

Pennsylvania Emergency Behavioral Health Program

Psychological First Aid



DATE: March 6, 2017

TIME: 8:15 AM – 4:30 PM (Registration at 8:00 AM)

**LOCATION: Luzerne County Emergency Operations Center
185 Water Street, Wilkes-Barre, PA 18702**

Sponsored by:

PA Department of Health

Bureau of Public Health Preparedness

PA Department of Human Services

Office of Mental Health and Substance Abuse Services

THERE IS NO CHARGE FOR THIS PROGRAM.

Funding for this training was made possible (in part) by the Centers for Disease Control and Prevention and/or Department of Health and Human Services Assistant Secretary for Preparedness and Response. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Registration Instructions Included. Please see last page.

GENERAL INFORMATION

Program Description

Psychological First Aid (PFA) is an evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster, terrorism, and other crisis events. It is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping. Principles and techniques of PFA meet four basic standards: They are:

1. Consistent with research evidence on risk and resilience following trauma;
2. Applicable and practical in field settings;
3. Appropriate for developmental levels across the lifespan;
4. Culturally informed and delivered in a flexible manner.

PFA does not assume that all survivors will develop severe mental health problems or long-term difficulties in recovery. It is based on the understanding that disaster survivors and others affected by such events will experience a broad range of early reactions (physical, psychological, behavioral, and spiritual). Some of these reactions will cause enough distress to interfere with adaptive coping, and recovery may be helped by support from compassionate and caring disaster responders.

Participants attending this *training should be able to*:

- *Establish a human connection* in a non-intrusive, compassionate manner.
- Enhance immediate and ongoing safety, and provide physical and emotional comfort.
- Calm and orient emotionally overwhelmed or distraught survivors.
- Help survivors to identify their immediate needs and concerns.
- Gather additional information as appropriate.
- Offer practical assistance and information to help survivors address immediate needs/concerns.

Program materials are based on the Psychological First Aid Field Operations Guide developed by National Child Traumatic Stress Network and National Center for Post-Traumatic Stress Disorder. Access at www.nctsn.org/content/psychological-first-aid

Targeted Audience

The program is being offered to expand the skills of behavioral health and emergency/disaster responders across the Commonwealth of Pennsylvania. This includes Disaster Crisis Outreach and Referral Team (DCORT) County Coordinators, DCORT members, and other emergency/disaster response personnel.

FACULTY

LORRI VANDERMARK, Contractor, DHS OMHSAS, Emergency Behavioral Health Program

REGISTRATION INFORMATION

ACCESSIBILITY AND SPECIAL NEEDS: Participation by all individuals is encouraged. Advance notice of any special needs will help us provide better service. Please call 717-772-7788 to request any special accommodation needs (including dietary).

Please follow INSTRUCTIONS FOR ON-LINE REGISTRATION on page 4 (last page of brochure).

PRE-REGISTRATION IS REQUIRED. NO REGISTRATIONS ACCEPTED BY PHONE.

PLEASE REGISTER BY MARCH 1, 2017.

PROGRAM AGENDA

TIME	Topics
8:00 am	Registration
8:15-8:30 am	Welcoming/Introductions
8:30-12:00 N	Presentation (with break)
12:00 N-1:00 pm	Lunch (On your own)
1:00-4:30 pm	Presentation (with break)
4:30 pm	Adjourn

ATTENDANCE AND COMPLETION CERTIFICATES WILL BE AWARDED IN AMOUNT OF 7.0 HOURS.

Requests have been submitted for the following credits:

NASW-PA Chapter is a co-sponsor of this workshop. **7.0** CE's will be awarded for completion of this course. NASW has been designated as a pre-approved provider of professional continuing education for social workers (Section 47.36), Marriage and Family Therapist (Section 48.36) and Professional Counselors (Section 49.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors.

Nursing Contact Hours Act 58: The Pennsylvania Department of Health is an approved provider of continuing education for registered nurses in Pennsylvania under Act 58 of 2006 and 49 PA Code, Chapter 21 § 21.134 (Continuing Education Sources) of the rules and regulations of the State Board of Nursing. **7.0** credits will be awarded for attending this program.

Emergency Medical Services (EMS): Continuing education credits of 7.0 hours (4 hours of Medical/Trauma and 3 hours of Other) for this course for First Responders (FR), Emergency Medical Technicians (EMT), Emergency Medical Technicians – Paramedics (EMT-P) and Pre-Hospital Registered Nurses (PHRN).

Educators Act 48: Pursuant to Act 48 of 1999, Section 1205.2 (Program of Continuing Professional Education) (d), the Pennsylvania Department of Health, Division of School Health is an Approved Provider of the Pennsylvania Department of Education. **7.0** credits will be awarded for attending this program.

Coroners: **Two (2)** hours of continuing education by the Pennsylvania Coroners' Education Board under the provisions of Act 22 of 1988 will be awarded for this course. The CEB Course NO. is TBD.

DRIVING DIRECTIONS/PARKING

DRIVING DIRECTIONS: Luzerne County Emergency Operations Center
STREET ADDRESS: 185 Water Street, Wilkes-Barre, PA 18711
Phone: 570-820-4400

To access directions to the facility, click on the link which will take you to a map of the region.
Click on the Link for

For additional directions, visit www.mapquest.com or www.Google.com and enter beginning and ending address.

INSTRUCTIONS FOR ON-LINE REGISTRATION TRAIN PA (NEW LEARNING MANAGEMENT SYSTEM)

PSYCHOLOGICAL FIRST AID

DATE: MARCH 6, 2017

TIME: 8:15AM-4:30PM (REGISTRATION 8:00AM)

LOCATION: Luzerne County EOC, 185 Water Street, Wilkes-Barre, PA 18711

PLEASE NOTE: PRE-REGISTRATION FOR THIS PROGRAM IS REQUIRED. REGISTRATIONS ARE LIMITED TO THE FIRST 35 APPLICANTS. NO REGISTRATIONS WILL BE ACCEPTED BY PHONE. NO REGISTRATIONS WILL BE ACCEPTED AFTER MARCH 1, 2017.

PLEASE READ AND FOLLOW INSTRUCTIONS CAREFULLY. IF YOU HAVE DIFFICULTY REGISTERING USING THE ON-LINE REGISTRATION, PLEASE CALL 717-772-7788 FOR ADDITIONAL INFORMATION.

Course Registration: How to register for PA-EBH courses once you have a TRAIN PA account (See below to Create an Account*):

1. Open a web browser (like Internet Explorer, Firefox, or Chrome).
2. Go to link: <https://pa.train.org>. You will now be at the TRAIN PA homepage.
3. Log in to TRAIN PA by entering your **Login Name** and **Password** and click on
4. Place cursor in field **Search by Keyword or Course ID** located in right hand portion of screen.
5. Type in **PA-EBH** and Enter:
6. From the course list, select Title: **PA-EBH: Psychological First Aid (PFA) – Wilkes-Barre, PA**
7. Follow instructions [Finding and Registering for a Course in TRAIN PA](#) to finalize your registration.
8. **You will receive a confirmation email.**

***Create an Account:** Use of TRAIN PA requires you to have a TRAIN PA Account.

1. **Former PA PREPARED Users:** Your TRAIN PA account will use the same username (also called login name) as your previously established PA Prepared account. Your password has been changed for security purposes. Before logging in to TRAIN PA, you will need to first get your new password using the steps below.
 - a. Open a web browser (like Internet Explorer, Firefox, or Chrome).
 - b. Go to <https://pa.train.org>. You will now be at the TRAIN PA homepage.
 - c. Click on the first set of instructions under PA TRAIN Links: (Print instructions if needed.)
PA TRAIN Links
[For PA Prepared Users: Getting Started with TRAIN PA](#)
[For New Users: How to Create a TRAIN PA Account](#)
[Finding and Registering for a Course in TRAIN PA](#)
[Updating Your TRAIN PA Account](#)
 - d. Once you complete setting up your TRAIN PA account, you will receive a confirmation email.
 - e. After logging in you will need to **update your information** using the **My Account** link in the upper right-hand corner of the TRAIN PA screen. (See additional instructions in "[Getting Started with TRAIN PA](#)").
2. For those **without a PA PREPARED account**, use the following instructions.
 - a. Open a web browser (like Internet Explorer, Firefox, or Chrome).
 - b. Go to <https://pa.train.org>. You will now be at the TRAIN PA homepage.
 - c. On the LOGIN Page, follow [For New Users: How to Create a TRAIN PA Account](#):
 - d. Once you complete setting up your TRAIN PA account, you will receive a confirmation email.

IMPORTANT: If you are unable to attend after you register, please cancel your registration.

- Log in to your TRAIN PA Account.
- On the right hand side **Dashboard**, click on the **+ button** beside **My Learning**, and then choose **Current Courses**.
- To the right of the course name click the **M button**.
- Click the **Withdraw** button.