

Registration Information

- * Participants must be designated by their State Agency as members of their Resiliency Team.
 - * The size of a State Agency Resiliency Team is dependent upon the agency's response role and anticipated needs, but the minimum team size is three (3) members.
 - * Please designate at least one (1) Team Leader prior to the training
 - * This is a Train-the-Trainer course so you will receive materials that will allow you to provide PFA training to your own agency staff
- REGISTRATION IS REQUIRED FOR THIS TRAINING.**
- ***Registration for this course will only be accepted at MN.TRAIN <http://mn.train.org>**
 - * You will need to create an account to register in MN.TRAIN
 - * Registration in MN.TRAIN will allow us to track who has been trained and to provide additional education and assistance as needed.

Register for Course ID # 1018664
Register for only ONE session:
Sept 14 OR Sept 15

For questions regarding the training, contact Nancy Carlson, MDH, at 651-201-5707 or Nancy.J.Carlson@state.mn.us

Psychological First Aid for State Agency Resiliency Teams Train-the-Trainer Course

Course ID # 1018664



If you require this document in another format, such as large print, Braille or cassette tape, Please call 651-201-5560.

Printed on recycled paper.



Minnesota Department of Health
Office of Emergency Preparedness
625 Robert St. N.
PO Box 64975
St. Paul, MN 55164-0975
651-201-5700
651-201-5797 TDD
www.health.state.mn.us

JULY 2009

WHEN

September 14, 2009
12:30-4:30 PM

Or

September 15, 2009
12:30-4:30 PM

WHERE

Minnesota Department of Health
Snelling Office Park
Conference Center
1645 Energy Park Drive
St. Paul, MN
Mississippi Room

Psychological First Aid

Psychological First Aid

Psychological First Aid (PFA) is a set of skills that helps first responders and other community responder's care for their clients, co-workers, families, friends and neighbors.

PFA has become the standard in helping others cope in times of crisis. As the centerpiece of many communities, hospital staff, county and state services, law enforcement, and other emergency service providers are in a unique position to see and assist in monitoring the public during and after an event. As helping professionals we are not immune from these events either and dealing with our own colleagues is stressful as well.

PFA will add to the skills you already possess in effectively helping ourselves and others during a major incident.



This session is designed to support the state of Minnesota in preparing to deal with a possible moderate to severe pandemic influenza by providing staff support services.

Most of the time people do just fine on their own when confronted with an uncommon situation, but often people simply need a caring person to listen and to assist them. Assisting an individual during a difficult and stressful situation can provide hope, and increase resilience.

Areas of Training

- Recognizing normal stress reactions, including the psychosocial and social consequences of pandemic influenza
- Psychological First Aid interventions
- Building disaster resiliency
- Behavioral health surge
- Self Care
- Developing staff support teams
- Response tools (PFA triage forms, staff assessment check lists, etc...

Course Objectives

- Learn how to develop a state agency Resiliency Team to provide emotional support and support workforce resilience during a possible moderate -to - severe pandemic influenza in Minnesota.
- Understand Psychological First Aid Interventions such as: active listening, recognizing common stress responses in adults and children.
- Be able to provide Self Care by recognizing signs and symptoms of personal stress, initiating strategies to improve performance, and assist peers.
- Familiarize participants with the psychosocial and social consequences of pandemic influenza.
- Teach participants how to utilize key principles of psychological first aid to assist their co-workers during a pandemic influenza.