

Appendix D – 2-Day Training General Outline

NATIONAL CENTER FOR PTSD
DISASTER MENTAL HEALTH SERVICES
2-Day Training – General Outline

Learning Objectives

Participants will be able to:

- a) assess the impact of disaster on individuals, disaster workers, organizations, and communities;
- b) assess the factors associated with adaptation to disaster-related trauma;
- c) identify at-risk groups and individuals in the wake of disaster;
- d) target specific interventions to match the needs of specific at-risk groups and individuals in each phase of disaster impact (i.e., on-scene, early post-impact, and restoration phase);
- e) identify essential advanced operational guidelines for applying disaster mental health interventions, including defusing, debriefing, death notification, and ritual and psychoeducational interventions;
- f) identify the essential advanced operational guidelines for disaster mental health worker stress management;
- g) understand the pertinent issues involved in forming and operating a VA disaster mental health team;
- h) apply an overview knowledge of the Federal Response Plan to defining the disaster mental health team's and practitioner's liaisons to other disaster response organizations.

Training Content and Schedule

DAY 1

- 8:30 - 8:45 Instructor and Participant Introductions; Course Overview**
- 8:45 - 9:15 The VA National Disaster Mental Health (DMH) Initiative**
- Training/certifying a cadre of VISN-based joint VAMC/RCS (DMH) teams
 - The role of RCS in VA'S DMH response
- 9:15 - 10:00 Disaster Mental Health Key Principles**
- Lecturette: Key principles for intervention and phases of disaster
- 10:00 - 10:15 Break**
- 10:15 - 10:45 Off-site Intervention**
- Video; Role Play Service Center simulation
- 10:45 - 11:15 Group Discussion Of Role Play**
- 11:15 - 12:00 Disaster Mental Health Settings And Clinical Guidelines**
- Lecturette: Settings: Working in a disaster service center, shelter, community
 - Lecturette: Clinical Guidelines (How to structure assessment and interventions in large group settings; 6 step guide to defusing)
- 12:00 - 1:00 Lunch**
- 1:00 - 1:30 Clinical Guidelines (continued)**
- 1:30 - 2:15 Adult Reactions to Disaster**
- Video: "Beyond the Ashes:" Survivor and worker accounts
- 2:15 - 3:00 Debriefing**
- Overview, rationale, and components
- 3:00 - 3:15 Break**
- 3:15 - 4:15 Instructor Debriefing Demonstration With 8-10 Participants**
- 4:15 - 5:00 Group Discussion: Debriefing The Debriefing**

DAY 2

- 8:30 - 9:00** **Participant Responses To Day 1 And Input To Agenda For Day 2**
- 9:00 - 10:00** **Participant Skill Building Exercise: Defusing**
 • Instructor-coached 6-step guide to defusing VA personnel following critical incident
- 10:00 - 10:15** **Break**
- 10:15 - 11:15** **Group Discussion: Defusing Exercise**
- 11:15 - 12:00** **Children's Reactions To Disaster**
 • Video: "Children and Trauma"
- 12:00 - 1:00** **Lunch**
- 1:00 - 1:30** **Leadership Issues**
- 1:30 - 2:15** **The Big Picture: National Disaster Medical System**
 • Lecturette and Video: Who's who, Federal Response Plan, and disaster declaration process
- 2:15 - 3:15** **DMH Team Development**
 • Lecturette: Establishing and maintaining a DMH team
- 3:15 - 3:30** **Break**
- 3:30 - 4:15** **Disaster Mental Health Worker Stress Management / Self-Care**
 •Lecturette: Stress management / Self-care before, during, and after an assignment
- 4:15 - 4:30** **Closure Discussion and Course Evaluations**