Disaster Behavioral Health First Aid Specialist Training (FAST) Foundations Course

Overview Section
Acknowledgements

This course is developed and delivered by the Florida Center for Public Health Preparedness (FCPHP) at the University of South Florida, College of Public Health. Funding for the development and delivery of this course is a grant (#U90/CCU424263-01-1) awarded by the Centers for Disease Control and Prevention to the FCPHP.

Course contributors include: Nadine D. Mescia, M.H.S. - Curriculum Developer and Instructional Designer; Lisa M. Brown, Ph.D. and W. Michael Reid, Ph.D., M.B.A. – Editors; Sandra Ruzycki, M.A. – Measurement and Evaluation; Balaji Ramadoss, M.S. – Multimedia Designer; and Pam Price, M.S. – Coordinator.

The course manual used in this course is the Psychological First Aid Field Operations Guide (2nd Edition). It was developed in 2006 by the National Child Traumatic Stress Network and the National Center for Post Traumatic Stress Disorder (PTSD). Implied permission to use this document is granted to the Florida Center for Public Health Preparedness.

The contents of this course and its instructional materials are provided for training purposes only. The information contained herein are solely the responsibility of the Florida Center for Public Health Preparedness and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the University of South Florida.

Course Description At-A-Glance

<table>
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<tr>
<th>Target Audience:</th>
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</tr>
</thead>
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<tr>
<td>Level:</td>
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<td>Pre-Requisites:</td>
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<td>Product Type:</td>
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<td>Format:</td>
<td>Internet-Based, Independent Study Course</td>
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<td>Clock Hours:</td>
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<td>Evaluation:</td>
<td>Learner Pre and Post Assessments, Course Evaluation</td>
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FAST Foundations Course Overview

About the FAST Foundations Course

The FAST Foundations Course was developed by the Florida Center for Public Health Preparedness at the University of South Florida, College of Public Health, to provide training in the fundamentals of Psychological First Aid (PFA). It was designed for Florida Department of Health Special Needs Shelter Team members, Florida Department of Health personnel, State of Florida Disaster Behavioral Health Response Team members, and other disaster responders whose functional role and responsibilities include providing PFA to disaster survivors.

The FAST Foundations Course is intended to provide training in the foundational knowledge necessary to effectively deliver PFA to children, adolescents, adults, and families in the immediate aftermath of disaster. The Florida Center for Public Health Preparedness has adopted the Psychological First Aid Field Operations Guide (2nd Edition), developed by the National Child Traumatic Stress Network and the National Center for Post Traumatic Stress Disorder, as the basis for the content presented in this course. Using the Psychological First Aid Field Operations Guide as the course manual for the FAST Foundations Course helps to standardize and clarify the fundamental concepts of Psychological First Aid.

The FAST Foundations Course serves as the necessary pre-requisite training to the on-site, instructor-led, skills-based, Disaster Behavioral Health First Aid Specialist Training (FAST) programs developed and delivered by the FCPHP.
• Disaster Behavioral Health First Aid Specialist Training (B-FAST)
• Disaster Behavioral Health First Aid Specialist Training with Children (C-FAST)
• Disaster Behavioral Health First Aid Specialist Training with Special Needs Populations (S-FAST)

FCPHP Distance Learning Program

The Florida Center for Public Health Preparedness’ Distance Learning Program is one of two delivery modes (Internet-based; on-site, instructor-led) that the FCPHP uses to provide workforce development training to Florida Department of Health personnel and their state and community partners. This Internet Independent Study FAST Foundations Course is part of the FCPHP Distance Learning Program. The FCPHP Distance Learning Program includes other Internet-based courses and resources, as well as Internet-based pre-work to on-site, instructor-led training programs. Additional FCPHP distance learning course offerings in disaster behavioral health include:
• Assuring Cultural Competence in Disaster Response
• Understanding Compassion Fatigue
• Disaster Stress: Resistance and Resilience
FCPHP Distance Learning Program (Continued)

The FCPHP distance learning courses, as well as the on-site, instructor-led training programs are available at no charge to participants. Funding for the development and delivery of FCPHP courses and programs is provided to the FCPHP through a grant (#U90/CCU424263-01-1) awarded to the FCPHP by the Centers for Disease Control and Prevention.

For more information about, or to register for, FCPHP distance learning courses and on-site, instructor-led training programs, visit the Florida Center for Public Health Preparedness’ web site located at www.fcphp.usf.edu.

FCPHP Learner Management System (LMS)

The FCPHP has developed its own Internet-based learner management system for its program and course registration and delivery. The LMS allows participants to register for FCPHP courses and programs, track progress, download course materials and the Course Completion Certificate, submit learner pre and post assessments and course evaluation, and apply for continuing education credit.

Continuing Education Credit (CEC)

All FCPHP courses and programs are approved for continuing education credit by the University of South Florida. (Note: This is subject to change. Please look at the Center’s web site for current status of CECs for the Center’s courses.)

This online Fast Foundations program has been approved for continuing education credit (CEC) by the Suwannee River Area Health Education Center (SRAHEC) for nurses, certified health education specialists, licensed mental health counselors, social workers and marriage and family therapists. To apply for CECs, program participants must demonstrate successful completion of all course requirements.

Credits for this online program are awarded only in conjunction with the successful completion of an appropriate on-site Disaster Behavioral Health First Aid Specialist Training (B-FAST, C-FAST or S-FAST). In other words, credits are not available after you complete this online course. The credits will be available after you complete an appropriate on-site course.

Each participant seeking credit must complete the following items prior to receiving the CEC Certificate from SRAHEC:

- Must attend on-site FAST program as described above.
- Must complete the on-site SRAHEC Registration Form, and provide applicable professional license number.
• Must complete the on-site evaluation for SRAHEC and the online evaluation for the FCPHP.
• Must obtain a passing score (75% or greater) on the online program post-test.

Continuing Education Credit Certificates will be generated by SRAHEC based on the successful completion of the items listed above. Please allow 2 weeks for delivery of your certificate from the time that you complete your post-test. SRAHEC will also submit your credits to Florida CE Broker.

Suwannee River Area Health Education Center, Inc. is a Florida Board of Nursing approved provider of continuing nursing education. CE Broker Provider ID #50-1922. This program is approved for 4.0 hours of continuing education contact hours.

Suwannee River Area Health Education Center, Inc. is a Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling approved provider, BAP #50-1922- of continuing education. This program is approved for 4.0 hours of continuing education contact hours.

Suwannee River Area Health Education Center has been approved as a multiple event provider of continuing education contact hours (CECH) through the National Commission for Health Education Credentialing, Inc. (Multiple Event Provider Number: FL0078. This program is approved for 3.5 hours of continuing education contact hours.

For questions about Fast Foundations as a pre-requisite course requirement, please contact Pam Price at pprice@health.usf.edu or 813-974-3718.

For CEC questions, please contact: Susie Lloyd, CE Coordinator, SRAHEC at: slloyd@srahec.org or 386-462-1551 ext. 16; http://www.srahec.org/
Course Requirements

Course Pre-Requisites

The FAST Foundations Course does not have any pre-requisite course requirements. It is important to note that this course serves as the necessary pre-requisite training to the on-site, instructor-led, skills-based, Disaster Behavioral Health First Aid Specialist Training (FAST) programs (B-FAST, C-FAST, and S-FAST) developed and delivered by the FCPHP.

Course Completion

The course completion deadline is one calendar year from the date of course initiation. Course initiation is defined as the completion and submission of the learner pre-assessment. During this one-year time frame, the participant must satisfy all course requirements. If course requirements are not satisfied, course enrollment is terminated. (See Instructions on How to Complete This Course on page 10 of this Independent Study Guide for a detailed description of the course requirements.)

The estimated time to complete this course is 5.0 – 6.5 clock hours. Since this is an asynchronous, Internet-based, distance learning course, the participant will complete the course at his or her own individual pace.

Suggested Distance Learning Courses

The following distance learning courses are recommended to supplement and complement the content in this course.

- **Assuring Cultural Competence in Disaster Response (ACC)** – Florida Center for Public Health Preparedness located at [http://www.fcphp.usf.edu/courses/course/course.asp?c=ACC](http://www.fcphp.usf.edu/courses/course/course.asp?c=ACC)
- **Understanding Compassion Fatigue (UCF)** - Florida Center for Public Health Preparedness located at [http://www.fcphp.usf.edu/courses/course/course.asp?c=UCF](http://www.fcphp.usf.edu/courses/course/course.asp?c=UCF)
- **Disaster Stress: Resistance and Resilience** (Presentation) – Florida Center for Public Health Preparedness located at [http://www.fcphp.usf.edu/courselistings/courses_ListingsResilience.htm](http://www.fcphp.usf.edu/courselistings/courses_ListingsResilience.htm)
- **Incident Command System (ICS-100)** - Federal Emergency Management Agency (FEMA) located at [http://training.fema.gov/emiweb/is/is100.asp](http://training.fema.gov/emiweb/is/is100.asp)
- **National Incident Management (NIMS-700)** - Federal Emergency Management Agency (FEMA) located at [http://training.fema.gov/emiweb/is/is700.asp](http://training.fema.gov/emiweb/is/is700.asp)
Course Description

Knowledge of how to effectively deliver Psychological First Aid to children, adolescents, adults, and families in the immediate aftermath of disaster is critical in disaster response and emergency management. Psychological First Aid is an evidence-informed approach for responding to the psychosocial needs of children, adolescents, adults, and families affected by disaster. Its goal is to reduce the initial distress caused by the traumatic event, assist with current needs, and foster adaptive functioning and coping.

The Disaster Behavioral Health First Aid Specialist Training (FAST) Foundations course is designed to provide course participants with the foundational knowledge necessary to effectively deliver Psychological First Aid to children, adolescents, adults, and families in the immediate aftermath of disaster.

Topics covered in this course include an introduction to and overview of Psychological First Aid; general and specific guidelines for delivering Psychological First Aid to children, adolescents, adults, older adults, persons with disabilities, and families; the 8 Core Actions of Psychological First Aid; and the goal(s) and key tasks related to each of the Core Actions.

This course prepares participants for the on-site, instructor-led, skills-based Disaster Behavioral Health First Aid Specialist Training programs developed by the FCPHP.

Course Competencies

This course is competency-based. The accepted standards for public health training require that the trainings be competency-based. The FCPHP has selected competencies for its trainings from those competency sets that are most generally recognized as appropriate for public health training and disaster behavioral health training. This approach helps the course participant acquire a set of behaviors necessary to carry out a specific task to an established standard, a specific outcome, and/or a desired performance.

Relevant Bioterrorism and Emergency Readiness Competencies for All Public Health Workers (Source: *Emergency Preparedness Core Competencies for All Public Health Workers*, Columbia University, 2002) (Note: See Course Resource Web Page for the full text of this document.)

Five of nine of the Emergency Preparedness Core Competencies for All Public Health Workers were used to develop this course. The remaining four competencies relate to describing the public health role and the chain of command in emergencies, locating an agency’s response plan, and operating communication equipment. These competencies are outside the scope of this course. The competencies used to develop this course are:

- Describe his/her functional role(s) in emergency response.
- Describe communication role(s) in emergency response.
- Identify limits to own knowledge/skill/authority and identify key system resources for referring matters that exceed these limits.
Course Competencies (Continued)

- Recognize unusual events that might indicate an emergency and describe appropriate action.
- Apply creative problem solving and flexible thinking to unusual challenges within his/her functional responsibilities.

Related Disaster Mental Health Competencies for Disaster Response Personnel
(Source: Proposed Consensus Core Competencies in Disaster Mental Health for Disaster Response Personnel, CDC Centers for Public Health Preparedness Mental Health and Psychosocial Preparedness Collaborative Group, June 2006) (Note: See Course Resource Web Page for the full text of this document.)

One of five Proposed Consensus Core Competencies in Disaster Mental Health for Disaster Response Personnel was used to develop this course. The remaining four competencies are designed for those who will be providing behavioral health services. The competency is: Disaster response personnel will possess knowledge of key terms and concepts related to disaster mental/psychosocial/behavioral health preparedness and response as demonstrated by the ability to define and/or describe:

- The biopsychosocial and cultural manifestations of human stress.
- Phases of psychosocial disaster and recovery reactions.
- The effects of psychological trauma and disaster-related losses and hardships.
- Incident management structure and the role of disaster mental health in a multidisciplinary disaster response.
- Disaster mental health intervention principles.
- Crisis intervention(s) with disaster affected individuals.

Training Outcome

In the Disaster Behavioral Health First Aid Specialist Training (FAST) Foundations Course, the participant will gain knowledge of Psychological First Aid as an evidence-informed, modular approach for responding to the psychosocial needs of children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism.

Learning Objectives

At the completion of this course, the participant will be able to:
- Define and describe Psychological First Aid.
- List the basic objectives of Psychological First Aid.
- Identify guidelines for delivering Psychological First Aid to adults, children, older adults and persons with disabilities.
- Identify things that the Psychological First Aid provider should know and do when preparing to deliver Psychological First Aid.
- Recognize survivors who are at increased risk for adverse psychosocial outcomes.
- Identify the 8 Core Actions of Psychological First Aid and the related goal(s) and key tasks.
Course Materials

Learner Assessment (Pre and Post)

This course includes an on-line learner pre-assessment and post-assessment. The participant must complete and submit both the on-line learner pre-assessment and post-assessment in order to satisfy the course requirements and receive the Course Completion Certificate.

The learner assessment is a 20-item inventory. The learner pre-assessment is administered to the participant to measure the participant’s fund of knowledge prior to beginning the course. The same 20-item inventory or learner post-assessment is administered to the participant to measure the participant’s fund of knowledge after completing the course.

To obtain credit for taking this course, the participant must successfully complete the post-assessment with a score of 75% or above. The participant may take the post-assessment as many times as needed to receive a passing score. The participant’s score on the pre-assessment and on the first attempt of the post-assessment are measured to determine whether a significant increase in the participant’s fund of knowledge was a result of the participant’s participation in the course.

Independent Study Guide

This Independent Study Guide provides the participant with a detailed overview and description of the Disaster Behavioral Health First Aid Specialist Training (FAST) Foundations Course and the related instructional materials. It reviews the course requirements and offers the participant instructions on how to successfully complete the course.

Course Manual

The Disaster Behavioral Health First Aid Specialist Training (FAST) Foundations course manual, Psychological First Aid Field Operations Guide (2nd Edition), contains three main sections.

1. Psychological First Aid: Introduction and Overview
2. Preparing to Deliver Psychological First Aid
3. Psychological First Aid Core Actions

It is recommended that the participant take a break after each section. This allows the participant time to think about and more fully process the material. Later, the knowledge the participant gained in the course can be applied to the participant’s functional role and responsibilities in disaster response work.
Course Materials (Continued)

Section 1, *Introduction and Overview*, defines and describes Psychological First Aid, and presents its goal, strengths, basic objectives, professional behaviors, general delivery guidelines, and specific guidelines for working with children, adolescents, older adults, and survivors with disabilities.

The estimated time to complete Section 1 (including the related study questions) is 30 minutes.

Section 2, *Preparing to Deliver Psychological First Aid*, offers recommendations to the PFA provider for entering the emergency management setting, providing services, working in group settings, maintaining a calm presence, being sensitive to culture and diversity, and being aware of at-risk populations. The estimated time to complete Section 2 (including the related study questions) is 15 minutes.

Section 3, Psychological First Aid *Core Actions*, is comprised of 8 sub-sections. This section provides an overview of each of the 8 Core Actions, and the goal(s) and key tasks related to each of the Core Actions. The estimated time to complete Section 3 (including the related study questions) is 2 ¾ hours.

Sub-Sections:
1. Contact and Engagement
2. Safety and Comfort
3. Stabilization
4. Information Gathering: Needs and Current Concerns
5. Practical Assistance
6. Connection with Social Supports
7. Information on Coping
8. Linkage with Collaborative Services

In addition to the three main sections and the 8 sub-sections, there are 6 appendices. The information in the appendices complements the content in the course manual. Even though the information contained in the appendices is not essential to meeting the course requirements and is not included in the learner assessment, it is highly recommended that the participant review and become familiar with the material in the appendices. The appendices are:

A. Overview of Psychological First Aid
B. Psychological First Aid Service Delivery Sites and Settings
C. Psychological First Aid Provider Care
D. Psychological First Aid Worksheets
E. Handouts for Survivors
F. Duplicate Handouts to Copy and Distribute
Course Materials (Continued)

Power Point Presentation (Optional)

The Power Point presentation is a tutorial of the course content. The presentation slides were developed to reinforce or summarize the main content and key concepts presented in the course manual. A participant’s viewing this presentation is optional. However, the slides are a useful study tool to prepare the participant for the learner post-assessment.

Study Questions

The Independent Study Guide contains a series of study questions developed to reinforce the main content and key concepts in the course manual. The participant should answer all study questions in the Independent Study Guide to prepare for the learner post-assessment.

Course Evaluation

The participant must submit the course evaluation in order to satisfy all course requirements. This brief on-line questionnaire is anonymous. A participant’s responses on the course evaluation are aggregated with other course participants’ responses and are used to assess overall course quality, instructional effectiveness, participation satisfaction, as well as to identify course strengths and opportunities for course modification and enhancement.

Course Completion Certificate

Once the participant has satisfied all course requirements, the Course Completion Certificate is made available to the participant to download and print. It is recommended that the participant maintain a copy of this certificate as a permanent record and physical evidence of course completion.

Continuing Education Credit (Optional)

Once all course requirements are satisfied, the participant may apply for continuing education credit, if needed for professional licensure or certification.
Course Syllabus

Instructions on How to Complete This Course

This asynchronous, Internet-based, distance learning independent study course is designed so that the participant can complete all course requirements at his or her preferred time, place, and pace. The estimated time to complete all course requirements is 5.0 – 6.5 clock hours.

Successful course completion is accomplished by satisfying the following course requirements in this sequential order:

1. Complete and submit the on-line learner Pre-Assessment. (A 20-item inventory to measure the participant’s fund of knowledge prior to completing the course content.)
2. Download, print, and carefully review this FAST Foundations Course Independent Study Guide.
3. Download, print, and read the Course Manual (Psychological First Aid Field Operations Guide) and related appendices. It is recommended that you keep your copy of this document so that you can review it before participating in the on-site courses (B-FAST, C-FAST, R-FAST, S-FAST).
4. Optional: Download and review the course Power Point Presentation slides. (A tutorial or summary of the main content and key concepts presented in the course manual.)
6. Complete and submit the on-line learner Post-Assessment. (A 20-item inventory to measure the participant’s fund of knowledge after completing the course content. The participant must receive a minimum passing score of 75%. Note, the participant may take the post-assessment as many times as is necessary to receive a passing score.)
7. Complete and submit the on-line Course Evaluation. (A brief anonymous questionnaire.)
8. Download and print the Course Completion Certificate. (Note: Once all course requirements are satisfied, the Course Completion Certificate is made available and the participant may apply for continuing education credit, if needed for professional licensure or certification.)
9. Optional: Apply on-line for Continuing Education Credit.
Sample Learning Schedule

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<tr>
<th>Course Material</th>
<th>Tasks</th>
<th>Suggested Time on Task</th>
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<tbody>
<tr>
<td>1. Pre-Assessment</td>
<td>Complete; Submit</td>
<td>20 minutes</td>
</tr>
<tr>
<td>2. Independent Study Guide</td>
<td>Download; Print; Review</td>
<td>20 minutes</td>
</tr>
<tr>
<td>3. Course Manual</td>
<td>Download; Print; Read</td>
<td>120 minutes</td>
</tr>
<tr>
<td>4. Power Point Presentation *Optional</td>
<td>Download; (Print); Review</td>
<td>90 minutes</td>
</tr>
<tr>
<td>5. Study Questions</td>
<td>Complete</td>
<td>90 minutes</td>
</tr>
<tr>
<td>6. Post-Assessment</td>
<td>Complete; Submit</td>
<td>20 minutes</td>
</tr>
<tr>
<td>7. Course Evaluation</td>
<td>Complete; Submit</td>
<td>20 minutes</td>
</tr>
<tr>
<td>8. Course Completion Certificate</td>
<td>Download; Print; Save</td>
<td>5 minutes</td>
</tr>
<tr>
<td>9. Continuing Education Credit *Optional</td>
<td>Apply; Submit</td>
<td>5 minutes</td>
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