

Pennsylvania Emergency Behavioral Health Program

Psychological First Aid



DATE: May 9, 2016

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

**LOCATION: Luzerne County Emergency Management Agency
185 Water St., Wilkes-Barre PA 18702**

Jointly 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.

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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

PHILIP DEMARA, MSED, DIRECTOR OF EMERGENCY PREPAREDNESS

Philadelphia Dept Behavioral Health & Intellectual Disabilities (BH&ID) Services

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 MAY 4, 2016

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 Management Agency

STREET ADDRESS: 185 Water St., Wilkes-Barre PA 18702

Phone: 570-820-4400

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

http://www.bing.com/mapspreview?&ty=18&q=Luzerne%20County%20Emergency%20Management%20Wilkes%20Barre%20PA&ss=ypid.YN873x119572218&ppois=41.2560882568359_-75.8736724853516_Luzerne%20County%20Emergency%20Management_YN873x119572218~&cp=41.256088~-75.873672&v=2&sV=1

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

INSTRUCTIONS FOR ON-LINE REGISTRATION LEARNING MANAGEMENT SYSTEM (LMS)

PSYCHOLOGICAL FIRST AID

DATE: MAY 9, 2016

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

LOCATION: Luzerne County Emergency Management Agency, 185 Water St., Wilkes-Barre, PA
PLEASE NOTE: PRE-REGISTRATION FOR THIS PROGRAM IS REQUIRED. REGISTRATIONS ARE LIMITED TO THE FIRST 50 APPLICANTS. NO REGISTRATIONS WILL BE ACCEPTED BY PHONE. NO REGISTRATIONS WILL BE ACCEPTED AFTER MAY 4, 2016.

PLEASE READ AND FOLLOW INSTRUCTIONS CAREFULLY TO REGISTER. IF YOU HAVE DIFFICULTY REGISTERING USING ON-LINE REGISTRATION, PLEASE CALL 717-772-7788.

A. Learning Management System Registration: How to register with the LMS if you do not have an account:

1. Open the web page: https://www.centrelearn.com/login_pa.asp. You can also enter www.paprepared.net and it will redirect you.
2. Click **CREATE AN ACCOUNT** on the right side of the screen
3. If you are a Pennsylvania EMS Provider click yes and follow prompts on screen. This guide however is for everyone else.
4. If you are NOT a Pennsylvania EMS Provider, choose the 'No' option. The screen should expand downwards with many different professions. Please choose whatever is appropriate.
5. If you do not see any that would describe you, please choose 'Public Health'
6. Click Next->
7. Fill in your general information. Before proceeding, please read through it once looking for any spelling mistakes or other errors.
8. Click on the grey REGISTER button at the bottom of the screen.
9. Once you click on the 'REGISTER' button you will see a message that says:

"Thank you! Your request to register for the PA Prepared Learning Management System (LMS) has been submitted. Your username and initial password will be emailed within 1 to 3 business days. If you have any questions, please contact the Bureau of Public Health Preparedness (717) 346-0640 or LMS@state.pa.us"

10. Once you receive your username and initial password via email, please follow the link provided or load https://www.centrelearn.com/login_pa.asp to log in. You will need to change your password under the 'Profile' tab. Directions how to do so should be included in your confirmation email. Please be careful that your personal password is easy for you to remember, but hard for other people to guess.

B. Course Registration: How to register for a course once you have an LMS account:

1. Login to www.paprepared.net (you will be redirected, so don't worry if it starts loading a different page)
2. Go to the 'HOME' tab and in the navigation panel on the left, click on the 'Course Catalogue.'
3. It should take you to a page that says 'Search Course Catalogue'. Please enter 'Psychological First Aid' into the search field. Hit the 'SEARCH' button.
4. It should pull up a course called 'Psychological First Aid (PFA101)'
5. This is the course you want to enroll in. Please verify that this course is the correct one for you. Because there will be multiple offerings for this course all around Pennsylvania, double check the location and the assigned county before moving on to step #6.
6. Once you have verified the course name, click on the grey 'ENROLL' button to the left of the course name.
7. This will take you to a more detailed course page. Scroll to down and click on the grey 'REGISTER' button on the bottom left hand side of the page.
8. **You will receive a confirmation email.**
9. Whenever you load your LMS homepage, your courses will be listed under 'MY CURRENT COURSES' which is visible on the welcome page or accessible by clicking on the 'MY COURSES' link on the navigation pane on the left.
10. If you select the course from either 'MY CURRENT COURSES' or 'MY COURSES' you will be able to see any tests, evaluations, or surveys that you will need to complete to receive a certificate for this course. For your test scores, etc., please click the 'Gradebook' link on the left side navigation panel.

IMPORTANT: If you are unable to attend after you register, please cancel your registration by following these steps:

- Login to www.paprepared.net and select 'My Courses' from left side navigation pane.
- Select the course on the right from which you want to withdraw.
- In left navigation pane, select the course directly below 'Courses'. Select the 'Request Withdraw' tab.
- Click on grey 'Remove' button and Click OK in the prompt box that pops up. You are now withdrawn from the course.