



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

May 29, 2009 • Lawton OK • Great Plains Technology Auditorium Bldg. 100

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.

Robert G. Stewart, Regional Medical Response System Administrator for Homeland Security Region 3

Bob Stewart, after retiring from medical operations and planning in the military for 27 years, has worked the last five years for EMSA as a Regional Medical Response System Administrator. He has been instrumental in bringing together the regional medical planning group and various trainings to the disaster first response community.

Objectives

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

- Identify the basic objectives and intervention strategies of Psychological First Aid.
- Gain skills needed to implement the intervention strategies of Psychological First Aid.
- Adapt Psychological First Aid in diverse settings and with different populations.



- Appreciate the importance of providing Psychological First Aid in the aftermath of disaster.
- Gain confidence in implementing Psychological First Aid in the immediate aftermath of a disaster.
- Identify ways to enhance provider care before, during, and after disaster care.

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 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 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; however, **pre-registration is required**

Location

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4500 W. Lee Blvd.

Auditorium Bldg. 100

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Registration for 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:*
- CME LPC
 - LSW Case Management Certification
 - Psychologist CADC
 - LCSW LMFT
 - LADC RN
 - CLEET Under supervision for _____
 - CPS P-RSS
 - Other _____

I am a Medical Reserve Corps member Yes No