Psychological First Aid (PFA) Train-the-Trainer

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:

- In this four-hour training, participants will learn PFA and how to teach the curriculum to staff at their job site or agency on how to recognize and respond to early stress reactions among individuals impacted by a traumatic event or disaster.

Available Live Course Sections:

- Wednesday, May 29, 2024, from 10:00am—2:00pm at the NYSDOH Rochester Office, Eagles Landing, 1565 Jefferson Road, Suite 120, Rochester, NY 14623
- Monday, June 10, 2024, from 10:00am—2:00pm at the Hoch Center for Emergency Education (@ Phelps Hospital), 755 N. Broadway, Suite 200, (Building 755), Sleepy Hollow, NY 10591

Prerequisites: There are no prerequisites.

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

Length: 4 Hours

Target Audience:
One person from each hospital, county health department, and mental health facility identified to return to their facility and teach staff members on how to incorporate PFA practices into their response activities.

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-PFATTT or scanning the QR Code Below.

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Learning Management System Support

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