

Stress First Aid Train the Trainer

Supported by AdCare Educational Institute of Maine, Inc.

Description:

Stress First Aid (SFA) is a peer support and self-care model that comprises a set of supportive actions designed to help individuals assist each other in reducing the negative impacts of stress. SFA was designed originally to support military personnel, and subsequently tailored to support a wide-range of occupations, including Wildland firefighters, EMS personnel, law enforcement and health care workers. SFA is designed to be attentive to multiple sources of stress, practical, flexible, and tailored to the specific styles and needs of those involved.

This SFA training of trainers will be offered as a two-day training of trainer event, with provision for teach-back, interactive group discussion and case examples, and a focus on how SFA intervention components can be adapted and applied to work with teams in many settings. Upon completion of this training the participants are prepared to provide training to coworkers in their organizations.

The learning objectives are for participants to:

1. Understand the principles of early intervention in high intensity or crisis situations.
2. Understand the framework of the SFA model.
3. Determine who may need stress first aid actions (themselves, peers/subordinates).
4. Make simple, focused interventions based on their assessment.
5. Understand when a referral for more intensive treatment may be necessary.
6. Provide a 20 or 60 minute version of the SFA training to their local agencies.

Agenda:

Day 1: 0800 - 1700 Introduction to Stress First Aid and the Seven Core Action

Day 2: 0800 – 1630 Teach back SFA Awareness Brief

Short Bio:

Richard Westphal, PhD, RN, FAAN is a researcher and dual board-certified advance practice mental health nurse and nurse practitioner. His clinical work is focused on traumatic stress, loss and grief, end of life care, and mental health promotion. Dr. Westphal's research has focused on occupational stress, health care needs and access to care, mental illness stigma, and chronic health conditions. His naval career spanned over 32 years and includes service as a Hospital Corpsmen, a mental health clinician, co-author of the Department of the Navy Maritime Combat and Operational Stress (COSC) Doctrine, and a psychological health programs and policy advisor to state and federal agencies. Currently, Dr. Westphal is a Professor at the University of Virginia School of Nursing, Co-Director of the UVA Health Wisdom and Wellbeing Peer Support Program, and the Project Director of the HRSA funded Wisdom, Wellbeing, and Peer Support Training Grant.

Douglas W. Walker, Ph.D. is the Chief Programs Director at Mercy Family Center in New Orleans, Louisiana. He received his doctorate from the University of North Texas and has worked as a Clinical Psychologist for the past 25 years. Dr. Walker's interest and experience includes a doctoral dissertation in the field of Psychoneuroimmunology and post-doctoral Pediatric and Infant Mental Health training fellowships. He is the architect and past Clinical

Director of *Project Fleur-de-lis*, a school-based mental health system for 60 New Orleans area schools; a member site of the National Child Traumatic Stress Network (NCTSN.org). Dr. Walker oversees community-based mental health programming in southeast Louisiana, Arkansas and Missouri. Dr. Walker is a consultant to the Council of International Schools and the Association for International Schools in Africa. He has served as technical advisor to the US State Department's Office of Overseas Schools in Africa and Guyana's Ministry of Health to assist in the dissemination of trauma focused, evidence – based practices. He is a member of the Substance Abuse and Mental Health Services Administration Disaster Technical Assistance Center (SAMHSA DTAC) Cadre Network, and master trainer for Cognitive Behavioral Intervention for Trauma in Schools (CBITS), Psychological First Aid (PFA), Stress First Aid (SFA), and Skills for Psychological Recovery (SPR).