

# HEALTH PROMOTION & EDUCATION

## Building Emotional Resilience for Massachusetts Disaster

### Train the Trainer Series



Developed in collaboration by:

**Massachusetts Department of Public Health  
Massachusetts Department of Mental Health**

and

**Lisa Kaufman, ATR-BC, LADC1  
Behavioral Health,  
Emergency Planning Consultant**

## WHAT IS EMOTIONAL RESILIENCE AND WHY GET TRAINED IN IT?

Emotional Resilience  
is the ability of people to cope with  
stress and catastrophe.

Every individual has their own way of responding to stress and stressful situations. Anyone can develop healthy emotional resilience techniques to assist them in their day to day activities at home and work.

By learning to access and practice positive skills, characteristics and habits when dealing with the stress of our daily lives, we will be better prepared for more challenging times.

Paying attention to your behavioral health is essential in maintaining your overall health. It will help you to be better prepared to care for yourself, assist your peers, and those whose care you may be responsible for during a crisis or disaster.

**Taking Care of Stress,  
Before It Takes Care of You!**

**Playing on the Team!  
Peer to Peer Support**

**PFA 202 Developing Your  
Psychological First Aid Skills**

This **Train the Trainer** series was designed specifically for individuals who are most likely to be involved in a health care response or recovery to a disaster. This includes but is not limited to:

Community Health Care  
Professionals and other disaster  
health volunteers

Emergency Management,  
Public Safety and EMS

First Responders, First Receivers,  
and other hospital staff

Local and State Public Health  
staff members

Medical Reserve Corps.  
staff and volunteers

Other disaster relief providers  
and volunteers

# Building Emotional Resilience in Preparation for Responding to a Major Emergency or Disaster

## A 3 Tiered Approach

The MA Department of Mental Health, in partnership with The MA Department of Public Health and Lisa Kaufman, ATR-BC, LADC1 have created a series of 3 training modules for you and your organization.

The series is presented in a **Train the Trainer** format. Each module in the series includes a CD with the materials for you to train all 3 sessions. We recommend that the trainings be taken in sequence as the skills and concepts build from one module to the next, but you may elect to participate in the session(s) that would be most beneficial for you and your organization.

### **Module #1** (2.5 hr. **Train the Trainer**) **Taking Care of *Stress*, Before It Takes Care of You!**

Designed to teach individuals techniques to assist in addressing stress reactions by building a skill base for emotional resilience. This training can help you improve your well being and performance in day to day work and home activities making you better prepared for challenging times.

### **Module #2** (3 hr. **Train the Trainer**) **Playing on the Team!** **Peer to Peer Support**

Building on the skills from module #1, this training is focused on using interactive and supportive means to assist work, responder and interdisciplinary groups to perform in safe, cooperative and collaborative ways. Utilizing these techniques will allow peers to function better together in high pressure situations and reduce stressful interactions. Materials for 5 Peer Support Groups are included with this module.

### **Module #3** (8 hr. **Train the Trainer**) **PFA 202: Developing Your Psychological First Aid Skills**

The pre-requisite for this module is a basic level Psychological First Aid (PFA) training (DMH, Red Cross, NACCHO, etc.) Created to improve your abilities, and confidence in providing PFA, this is a hands on, skills building training. The goal is to increase your capacity to access and provide appropriate PFA interventions for yourself, your peers and others in the day to day workplace and when responding to a major emergency or disaster.

## What Else Do I Need to Know?

### These Trainings are NOT about:

- \*Improving your workplace productivity
- \*Increasing your level of performance
- \*Helping you get more done in the same amount of hours

***Although they may help you to do all of those things . . .***

### These Trainings ARE about:

- \*Helping you identify *Stress* and your reactions to it
- \*Introducing you to some Emotional Resilience Techniques that you can really use
- \*Helping you to see how you can apply these concepts and techniques to YOUR daily life

- \*Helping you to learn how to make the techniques a part of your home and work place practices so you can improve YOUR daily life at home and at work
- \*Being aware so you will be better prepared to care for your self and others in the event of a major emergency or disaster in your workplace, home and/or community

**All 3 Trainings are FREE!**

Continuing Education Credits are in the process of being applied for

## FOR MORE INFORMATION CONTACT:

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