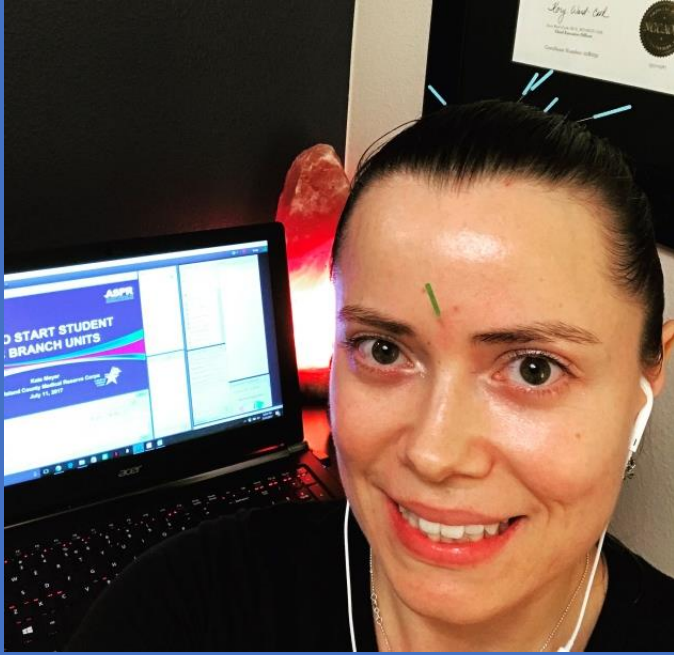


“How To” Psychological First Aid Train-the-Trainer

Rachelle Lambert

Licensed Acupuncturist & Emergency Manager
Operations Systems Integrator

Oregon Department of Human Services
Office of Resilience and Emergency Management
(ODHS OREM)



Rachelle Lambert,
MAOM, L.Ac,
Emergency
Manager

- **Private practice in Colorado/Texas/Oregon, Practiced acupuncture in China, Nepal, Europe, and the Caribbean; Emergency Manager with WESD, FEMA, ODHS OREM**

- **Deployments:**

Nepal – Earthquake (AWB), Colorado Springs, CO - Planned Parenthood Shooting (CAMRC), Nederland, CO – Cold Springs Fire (CAMRC), Boulder, CO- Sunshine Canyon Fire (CAMRC), Puerto Rico- 2017 Hurricane Season (EMAC), Oregon- Labor Day 2020 Wildfires (FEMA), Oregon- COVID Response (MRC), Oregon Mass Care Response & Recovery Missions (OREM)

- **Research**

CAMRC/CU Boulder CAIRR Neuroscience Lab – NADA Protocol in Disaster Medicine: A Feasibility and Acceptability Study

Exploring the Creation of New Emergency Management Assistance Compact (EMAC) Teams to Standardize and Fill the Gap in Disaster Behavioral Health, Rachelle Lambert, MRC/FEMA

- **Training Taken**

So much IS training!

Emergency Management Institute- Master Exercise Practitioner Program, Basic Academy, Advanced Academy, Executive Academy (candidate)

Center for Domestic Preparedness- DMAT 101 and Foundations (MRC), Instructor Training Course, Healthcare Leadership in Mass Causality Incidents

Psychological First Aid, Skills for Psychological Recovery, FBI Threat Assessment, DBH Field Response TTT

- **Training Delivered**

Many deliveries about Acupuncture Disaster Response and Recovery, Innovative Resources, Integrative Resources, Disaster Behavioral Health, Acupressure Field Response, PFA, ICS, etc. at various conferences, colleges, Public Health Departments, MRC Well Check Webinar, plus many more!

What is Psychological First Aid (PFA)?

PFA trains on skills to support members of the general public to cope with psychosocial reactions and improve adaptive functioning following an **acute** emergency or disaster.

- Best within the first 3 weeks of an event, post-3 weeks use Skills for Psychological Recovery or referral to licensed professional

PFA trains on short-term core actions to support community members (who do not necessarily have ongoing mental health concerns) cope with disruptions during a widespread emergency or disaster.

What is PFA Continued...

It's a great training for people from many disciplines who will interact with impacted survivors and response staff during a disaster.

PFA is a skillset that you can use to support yourself and your team as well.

Therefore, it's important that responders who deliver PFA are also doing their own work to self-care so that they can be a calm presence with other people.

Non-Anxious Presence (NAP)



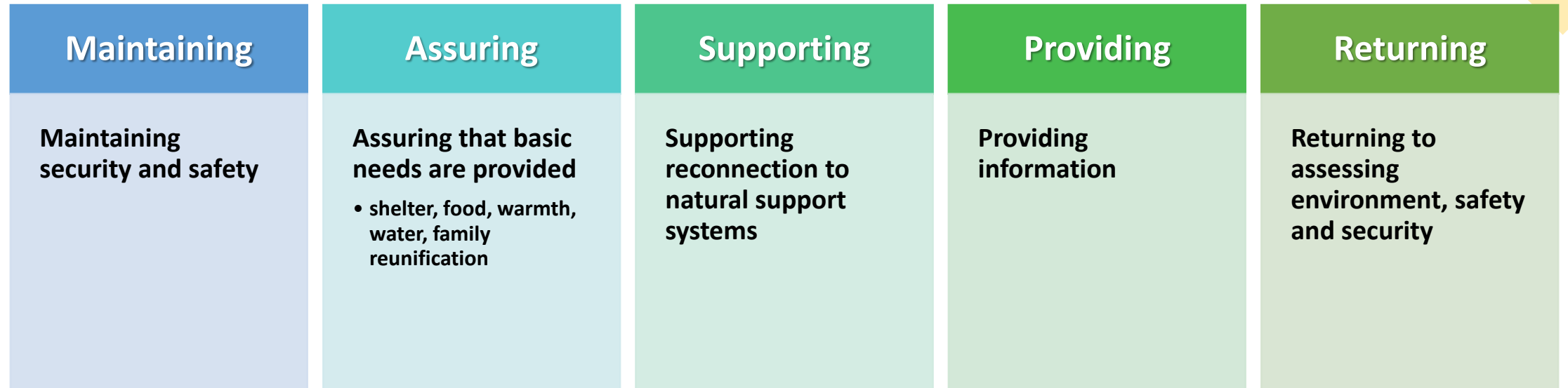
Non-Anxious presence is one of the important ways we show up for people even if we don't talk with them or interact with them.

Allows us to communicate clearly to others that even with chaos around us, we are all safe and that everything is going to be OK.


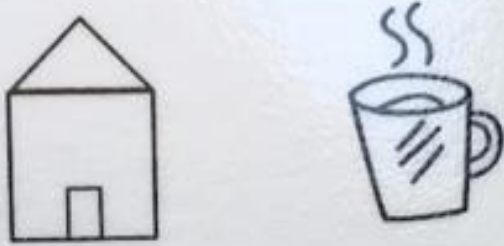





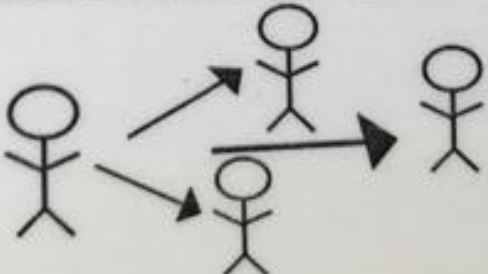
3 major components:

- **Remind yourself to breathe**
- **Focus on the person in front of you**
- **You can't fix anyone or anything**

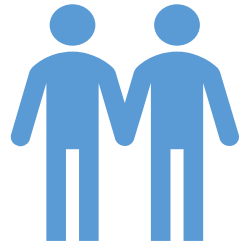
Walk About Support



Psychological First Aid (PFA) - Core Actions

 <p>Contact and Engage</p>	 <p>Safety and Comfort</p>	 <p>Stabilization & Orientation</p>
 <p>Information Gathering</p>	 <p>Practical Assistance and Increased Self Reliance</p>	 <p>Connection and Social Support</p>
 <p>Coping Information</p>	 <p>Referral</p>	<p>Respect Limits: Both Yours and Others.</p>

PFA Continued



Now 5 “F”s

Flight

Fight

Freeze

Faint

Friend



Self Care Templates, Handouts, Workshops

TED Talk- Kelly McGonigal

How to Make Stress Your Friend



PFA Continued

Different than Mental Health First Aid (MHFA)

MHFA trains on skills to support someone who has a severe or persistent mental illness or who is experiencing a psychological crisis.

MHFA is a training for day-to-day support of individuals with ongoing mental health concerns.

Different Versions of PFA Training



1 Hour Version

- Focus on 8 Core Actions

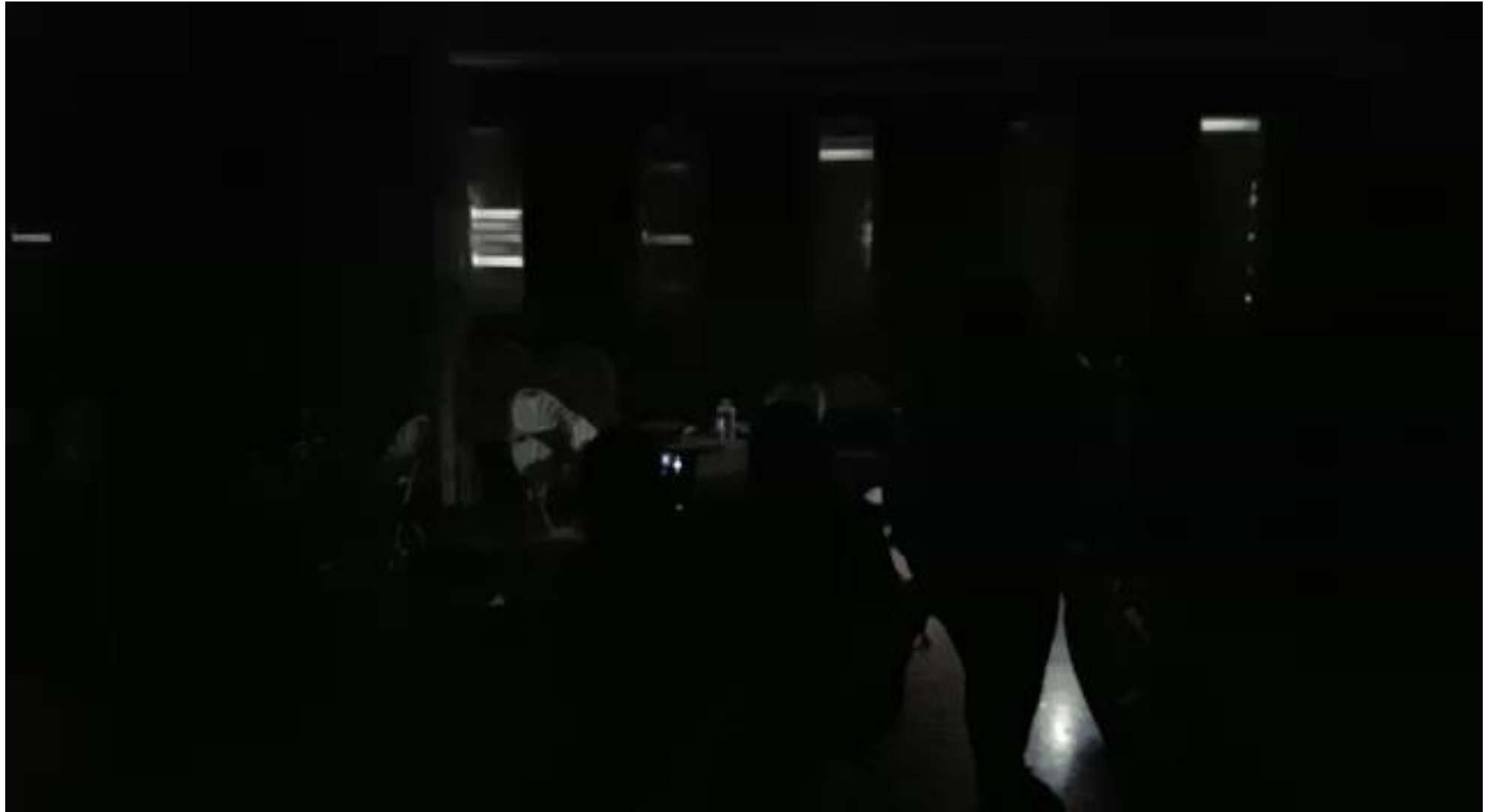
4 Hour Version

- Inclusion of Neurobiology of Trauma, Trauma Informed Care, Self-Care

8 Hour Version

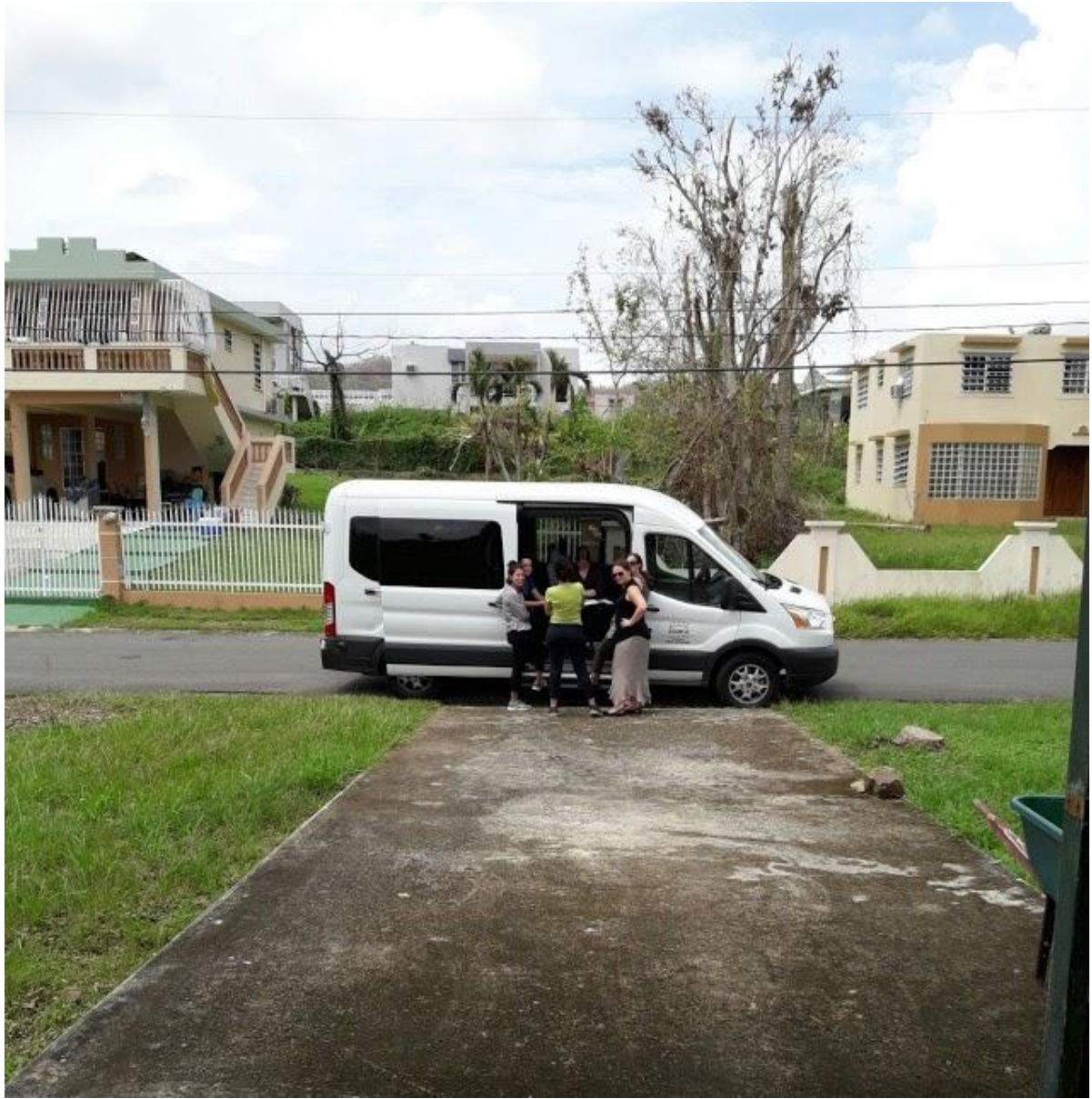
- Inclusion of practice opportunities

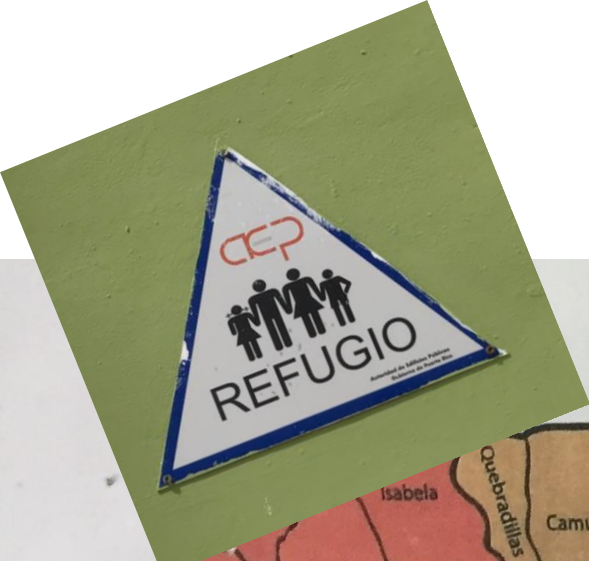
PFA Training with MRC Puerto Rico



PFA in the Field







Programa Integrado de Intervención en Crisis
Línea PAS
"Primera Ayuda Sicosocial"



Estado Libre Asociado de Puerto Rico
Administración de Servicios de
Salud Mental y Contra la adicción.



PROGRAMA INTEGRADO DE INTERVENCIÓN EN CRISIS



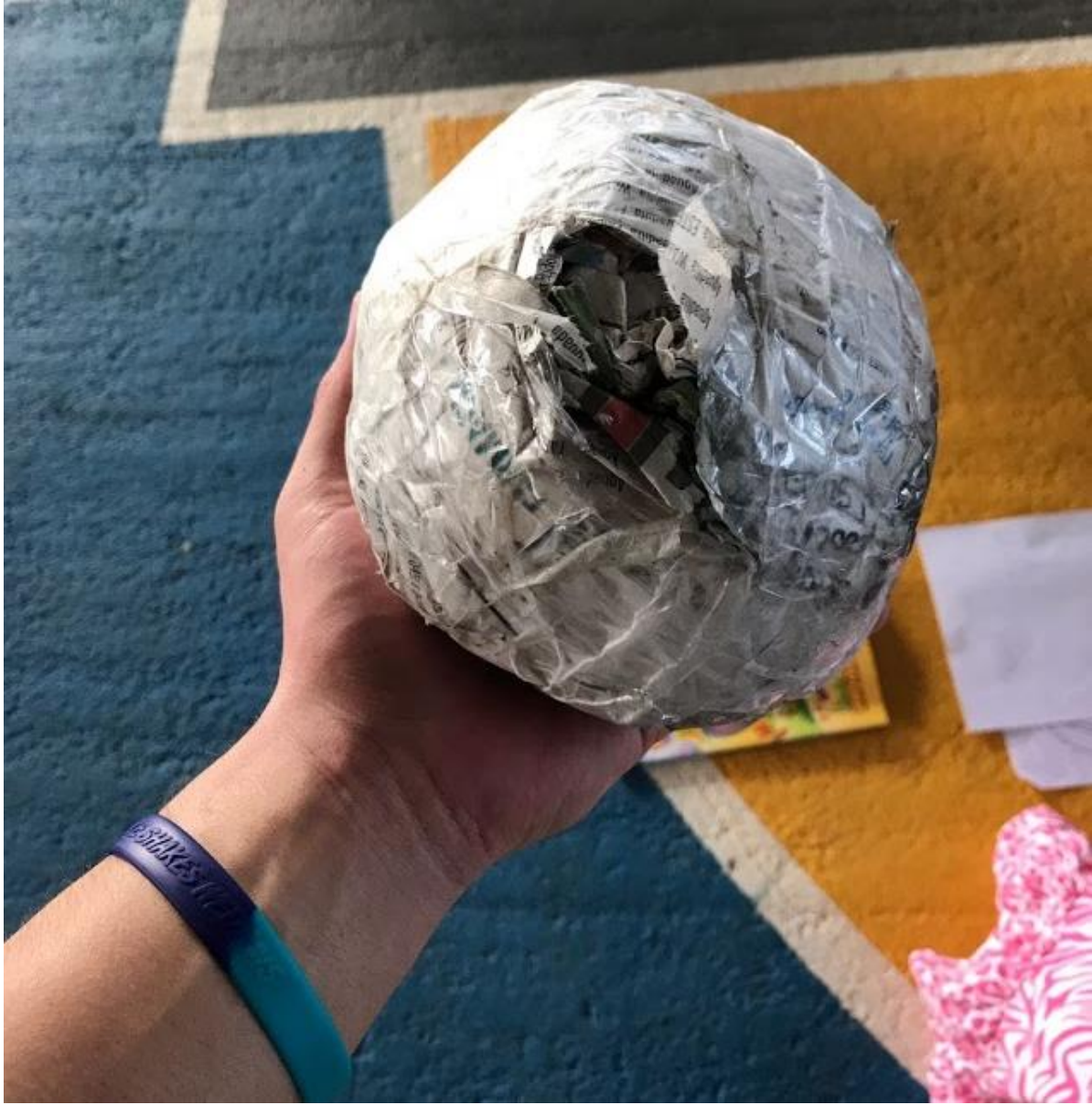
"Un alivio a tú corazón, reconstruyendo emocionalmente tú vida"

Línea PAS
1-800-981-0023 24 Horas / 7 Días
1-888-672-7622 TDD



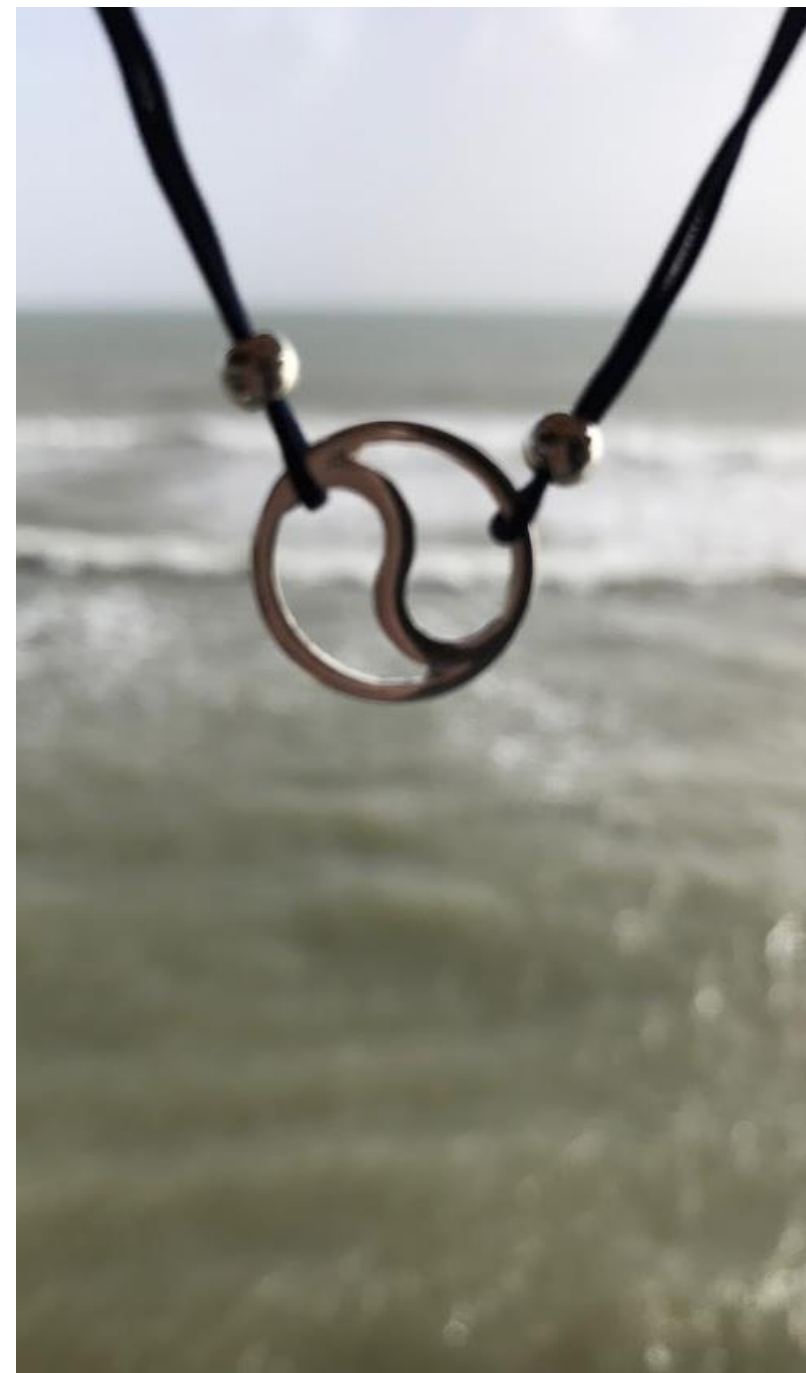
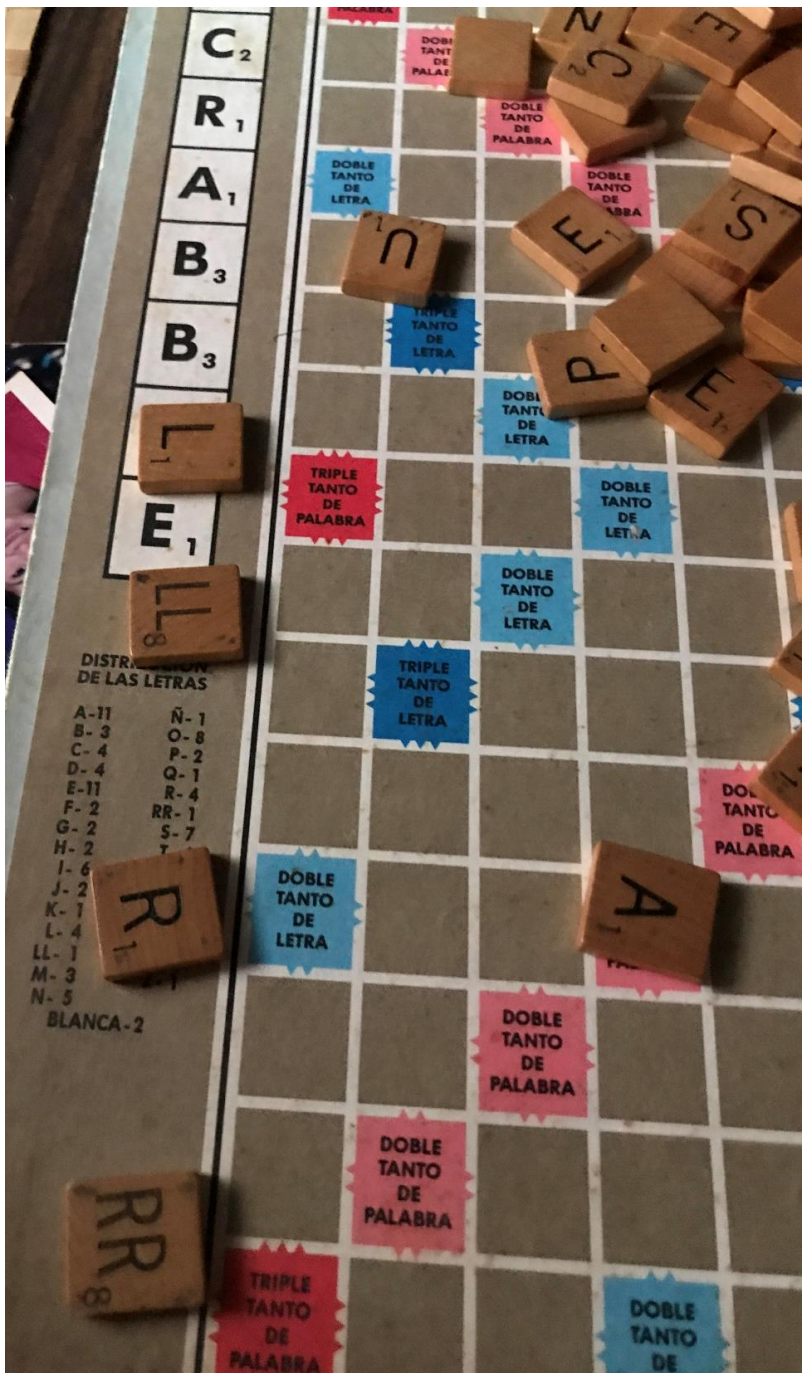
ASSMCA
Estado Libre Asociado de Puerto Rico
Administración de Servicios de Salud Mental y Contra la Adicción
CENTRO DE RECUPERACIÓN
TRUJILLO ALTO
USO OFICIAL













PFA Resources

PFA Mobile App (VA partnership with NCTSN)

- <https://mobile.va.gov/app/pfa-mobile>

Free Online Independent Study

- <https://learn.nctsn.org/course/index.php?categoryid=11>

Free Virtual, In-Person, and Hybrid Training

- <https://www.crisisresponse.org/>

American Red Cross

- <https://www.redcross.org/take-a-class/coronavirus-information/psychological-first-aid-online-course>

Other MRC units as a resource

- MRC ListServ

MN Behavioral Health MRC
Nancy Carlson
nancy.j.carlson@state.mn.us

We have a very robust adult and youth PFA program that includes our PFA card, [Minnesota Psychological First Aid Just-In-Time \(Video: 11 minutes\)](#), and during COVID-19 we broke up our online PFA course, developed with the University of MN, into YouTube videos to make it more accessible to everyone.

- [Psychological First Aid Part 1: Introduction to Psychological First Aid \(YouTube: 6 min\)](#)
- [Psychological First Aid Part 2: The Impact of Trauma \(YouTube: 6 min\)](#)
- [Psychological First Aid Part 3: Principles of Psychological First Aid \(YouTube: 4 min\)](#)
- [Psychological First Aid Parts 4 & 5: Techniques and the "Dos" and "Don'ts" of PFA \(YouTube: 10 min\)](#)
- [Psychological First Aid Part 6: Responder Self Care \(3 min\)](#)

Thank you!

Rachelle Lambert

Operations Systems Integrator

Office of Resilience & Emergency Management

Oregon Department of Human Services

Rachelle.H.Lambert@dhsosha.state.or.us

Work Cell: (503) 804-9893

Personal Cell: (720) 717-1001





Psychological First Aid Core Actions