

Disaster Preparedness Training for All

Stress First Aid

Psychological First Aid

Skills for Psychological Recovery

Cultural Considerations in Disaster Response

Team Leadership in Times of Disaster and Change

Workforce Protection/Wellness and Self Care

Just-In-Time Preparedness

Post Deployment Debriefing

Addressing Grief

+ more

V!brant Emotional
Health

Crisis Emotional Care Team

Disaster Preparedness Training

Stress First Aid

SFA is a framework that was originally designed to improve self-care and coworker support for those in high-stress jobs. The goal is to identify stress reactions along a stress continuum and to help reduce the likelihood that stress outcomes develop into more severe or long-term problems using practical core actions.

Psychological First Aid

PFA is a modular-based training for those who want to learn how to assist people in the delivery of behavioral health support services in the immediate aftermath of disaster and terrorism. It is a six-hour training that covers the principles of disaster behavioral health response and core components of PFA, and the consideration of working in various settings with diverse populations.

Skills for Psychological Recovery

Skills for Psychological Recovery (SPR) is an intervention designed to follow Psychological First Aid (PFA) in the weeks and months following disasters and mass violence events. SPR aims to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. SPR is not formal mental health treatment but utilizes skills-building components from mental health treatment that have been found helpful in a variety of post-trauma situations, including problem-solving, positive activities scheduling, managing reactions, helpful thinking, and building healthy social connections. SPR is appropriate for developmental levels across the lifespan and is culturally informed. SPR aims to facilitate recovery, support functioning, and prevent behaviors that make things more difficult.

Cultural Considerations in Disaster Response

This training provides guidance on the best practices for approaching local, disaster-affected communities of varied cultures and people groups and how to engage their leaders in developing culturally appropriate, respectful, and applicable behavioral health activities that speak to their recovery path. It identifies specific challenges of those in underrepresented communities and how to ensure activities are created in a way that recognizes chronic or systemic trauma.

Team Leadership in Times of Disaster and Change

Anchored in proven leadership strategies and decades of disaster management leadership (situational leadership, crucial conversations, the DISC assessment), this training includes facilitated team discussions around the difference between "Disaster Time" and "every day" to help define roles, create expectations and establish healthy mechanisms for rest, support and long term resilience within workforce management. The three-part series includes an executive session, a reporting team session, and a collaborative session that openly shares feedback and helps the team arrive at a positive consensus on how to move forward.

Workforce Protection/Wellness and Self Care

This is a training that outlines the various organizational and individual concerns that arise for those working in the helping professions. A baseline understanding of the research informing these issues is presented. Best practices for supporting staff by way of addressing and mitigating compassion fatigue and secondary traumatic stress as well as burnout are presented as a means to decrease staff turnover. Increasing compassion satisfaction and resilience are also addressed as a way to increase staff morale and retention.

Just-In-Time Preparedness

Just-In-Time Preparedness (JIT) training reviews the pre-deployment needs and provides additional specific information regarding the deployment logistics, roles and assignments, overall scope of work, timelines, documentation requirements, and reporting schedules. Expectations are outlined regarding check-ins, buddy systems, and debriefings.

Post Deployment Debriefing

This training will outline the key components for conducting a post disaster deployment debriefing after receiving staff or volunteers back from working in the field. This is a check-in that focuses on the psychoeducational aspects of what to expect after working in the midst of a disaster, providing information on best practices for stabilization and grounding, de-stressing in ways that cause no harm but are effective in moving toxic stress hormones out of the body, and engaging in positive coping and self care exercises.

*Note: This is not in reference to Operational Debriefing or Critical Incident Stress Debriefing.

Disaster Preparedness Training

Addressing Grief

This training offers a baseline and review of how we currently understand grief and ways to help support people in the various stages of grieving. We'll differentiate normal grief from a grieving disorder and dispel myths or outdated assumptions about the grieving process. Guidelines and recommendations for language, coping and resources are offered.

Incident Command System

Incident Command System (ICS) is part of the National Incident Management System and is meant to provide all disaster and emergency responders a common language and operational structure regardless of their professions, field or role in their given organization. It allows for effective and efficient management of procedures addressing facilities, equipment, personnel, communications and other supports within the common operating structure.

Caring For Children in Disaster

While all human emotions are the same, we express them in different ways. Children both perceive and express their stress and distress very differently from adults and from each other within their age ranges (infants, toddlers, tweens and teens). Adults tend to underestimate the negative emotional impacts that disasters and other emergencies have on children. This training will inform on common disaster distress responses in children within different age groups, help parents and other caregivers to identify emotional concerns in the children under their care, how to talk to children about these traumatic events and guidelines for helping children cope.

Addressing Different Types of Disasters

The type, size and scope of a disaster must be taken into consideration when planning and implementing a disaster behavioral health response. Individually and collectively, these different aspects may influence the impacted community in unexpected ways, thus the response needs to be tailored to ensure that needs are being addressed. Human caused incidents with intent to harm have a different recovery trajectory than naturally occurring disasters or even accidents and historical or other pre-existing foundational issues will also impact the recovery process. This training will examine the current research and recommendations to help communities respond to their post disaster needs.

Community Violence and School Shooting Events

Incidents of community violence, random public shooting events, school and workplace violence and suicides have increased over the past decade, fueled by racism, social and financial inequity, police violence, an excessive number of firearms easily available throughout the U.S., political discourse and the response to the COVID-19 pandemic. These types of disasters create a more complex recovery path with layered issues of legal considerations, accountability, interpersonal impacts, moral injury, betrayal, meaning making and more. The time frames within which incidents of violence impact both individuals and communities is also significantly longer than weather related disasters and the long term impacts are just starting to be understood. This training will examine what we know from the current research and present the current best practices in helping communities onto a recovery path.

Chronic Cyclical Disaster Model

The Chronic Cyclical Disaster Model is a collaborative blueprint designed to help survivors, community leaders, first responders, and others involved in disaster work to better understand how constant, overlapping disasters affect individuals and communities. This training will provide a brief overview of the blueprint as a whole and how it can be applied in our current climate of repetitive and overlapping disasters. We will review the complexities of how to frame the potential and actual impact of disasters within the reality of a community's chronic stressors and foundational issues, in an effort to guide the development of an effective recovery plan.

Disaster Preparedness Trainings - \$1,250.00 per training