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

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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:

• 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

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<tr>
<th>Maintaining</th>
<th>Assuring</th>
<th>Supporting</th>
<th>Providing</th>
<th>Returning</th>
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| Maintaining security and safety | Assuring that basic needs are provided  
- shelter, food, warmth, water, family reunification | Supporting reconnection to natural support systems | Providing information | Returning to assessing environment, safety and security |
<table>
<thead>
<tr>
<th>Contact and Engage</th>
<th>Safety and Comfort</th>
<th>Stabilization &amp; Orientation</th>
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<tr>
<td>Information Gathering</td>
<td>Practical Assistance and Increased Self Reliance</td>
<td>Connection and Social Support</td>
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<td>Coping Information</td>
<td>Referral</td>
<td>Respect Limits: Both Yours and Others.</td>
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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
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"

"Un alivio a tu corazón, reconstruyendo emocionalmente tu 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

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
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!

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<th>Psychological First Aid Core Actions</th>
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