



DISASTER BEHAVIORAL HEALTH RESPONSE TRAINING

DISASTER BEHAVIORAL HEALTH RESPONSE TEAM BASIC TRAINING:

This training is required to become a member of the team

Participants will learn how the Disaster Behavioral Health Response Team will function in disaster settings, including factors affecting individual responses to disaster, phases of disaster, "at risk" groups, concepts of loss and grief, post-disaster stress, and the disaster recovery process. The goals of the training are:

- To understand the organizational aspects of disaster response and recovery, including key roles, responsibilities, and resources; local, State, Federal, and voluntary agency programs; how to link disaster survivors with appropriate resources and services and an awareness of the Incident Command System.
- To understand the key concepts and principles of disaster behavioral health and how they apply to team functioning, including how disaster behavioral services differ from traditional psychotherapy; the spectrum and design of behavioral health programs needed in disaster; and appropriate sites for delivery of behavioral health services.
- To understand how teams provide appropriate behavioral health assistance to survivors and workers in community settings, with emphasis on crisis intervention, brief treatment, post-traumatic stress strategies, age-appropriate child interventions, debriefing, group counseling, support groups, and stress management techniques.
- To understand how to provide behavioral health services at the community level, with emphasis on case finding, outreach, behavioral health education, public education, consultation, community organization, and use of the media.
- To understand the stress inherent in disaster work and recognize and manage that stress in oneself, team members and other workers.

DISASTER BEHAVIORAL HEALTH RESPONSE TEAM LEADER TRAINING:

This training is for DBHRT members to advance to an enhanced position and help with community assessments and team organization.

PSYCHOLOGICAL FIRST AID:

Psychological First Aid (PFA) is an emerging intervention that can be used during the immediate response phase of any critical incident or disaster. The primary objectives of PFA are to promote safety, create calm, connect to others, self-efficacy and instill hope. By completing this training, participants will be able to: recognize opportunities to use PFA, demonstrate active listening skills, normalize psychological reactions as appropriate, teach stress management techniques, recognize adaptive coping versus maladaptive coping, identify sources of interpersonal support and use crisis communication techniques with individual disaster survivors and disaster workers.

COMMUNITY RESILIENCY:

Resilience is the capacity to cope, adapt and return to effectiveness in spite of stress or trauma. After a disaster, the resilience of a community depends partly on the resilience of its parts – organizations and individuals. Participants in this training will learn the factors that promote resilience, and through case examples and a series of “Resilience Scorecards,” will assess themselves, their organizations and their communities, then discuss ways to support and improve them after a disaster. For the leader or disaster planner, this may involve building “natural support networks,” and improving collaboration between organizations. For the worker or volunteer, it may require new patterns of peer support and self care. For the community as a whole, participants will see how physical, economic, political, social and cultural factors affect behavioral health and recovery.

COMPASSION FATIGUE:

Compassion fatigue has been defined as “A combination of secondary traumatic stress (vicarious trauma) and burnout both of which negatively impact on care giving skills (Figley, Baranowsky) or a “Chronic lack of self care” (Figley) or “a Responder's diminished ability to provide emotional support for disaster survivors. This lack of empathy, care and concern may come from overexposure to the suffering of survivors compounded by the emotionally draining effects of prolonged disaster duty”. Compassion fatigue is not the same as burnout or counter transference.

Training objectives:

- Common misconceptions in the helper role
- Who is vulnerable for compassion fatigue
- Symptoms of compassion fatigue

- The costs of compassion fatigue
- Potential consequences of compassion fatigue
- Strategies for managing and healing compassion fatigue
- Compassion satisfaction

GROUP CRISIS STABILIZATION AND INTERVENTION

Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, the Group Crisis Intervention course will prepare participants to understand a wide range of crisis intervention services. Fundamentals of Critical Incident Stress Management (CISM) will be outlined and participants will leave with the knowledge and tools to provide several group crisis interventions, specifically demobilizations, defusing and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals when necessary will also be discussed. This course is designed for anyone in the fields of Business and Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

MENTAL HEALTH FIRST AID:

The Mental Health First Aid (MHFA) training teaches how to offer help to a person developing a mental health problem or experiencing a mental health crisis. The MHFA action steps are given until appropriate treatment and support are received or until the crisis resolves. The goals of Mental Health First Aid are to:

- Preserve life when a person may be a danger to self or others
- Provide help to prevent the problem from becoming more serious
- Promote and enhance recovery
- Provide comfort and support.

The training teaches how to recognize symptoms of mental health problems, how to offer help and provide initial help, and how to guide a person toward appropriate treatments and other supportive help.

The philosophy of the training is that:

- Mental health problems are common
- Many people are not well informed
- Many people with mental health problems do not seek help or delay seeking help
- There is stigma associated with mental health problems
- People with mental health problems may not have the insight that they need help or may be unaware that effective help is available
- Professional and other support services are not always available when a mental health problem arise