

# Psychosocial Capacity Building (Internal)

## 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](mailto: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.

Chapters 1 and 2 are now available. To register for this course, please visit: [MyLearningLink](#)

## Transform Your Stress (Condensed) – Psychosocial Response to Disaster

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

Objectives:

1. Discuss the stress response;
2. Identify 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. Participate in 2 practical stress-relieving breathing techniques;
6. Discuss how emotional resilience can be enhanced through regular use of the breathing tools;
7. Discuss potential use of the HeartMath tools in the clinical setting.

# Psychosocial Capacity Building

Audience: AHS staff

Details: Instructor-led 1.75 hour over Skype

To register for this course, please visit: [MyLearningLink](#)

For more information contact: [AHS.HeartMath@ahs.ca](mailto:AHS.HeartMath@ahs.ca)

Please note that we are exploring possibilities to offer this course for the public.

## Transforming Stress - Adult Mini Toolkit for Clinicians

Stress affects people physically, mentally and emotionally. Many Albertans have identified feeling stressed with the advent of the COVID-19 pandemic. This advanced course for clinicians, reviews 3 of the HeartMath breathing techniques and tools introduced in 'Transform Your Stress - The Resilience Advantage' course and supports their application for AHS staff and clinicians who are working with clients in person or on the phone.

Objectives:

1. Discuss teaching points for 3 HeartMath breathing techniques. (Heart Focused Breathing, Inner Ease, and Quick Coherence);
2. Identify warning signs of stress;
3. Identify 2 benefits of clinician coherence for the therapeutic relationship.

Audience: AHS employees in a direct service role who work with adults

Details: Instructor-led 1.75 hour over Skype

To register for this course, please visit: [MyLearningLink](#)

For more information contact: [AHS.HeartMath@ahs.ca](mailto:AHS.HeartMath@ahs.ca)

## 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

Psychosocial Disaster Network (PDN) Newsletter

The PDN started as an interagency coordination committee for the 2013 Southern Alberta Flood recovery work. Our hope is to provide you with a centralized virtual hub for updates and resources for psychosocial preparedness and recovery. We have three overarching messages that help guide our newsletters: prepare to recover, communicate to coordinate, and strong communities save lives. If you would like to be added to the PDN email distribution list, email: [HPDIP.MH.EarlyID@ahs.ca](mailto:HPDIP.MH.EarlyID@ahs.ca).

## 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).