

Psychological First Aid (PFA)

What Is PFA?

PFA is an evidence-informed supportive intervention delivered in the aftermath of a disaster and/or traumatic event. There is a broad range of early reactions to trauma and disaster. PFA aims to help promote resilience in all youth that have experienced a disaster or trauma by providing compassionate and caring support from the start. PFA is a modular intervention that includes eight core actions:

- contact and engagement
- safety and comfort
- stabilization
- information gathering on current needs and concerns
- practical assistance
- connection with social supports
- information on coping
- linking with collaborative services

Recruitment audience:

teachers, school staff, childcare workers, other community members

Who is PFA training for?



Anyone who works with children and/or adolescents! You do not need a background in mental health or behavioral interventions

to participate! This training can help you quickly assess the concerns and needs of youth you work with and flexibly implement supportive actions.

Although this intervention is designed for the immediate days and weeks following a disaster or other traumatic event, it can be used on an ongoing basis to help support children and adolescents in their natural environments, and to help adults better determine when or if to connect children with therapeutic support.

What is training like?

Training will consist of online modules supplemented with live telehealth-based consultations with PFA experts throughout the school year.

Why choose PFA?

PFA can serve as the first level of support to promote resilience in children and adolescents as they return to school following current disruption due to COVID-19, or even past trauma exposure such as to a natural disaster. This intervention is flexible, can be modified to fit a child's needs, and can be delivered in a brief format. This helps PFA empower children and adolescents and foster adaptive coping following disasters and/or traumatic events.