

**Fostering Resilience and Recovery:
Behavioral Health Services in the Aftermath of Disaster.
DBHRN- Disaster Behavioral Health Response Network**

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Description

This three hour training is intended to prepare EMPS providers and supervisors for a role in providing behavioral health support to citizens of the State of Connecticut impacted by weather-related disasters and other types of disasters which may occur to include, for example, technological accidents, mass shootings, terrorist attacks and public health emergencies. The role of a behavioral health disaster responder is uniquely different than traditional mental health practice and therefore specific training to prepare clinicians is indicated. The training includes an overview of types of disasters, the relative *psychological footprint* of various types of disasters and the current thinking regarding the efficacy of immediate psychosocial support in mitigating long term psychological impact on victims, survivors, witnesses, the larger community and first responders. The training also includes an overview of Psychological First Aid, the consensus based national model for behavioral health disaster response, the core concepts of the model and operational examples of these core concepts. The training also includes an introduction to Connecticut's Disaster Behavioral Health Response Network (CT-DBHRN), the state's disaster behavioral health infrastructure. Finally, the training includes content related to the potential challenges of being a mental health first responder and invites trainees to cover specific *personal preparedness bases* prior to committing to a disaster behavioral health response role.

Learning Objectives

As a result of this training, providers will:

1. Gain knowledge in the range of potential disasters that may impact the State of Connecticut and gain knowledge in the psychological effects of those disasters;
2. Be introduced to the core concepts of *Psychological First Aid*, a model for disaster behavioral health response and be able to operationalize those core concepts in practice;
3. Be oriented to CT-DBHRN, the state's existing disaster behavioral health infrastructure and understand how EMPS may interface with that infrastructure during a response; and
4. Understand the importance of preparing to serve as a responder and know the steps to take in order to be appropriately prepared.

Training Outline

1. Psychological Effects of Disaster
2. The Role of Psychological First Aid
3. Practicing the Core Concepts
4. Disaster Behavioral Health in Context

5. Preparing to Serve