



# PSYCHOLOGICAL FIRST AID ECHO

KanDO Together: Supporting Resilient Communities

Thanks for joining us!

The session will begin on time.

# Psychological First Aid ECHO Part 2

Welcome!

- ▶ Your microphone has been **muted**. Please use the chat or unmute yourself to communicate.
- ▶ We appreciate you keeping your **camera** on.
- ▶ **Completion certificates** will be emailed after all sessions are complete. Make sure your first and last name are visible.
  - ▶ Use the “rename” feature in the menu to change.

# Presenters

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# Project Disclosure Statement

- ▶ We have no relevant financial relationships with the manufacturer(s) of any commercial product(s) and/or provider of commercial services discussed in this CME activity.
  
- ▶ We do not intend to discuss an unapproved/investigative use of a commercial product/device in our presentation.

# Mitigating Potential Bias

- ▶ The information and recommendations involving clinical medicine is based on evidence that is currently accepted within the profession.

# After the session

- ▶ Please read the PFA Manual Core Actions 4-6 prior to the next training  
(<https://www.nctsn.org/resources/psychological-first-aid-pfa-field-operations-guide-2nd-edition>)
- ▶ Presentation materials: the slides and chat log will be emailed to you also.

# Agenda

Core Action 2: Safety and Comfort - Erin

Core Action 3: Stabilization - Joah

Break (2:00)

Break out Rooms

Scenario Presentation



# Chair Yoga #1



# Getting Back into the PFA Frame

[Short PFA Video](#)

# PFA Field Operations Guide Core Actions

1	Contact and Engagement
2	<b>Safety and Comfort</b>
3	Stabilization
4	Information Gathering
5	Practical Assistance
6	Connection with Social Supports
7	Information on Coping
8	Linkage with Collaborative Services

# Safety & Comfort

- Reduces biological aspects of traumatic stress reactions
- Reduces anxiety, high arousal, numbing, or strong emotions

# Safety & Comfort

- Decreases strong emotionality
- Supports better:
  - Sleep
  - Eating
  - Decision-making
  - Performance of life tasks
- Reduces the probability of long-term psychopathology

# Safety and Comfort



- Ensure immediate physical safety
- Work to ensure emotional safety
  - Avoid additional exposure
  - Reduce media exposure
  - Increase structure and communication
  - Answer pressing questions, meet basic needs



# PFA Field Operations Guide Core Actions

1	Contact and Engagement
2	Safety and Comfort
<b>3</b>	<b>Stabilization</b>
4	Information Gathering
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# Stabilization

The goal of this module is to calm and orient emotionally overwhelmed or disoriented survivors

*Note: Most survivors will not require stabilization*



# Stabilization

- Expressing strong emotions (or even suppressing emotions) is a normal response to trauma that does not necessarily require intervention beyond supportive contact
- Interventionists can avoid unnecessary attempts at stabilizing survivors by being familiar with the range of normal reactions people have in the aftermath of traumatic events

# Acute Grief Reactions

- Shock
- Disbelief
- Distress
- Anger
- Poor concentration
- Poor sleep
- Memory impairment



# Stabilization

- Look for the following signs to decide whether someone needs stabilization...
  - Extremely agitated
  - Uncontrollable physical reactions (i.e., trembling, shaking)
  - Seems to be losing touch with their surroundings
  - Experiencing ongoing intense crying

**Remember that how we express emotion is influenced by a number of family and cultural factors. Consider working closely with community leaders familiar with local norms.**

# Stabilization

These steps will help stabilize the majority of survivors...

- Respect the person's privacy and give them a few minutes before intervening
- Remain calm, quiet, and present – just being available may help
- Give information that orients him/her to the surroundings

If parents/caregivers are nearby and emotionally stable, focus on empowering them in their role of calming their child

# Stabilization

If none of these actions help,  
you can try an exercise called  
“grounding.”



# Stabilization - Grounding Exercises

- Encourage the person to sit in a comfortable position
- Breathe in and out slowly and deeply
- Look around and name five non-distressing things you can see
- Next, name five non-distressing sounds
- Continue breathing slowly and deeply
- Next, name five non-distressing things you can feel

# Stabilization

Distracting activities like coloring, listening to music, or reading can also help calm children who may not wish to discuss their reactions





Break





# Chair Yoga #2



# Break-Out Rooms



Scenario

# Scenario

## About:

Youth was brought to our organization due to an attempted suicide of parent. Youth was approximately 14 to 15 years of age. It was explained to youth that his/her safety was our concern and measures were being taken to get the parent needed assistance and to reintegrate the family.

## Questions for facilitators:

1. What are some other measures to be taken to ensure the youth in our care that they are not criminals because of criminal activity being acted out towards them?
2. What additional measures can be taken to encourage success after care?
3. How can we effectively change negatives in the communities through education?



Q & A