

Psychosocial Capacity Building

Psychological First Aid (PFA) for a Pandemic

Psychological First Aid (PFA) is considered to be the first stage intervention during a disaster or emergency. During a pandemic, how we respond looks different but the principles are the same. PFA Online Training allows responders to provide support over the phone to individuals that may be quarantined, in self-isolation, or practicing physical distancing in order to prevent the spread of a pandemic. The 2 hour interactive online training will cover essential tools, key PFA action principles, and self-care for responders.

Objective: To build capacity of helpers by using practical care and support within the four main actions of PFA that they can use over the phone with affected individuals.

Audience: Professionals/Paraprofessionals, first responders, non-profit organizations, and general public

Details: 2 hour interactive online training

- Training is done in real-time, audience participation is required.
- Audio required.
- Skype is recommended (if you don't have Skype, please indicate it at the time of registration).

To register email: HPDIP.MH.EarlyID@ahs.ca

Psychosocial Disaster Learning Series

This course is a refresher session for those who have taken Psychological First Aid (PFA). It is NOT intended to replace PFA training, but to be used as a pre-deployment refresher for staff. The goal of this online session is to provide a foundational review of knowledge about a disaster psychosocial approach, tailoring it to our local needs in Alberta.

The ultimate objective of this course is to update staff knowledge prior to being deployed in an AHS disaster responder role. This course offers practical, skill-based education. There is a self-study component, supplemented by interactive multi-media presentations, and real life scenarios to review fundamentals of PFA in action. There will be 5 chapters within this learning series that will be released from May to July 2020.

Chapter 1 is now available: <https://www.albertahealthservices.ca/info/Page17072.aspx>

Transform Your Stress (Condensed) – Psychosocial Response to Disaster

Stress affects people physically, mentally, and emotionally. Many Albertans have identified feeling stressed since the onset of the COVID-19 pandemic. This introductory course for personal use includes a basic discussion of stress plus looks at ways to manage stress including two practical breathing techniques.

Objectives:

1. Discuss the stress response in the Autonomic Nervous System
2. Identify personal stressors and warning signs of stress
3. Make an action plan to address their own stress
4. Review how emotions impact the body, brain, and overall health
5. Learn two practical stress-relieving breathing techniques

Please note that this course will be offered externally soon.

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Online Mental Health Resources:

For helpful advice on handling stressful situations and ways to talk to children.

- [Coping and Connection for Children & Families During COVID-19](#) (AHS)
- [COVID-19 and Your Mental Health](#) (AHS)
- [Practical and Emotional Preparedness for a Pandemic](#) (AHS)
- [Mental health and coping with COVID-19](#) (CDC)
- [Talking with children about COVID-19](#) (CDC)
- [Talking with children during infectious disease outbreaks](#) (SAMHSA)

To order free health promotion resources, visit: <https://dol.datacm.com/>

Login ID: mentalhealthresources

Password: mh2016

Emergency Preparedness (E-Prep) and Skills for Psychological Recovery (SPR)

Not available online at this time (due to small group discussion format and physical distancing requirements).