve. Practical approaches about what to say and do are covered in the principles of Psychological First Aid.

This training curriculum has been provided by the Indiana Division of Mental Health and Addiction Services

Training will Address:

1. Psychological Consequences of Disasters
2. Special Population Considerations
3. Needs of Survivors and Responders
4. Guiding Principles of PFA
5. Role of Responder
6. Signs of Acute Distress
7. Referrals
8. Group Intervention
9. Self Care

Training will include didactic presentations, role play, exercises and video presentations.

Prerequisites:

1. National Child Traumatic Stress Network and National Center for PTSD, *Psychological First Aid: Field Operations Guide, 2nd Edition*. July, 2006
2. NIMS 100, NIMS 200, NIMS 700

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PSYCHOLOGICAL FIRST AID

Basic Objectives

1. Establish a human connection in a non-intrusive, compassionate manner
2. Enhance immediate and ongoing safety
3. Provide physical and emotional comfort and support
4. Calm and orient emotionally overwhelmed
5. Help survivors communicate their specific, immediate needs and concerns
6. Address immediate needs and concerns
7. Gather additional information where appropriate
8. Offer practical assistance and information to help survivors address immediate needs and concerns
9. Help connect survivors as soon as possible to social support networks
 - Family members
 - Friends
 - Neighbors
 - Community helping resources
10. Support and acknowledge coping efforts and strengths
11. Empower survivors
12. Encourage adults, children and families to take an active role in their recovery
13. Link survivors to other members of disaster response team or local systems:
 - Local recovery teams
 - Mental health services
 - Public sector services
 - Organizations

- **Psychological First Aid: Field Operations Guide, 2nd Edition, 2006**
- **Shultz, James, et. al. Disaster Behavioral Health: All Hazards Training, University of Miami. Center for Disaster Epidemiology & Emergency Preparedness**