

# PSYCHOLOGICAL FIRST AID & FIRST RESPONDERS

Fifth National Emergency Management Summit  
Mini Summit IV - Helping the Helpers and Survivors

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# Objectives:

- Psychological impact of disasters
- Psychological First Aid (PFA)
- Benefits of training First Responders in PFA

# Psychological First Aid & First Responders

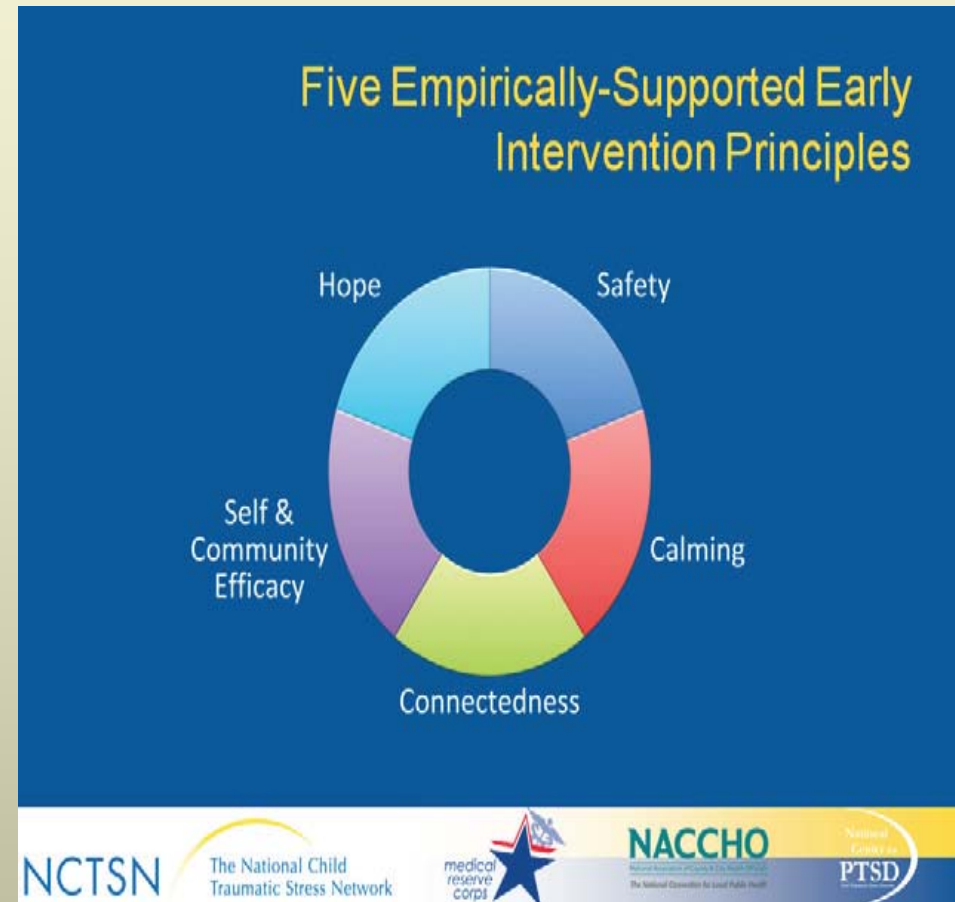
## Psychological Impact of Disasters:

- No one who experiences a disaster is untouched by it
- Most psychological reactions to disasters are normal reactions to an abnormal situation
- 5 Normal expected reactions

# Psychological First Aid & First Responders

## Psychological First Aid:

- Supportive intervention
- Reduces the psychological stress
- 5 Concepts



# Psychological First Aid & First Responders

## Benefits of training First Responders in PFA:

- Applying PFA in the acute phase
- Communicate more effectively
- Provide peer support and promote self-care

# Psychological First Aid & First Responders

- The Resilience & Emotional Support Team (REST Team)
- On-site disaster mental health
- Mental Health Agencies

# Psychological First Aid & First Responders

## Things to Remember:

- No one who experiences a disaster is untouched by it
- The “five ways” individuals respond to disasters  
(Physical, Emotional, Cognitive, Behavioral and Spiritual)
- The 5 concepts of Psychological First Aid (PFA)  
(Safety, Calm, Connectedness, Hope, and Self-Efficacy)
- First Responders can effectively help survivors manage stress by being trained in and applying PFA
- Learning how to apply PFA can help First Responders support their peers while practicing and promoting self-care.

# Psychological First Aid & First Responders

## Accessible PFA trainings:

1) National Child Traumatic Stress Network Learning Center

<http://learn.nctsn.org/login/signup.php>

2) John Hopkins - Psychological First Aid Competencies for Public Health Workers

[http://www.jhsph.edu/preparedness/training/online/dis\\_mtl\\_hlth\\_comp.html](http://www.jhsph.edu/preparedness/training/online/dis_mtl_hlth_comp.html)

3) University of Rochester - Psychological First Aid: Helping People Cope during Disasters and Public Health Emergencies

[http://www.centerfordisastermedicine.org/disaster\\_mental\\_health.html](http://www.centerfordisastermedicine.org/disaster_mental_health.html)



# Psychological First Aid & First Responders

## Questions

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