

Psychological First Aid Technical Assistance Training

University at Albany Center for Public Health Preparedness

Background:

Psychological First Aid (PFA) is an evidence informed approach for assisting people in the immediate aftermath of disaster: to reduce initial distress and to foster short- and long-term adaptive functioning. Early interventions such as PFA can help promote a healthy recovery for individuals affected by disaster or personal crisis but many responders lack training in PFA. This in part due to a lack of subject matter expertise or behavioral health resources to help implement practice based PFA training.

Purpose of Training:

The training is intended to prepare local mental and behavioral health staff to serve as Technical Assistance Providers for Psychological First Aid (PFA) training to their Emergency Preparedness partners. The training will provide learners with an overview of the Psychological First Aid (PFA) project and the role of behavioral health professionals in fostering PFA capacity and workforce resiliency at the local level. Participants will learn how to facilitate, moderate, and evaluate the interactive PFA sessions. Participants will learn how to tailor the scenario based activities to the **role** (administration, front line, etc.), **level** (beginner, intermediate, refresher, etc.) and **setting** (hospitals, public health, shelters, home care, etc.) of emergency preparedness partners. Practice based sessions included in the training.

Course objectives:

At the end of the education sessions, learners will be able to:

- Describe PFA and the principles of PFA
- Describe the role of local mental health in developing capacity for PFA training
- Tailor training exercises to agency specific needs
- Facilitate interactive PFA practice sessions
- Evaluate skill acquisition and provide feedback to training participants

Target Audience:

Behavioral and Mental Health providers, Social workers, Disaster Mental Health volunteers and/or counselors.

Instructor:

Karla Vermeulen, PhD
Institute of Disaster Mental Health, SUNY New Paltz

Training Date

Wednesday, August 17th 10am to 1pm

Locations and Registration:

Please click on the link below to register for the most convenient location

Region	Location
Capital District	UAlbany School of Public Health 1 University Place, GEC Rensselaer, NY 12144
Central New York	NYS Office of Mental Health Central New York Field Office 545 Cedar Street Syracuse, NY 13210
Western New York	Buffalo TBD

Training to be scheduled for Hudson Valley and Long Island regions in September 2016.

Pre-requisite: Participants without previous PFA training will be asked to complete a 1 hour online course on PFA as background study.

Travel and expenses: Travel will be reimbursed. Refreshments provided.

Questions Regarding Training:

Direct questions to the University at Albany CPHP at cphe@albany.edu or 518-402-2066.