



# SAFETY, FUNCTION, ACTION: Psychological First Aid Training

## FREE RESPONDER SKILLS TRAINING SESSION:

Presenting a National Model of Psychological First Aid  
Trained by the National Experts

### Course Description:

Psychological First Aid is an evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. 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.

This Psychological First Aid (PFA) model was developed by professionals based at the National Child Traumatic Stress Network and the National Center for PTSD, and funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). This model continues to undergo extensive peer review from national and international disaster behavioral health experts.

### Course Content:

**SAFETY, FUNCTION, ACTION** and Psychological First Aid is a one-day training course comprised of three components:

1. Disaster Behavioral Health: An Ecological Perspective
2. SAFETY, FUNCTION, ACTION: A Framework for Organizing Psychosocial Support and Intervention for Disaster Survivors
3. PFA Skills Training Workshop
  - a. Overview of Psychological First Aid
  - b. PFA Strategies:
    - Preparing to Deliver Psychological First Aid
    - Contact and Engagement
    - Safety and Comfort
    - Stabilization
    - Information Gathering: Current Needs and Concerns
    - Practical Assistance
    - Connection with Social Supports
    - Information on Coping
    - Links worth Collaborative Services

## Strengths of Psychological First Aid (PFA)

- Psychological First Aid includes basic information-gathering techniques to help providers make rapid assessments of survivors' immediate concerns and needs, and to implement supportive activities in a flexible manner.
- Psychological First Aid relies on field-tested, evidence-informed strategies that can be provided in a variety of disaster settings.
- Psychological First Aid emphasizes developmentally and culturally appropriate interventions for survivors of various ages and backgrounds.

## Course Objectives:

1. Define Psychological First Aid.
2. Identify the evidence-informed principles of Psychological First Aid.
3. Identify the elements of disaster response that provide psychological support and enhance resilience for disaster survivors using the SAFETY, FUNCTION, ACTION paradigm.
4. Demonstrate the intervention strategies of Psychological First Aid.
5. Identify individual and organizational strategies to enhance provider care during disaster response.

## Course Faculty:

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Principal Author: Psychological First Aid Operations Guide

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## Target Audience:

**SAFETY, FUNCTION, ACTION:** Psychological First Aid Training is designed for public health professionals and health care professionals with disaster response roles. Community preparedness and response partners, especially first-responders (emergency management/EMS/fire/rescue/law enforcement personnel) and behavioral health professionals will find this course particularly relevant.

- State and/or Local Public Health Workers
- Bioterrorism Coordinators
- Public Health Leadership
- Public Health Nurse
- Emergency Management
- Healthcare Professionals
- Hospital Administrator/Management
- Public Information Officer
- Law Enforcement
- Health Sciences Students
- Business and Civic Leaders

## Sponsors:

Sponsored by the Florida Department of Health and the Centers for Disease Control and Prevention