



Psychological First Aid (PFA) LIVE VIRTUAL (Public Health Emergency Preparedness (PHEP) LHD Core Deliverable C-16)

Course Description: The Office of Health Emergency Preparedness (OHEP), in partnership with the NYS Office of Mental Health (OMH) and the SUNY New Paltz Institute for Disaster Mental Health (IDMH), has developed a revised curriculum in Psychological First Aid (PFA). PFA is an evidence-informed approach that provides staff with practical methods to help people with their basic needs and immediate concerns during, or in the aftermath, of an emergency. It is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping.

Course Objectives:

- Describe what PFA is and why it is important
- Identify the core components of PFA
- Learn how to recognize and respond to early stress reactions among individuals impacted by a traumatic event or disaster

Available Live Virtual Course Sections:

- [Tuesday, May 21, 2024, at 2:30pm](#)
- [Monday, June 3, 2024, at 11:00am](#)
- [Friday, June 14, 2024, at 9:30am](#)

Prerequisites: There are no prerequisites.

Faculty: Karla Vermeulen, Ph.D., Deputy Director—
Institute for Disaster Mental Health at SUNY New Paltz

[This Course Meets the Requirements for BP-5 \(2023-2024
Public Health Emergency Preparedness \(PHEP\) LHD Core
Deliverable C-16.](#)

Length: 1.5 Hours

Target Audience:

Hospital, nursing home, adult care facility, Local Health Department, Emergency Medical Services, and Emergency Management staff.

Cost: There is no fee for this course.

Registration Details:

Register through the New York State Department of Health Learning Management System (LMS). Access the LMS by visiting www.nylearnsph.com and searching for course number [OHEP-BP5-PFA](#) or scanning the QR Code Below.

