



Psychological First Aid

FOSTERING COMMUNITY CAPACITY DURING
DISASTER IN CALIFORNIA'S NATIVE COMMUNITIES

What are emergencies in California's Native Communities?

- ▶ Wildfires
- ▶ Earthquakes
- ▶ Flooding
- ▶ Landslides

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- ▶ Suicides
 - ▶ Community Violence



Preparation

If we prepare and respond to the more common emergencies we will be ready for the bigger less common ones i.e. earthquakes, fire, etc.

First Aid

The assistance given to any person suffering a sudden illness or injury with care provided to preserve life, prevent the condition from worsening, and/or promote recovery.



Psychological First Aid

The goal is to foster a climate
and environment of:

Safety

Calm & Comfort

Connectedness

Self-empowerment , and

Hope



Designed for

- ▶ Public health personnel
- ▶ Public health educators
- ▶ Tribal Leaders
- ▶ Community Health Workers
- ▶ Emergency responders
- ▶ Disaster workers with little or no formal mental health training
- ▶ Natural Helpers in the community
- ▶ Faith Community/Traditional Healers

Why PFA in Indian Country

- ▶ Trauma, historical and trauma over the life span is prevalent in Native communities.
- ▶ There are not enough mental health providers to meet the need in Native communities.
- ▶ The mental health providers serving Native communities often live outside of the community and may not be available during crisis..
- ▶ There are indigenous natural helps who are under utilized during crisis and have the heart and commitment to the community.
- ▶ Training in Psychological First Aid if available to Natural Helpers
- ▶ Behavioral Health resources can be instrumental to coordinating and training.

Affects of Trauma

Eustress vs. Distress vs. Dysfunction



Adapted by CTL

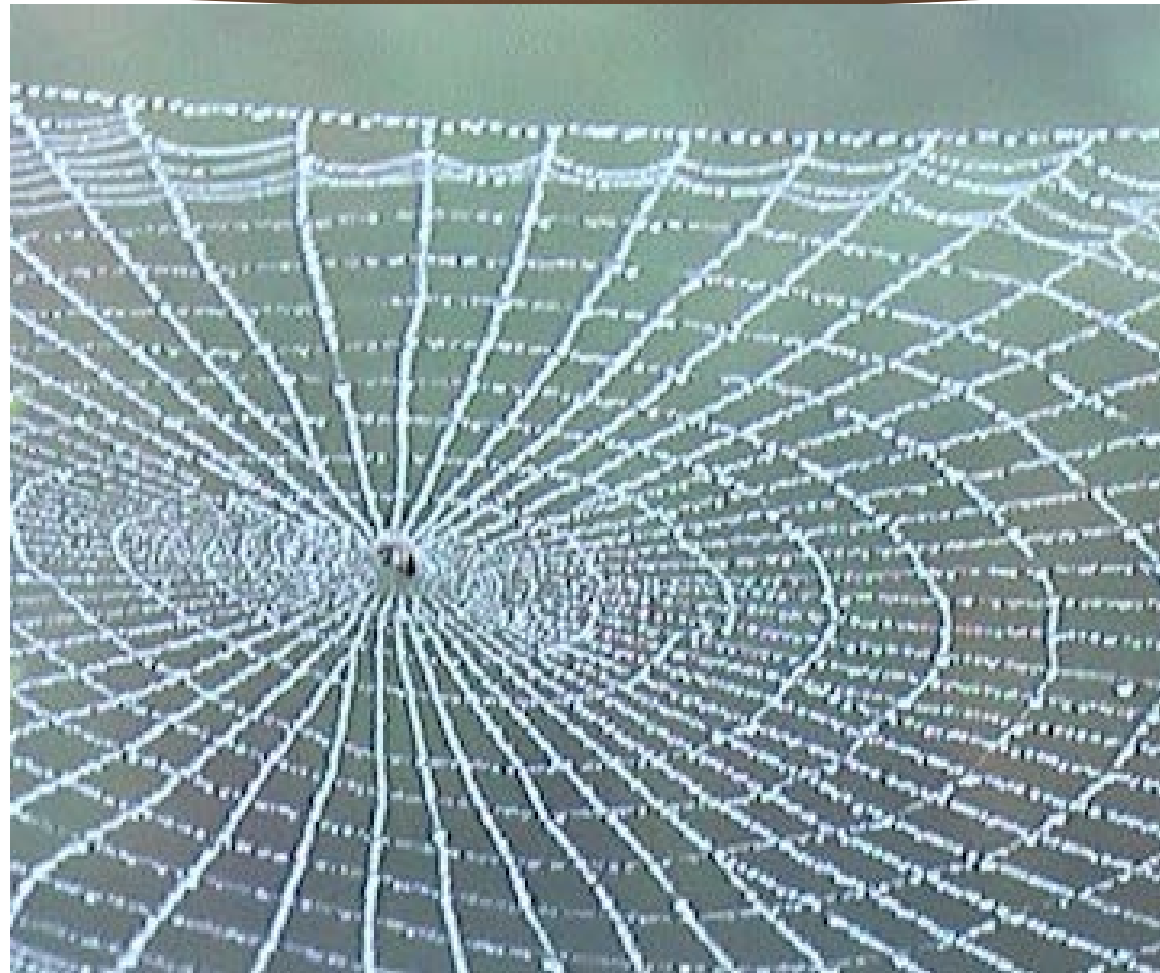
RAPID Model of PFA

- ▶ Rapport and Reflective listening
- ▶ Assessment
- ▶ Prioritize (psychological triage)
- ▶ Intervention
- ▶ Disposition and Follow up

Enlisting, Engaging and Empowering

- ▶ Who are natural support people in your community?
- ▶ What are the benefits of developing your natural support systems?
- ▶ What are the challenges of developing your natural support systems?
- ▶ What support/training do you need to enlist, engage your natural support network?

Natural Support System



For more information

- ▶ SAMHSA Tribal Training and Technical Assistance Center - <https://www.samhsa.gov/tribal-ttac>
- ▶ SAMHSA Disaster technical Assistance Center (DTAC) - <https://www.samhsa.gov/dtac>
- ▶ Mental Health First Aid - <https://www.mentalhealthfirstaid.org>
- ▶ Indian Health Services – Office of Environmental Health and Engineering, Division of Environmental Services - <https://www.ihs.gov/dehs/>
- ▶ PTSD: National Center for PTSD - Psychological First Aid: Field Operations Guide - <https://www.ptsd.va.gov/professional/manuals/psych-first-aid.asp>
- ▶ American Red Cross – Disaster Training - <http://www.redcross.org/take-a-class/disaster-training>

DHCS Emergency Preparedness & Response Workshops

Rolling Hills Casino

▶ June 13-14, 2017

Pala Casino & Resort

▶ June 15-16, 2017

▶ For more information:

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