

# Pennsylvania Emergency Behavioral Health Program

## Psychological First Aid



**DATE: February 12, 2019**

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

**LOCATION: Shippensburg University**

**Anthony F. Ceddia Union Building**

**1871 Old Main Drive, Shippensburg, PA 17257**

***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.**

Funding for this training was made possible (in part) by the Centers for Disease Control and Prevention and/or Department of Health and Human Services Assistant Secretary for Preparedness and Response. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

*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](http://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 Emergency Behavioral Health/Disaster Crisis Outreach and Referral Team (EBH/DCORT) County Coordinators, EBH/DCORT members, and other emergency/disaster response personnel.

# FACULTY

## ***Steven Crimando, MA, BCETS, CHS-V, Principal, Behavioral Science Applications***

CLINICIAN AND EDUCATOR SPECIALIZED IN THE PSYCHOLOGY OF HOMELAND SECURITY, AND HUMAN FACTORS IN EMERGENCY MANAGEMENT. An internationally known consultant and educator specialized in the application of the behavioral sciences in homeland and private security, violence prevention, crisis management, and disaster response.

# 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 717-510-8563 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 FEBRUARY 4, 2018.**

# 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 CEs 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 2018-66.

**Police:** 7.0 credit hours for MPOETC Approved CLEE Course

## DRIVING DIRECTIONS/PARKING

**DRIVING DIRECTIONS:** Shippensburg University, Anthony F. Ceddia Union Building  
**STREET ADDRESS:** 1871 Old Main Drive, Shippensburg, PA 17257  
See attached directions and map

# INSTRUCTIONS FOR ON-LINE REGISTRATION TRAIN PA (NEW LEARNING MANAGEMENT SYSTEM)

## PSYCHOLOGICAL FIRST AID

DATE: FEBRUARY 12, 2019

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

LOCATION: Shippensburg University, Anthony F. Ceddia Union Building,  
1871 Old Main Drive, Shippensburg, PA 17257

**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 FEBRUARY 4, 2019.**

**PLEASE READ AND FOLLOW INSTRUCTIONS CAREFULLY. IF YOU HAVE DIFFICULTY REGISTERING USING THE ON-LINE REGISTRATION, PLEASE CALL 717-510-8563 FOR ADDITIONAL INFORMATION.**

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### ***Course Registration: How to register for PA-EBH courses once you have a TRAIN PA account:***

- All instructions below must be completed by first logging in to TRAIN PA.
  - 1. Open a web browser (like Internet Explorer, Firefox, or Chrome).
  - 2. Go to <https://www.train.org/pa>. You will now be at the TRAIN PA homepage.
  - 3. Log in to TRAIN PA by entering your **Login Name** and **Password** and clicking the **LOGIN** button.
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  - Find Course and Register-
  - 1. Enter the keyword **PA-EBH** in the **Keyword or Course ID** field located in the upper right-hand portion of the TRAIN PA screen.
  - 2. Click the (search icon) button. You will now be taken to the Course Search Results page.
  - 3. Click on the name of a course—**PA-EBH: FY18/19 Psychological First Aid (PFA) (7 Hours) – Shippensburg, PA**.
  - 4. From the Course Details page, select the **Registration** tab and follow the instructions to register for this course.
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- **IMPORTANT: If you are unable to attend after you register, please cancel your registration.**