

Oklahoma Medical Reserve Corps, Oklahoma Department of Mental Health and Substance Abuse Services
and the Oklahoma Nurses Association
present

PSYCHOLOGICAL FIRST AID: THE ACUTE DISASTER INTERVENTION OF CHOICE **January 21st, 2009 • Tulsa, OK • Tulsa Health Department**

Purpose

Psychological First Aid is the “acute intervention of choice” when responding to the psychosocial needs of children, adults, and families affected by disaster and terrorism. Recently developed by the National Child Traumatic Stress Network and the National Center for PTSD, with contributions from other individuals involved in coordinating and participating in disaster response, Psychological First Aid is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping. Psychological First Aid does not assume that all survivors will develop severe mental health problems or long-term difficulties in recovery. Instead, it is based upon an understanding that disaster survivors and others affected by such events will experience a broad range of early reactions (for example, physical, psychological, behavioral, and/or spiritual). Some of these reactions will cause enough distress to interfere with adaptive coping, and recovery will be helped by support from compassionate and caring disaster responders utilizing this technique.

Target Audience

The target audience for this training is MRC volunteers, mental health providers, public health professionals, health care professionals, first responders, including fire and law enforcement officials, as well as clergy, educators and others who may be providing humanitarian services immediately post-disaster.

Instructors

Thomas R. Thomson, M.Ed., LPC, CPM. Mr. Thomson has been with the Oklahoma Department of Mental Health and Substance Abuse Services since 1991 and has served in various capacities, including Coordinator of Community Support Services and Residential Care, Contract Officer and Program Manager for Domestic Violence and Sexual Assault Services. Mr. Thomson currently serves as the Program Manager for Disaster Planning and Response, working closely with other state agencies and volunteer organizations to plan and organize the behavioral health response to natural and man-made disasters. Mr. Thomson has been involved with disaster response for the Department since 1993 and has been employed in the public mental health system since 1984.

Loren N. M. Stein, RNC, MSN, BSN. Loren Stein is the Education Coordinator for the Oklahoma Medical Reserve Corps and the Oklahoma Nurses Association (ONA) Project Director. ONA became a Medical Reserve Corps unit sponsor in 2003 and Loren Stein has been developing the outreach and education for the MRC Nurses since 2004. Loren is a nurse and has been involved in the education of health care professionals for the last 14 years. She is an Adjunct Assistant Professor at the OU College of Allied Health and a contributing author to 2 nursing text books.

Objectives

Upon completion, participants involved in this training will have developed competency in:

- 1) Understanding the different phases and typologies of natural and man-made disasters;
- 2) Identifying the signs and symptoms of disaster related acute psychological reactions;
- 3) Applying Psychological First Aid techniques and concepts;
- 4) Recognizing legal and ethical issues relevant to providing disaster mental health services.

Agenda

8:30 – 9:00	Registration
9:00 – 9:15	Disaster 101 – Disaster Response in Oklahoma & the U.S.
9:15 – 10:15	Stress Reactions in Disaster Safety & Preparing to Deliver PFA
10:15 – 10:30	BREAK
10:30 – 12:00	PFA Core Actions – Contact & Engagement / Safety & Comfort / Stabilization
12:00 – 1:00	LUNCH (on your own)
1:00 – 2:15	PFA Core Actions – Current Needs & Concerns / Practical Assistance / Social Supports
2:15 – 3:00	PFA Core Actions – Coping Information / Linkage with Other Services
3:00 – 3:15	BREAK
3:15 – 4:00	PFA in Practice
4:00 – 4:30	Questions & Answers; Evaluation



Continuing Education Credits

ODMHSAS has approved 6 credit hours of continuing education through the Oklahoma State Board of Psychologists, Oklahoma State Board of Licensed Social Workers and the Licensed Professional Counselors Committee. *Participant evaluation forms and pre-post tests must be submitted in order to receive continuing education credit and a certificate of attendance.* There is a \$5.00 fee for reissuing certificates.

The Oklahoma Nurses Association will provide 6 Continuing Nursing Education contact hours. *Participant evaluation forms and pro-post tests must be submitted in order to receive a Certificate of Successful Completion for 6 contact hours.* The Oklahoma Nurses Association is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Special Accommodations

Sign interpreters and/or other special accommodations required by disabled participants will be available upon advance request (please allow one week's notice). Please indicate on the registration form the type of special accommodations, if any, you require. For requests, call 405-522-8300.

Seminar Fees

There is no charge for this training.

Location

Tulsa Health Department
James Goodwin Health Center, Auditorium
5051 S. 129th East. Ave
Tulsa, OK 74134



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Registration for January 21st Session

Fax: 405-522-8320

Name _____

Home Phone/Cell # _____

Occupation or Job Title _____

Place of Employment _____

Address _____

City, State, Zip _____

Daytime Phone _____

E-Mail Address _____

I require special accommodations as follows: _____

Continuing Education Credit Requested:

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> CME | <input type="checkbox"/> LPC |
| <input type="checkbox"/> LSW | <input type="checkbox"/> Case Management Certification |
| <input type="checkbox"/> Psychologist | <input type="checkbox"/> CADC |
| <input type="checkbox"/> LCSW | <input type="checkbox"/> LMFT |
| <input type="checkbox"/> LADC | <input type="checkbox"/> Under supervision |
| <input type="checkbox"/> CLEET | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> CPS | <input type="checkbox"/> P-RSS |