



Central Oklahoma Resilience Recovery Project

OKMRC Stress Response Team

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SRT Training Offerings 2022

Psychological First Aid (PFA)

Description: Psychological First Aid is the "acute intervention of choice" when responding to the psychosocial needs of children, adults, and families affected by disaster and terrorism. Developed by the National Child Traumatic Stress Network and the National Center for PTSD, with contributions from other individuals involved in coordinating and participating in disaster response, Psychological First Aid is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping.

6 hour presentation option with CE

4 hour adaptation

1.5 hour presentation (about PFA)

Audience specific presentations – Nursing Homes, Schools, Clergy, Child Practitioners

Stress First Aid (SFA)

Description: Stress First Aid (SFA) is a self-care and peer support model developed for those in high-risk occupations. SFA is meant to be used by anyone who is in an ongoing stressful situation, particularly when there is significant distress involved. Stress First Aid is based on a set of five evidence-based elements that have been linked to better functioning after stress and adversity across many settings.

1/5 to 2 hour presentation

4 hour presentation – SFA Coach with CE Train the Trainer model

Mental Health Awareness (American's Mental Health Post-pandemic Update)

Description: Mental Health Awareness provides the most current information on the prevalence and types of mental health disorders being experienced in post-pandemic America. The focus is on awareness of the issues and providing appropriate and empathetic responses.

1 to 2 hour presentation

De-escalation

Description: De-escalation provides straightforward strategies to assist frontline public health, mental health, and healthcare professionals when interacting with angry individuals.

1 to 2 hour presentation

Reboot & Providing CAARE: Recharging & Restarting after Disaster

Description: CAARE is a self-administered process connected to a menu of skills and techniques designed to increase a person's self-efficacy for maintaining emotional and behavioral resilience and connection to family, friends, and community. Originally developed for stressed healthcare/public health/behavioral health caregivers.

1 hour presentation (about CAARE)

2-3 hour presentation

Skills for Psychological Recovery (SPR)

Description: Skills for Psychological Recovery (SPR) is an evidence-informed modular approach to help children, adolescents, adults, and families in the weeks and months after an exposure to a crisis, disasters or terrorism event, after the period where Psychological First Aid is utilized. Intended for delivery by mental health or other disaster workers as part of an organized disaster response effort.

Psychological First Aid is a pre-requisite training for this training. 4-6 hour presentation