

Stress First Aid

October 2021

Train-the-Trainer Course

- *Live* Online Learning Sessions with Dr. Patricia Watson, Psychologist with the National Center for PTSD
- Combination of both *live* sessions and independent online work
- Open to all Interagency partners



Stress First Aid (SFA) is a self-care and peer support model that comprises a set of supportive actions designed to help individuals assist each other in reducing the negative impacts of stress. SFA was designed originally to support military personnel, and subsequently tailored to support a wide-range of occupations, including Wildland firefighters, EMS personnel, law enforcement, safety and natural resource professions. SFA is designed to be attentive to multiple sources of stress, practical, flexible, and tailored to the specific styles and needs of those involved.

Class is in session on the dates listed below. Students are expected to attend all virtual sessions. Upon completion, students will be able to share the peer model with their home units, families, as well as instruct to the greater populace.

- Monday, October 18: 1200 - 1500 Pacific/1500 – 1800 Eastern
- Tuesday, October 19: 1200 - 1500 Pacific/1500 – 1800 Eastern
- Thursday, October 21: 1200 - 1500 Pacific/1500 – 1800 Eastern
- Tuesday, October 26: 1200 - 1500 Pacific/1500 – 1800 Eastern
- Thursday, October 28: 1200 - 1500 Pacific/1500 – 1800 Eastern

There are a limited number of seats for the Fall session; however, the course will be offered again in the spring of 2022. SFA-TtT October 2021 course Registration Link: <https://bit.ly/3klDJ0j>

For information on enrollment, please contact:

Kimberly Lightley: kimberly.lightley@usda.gov or Gary Luce: gary.luce@usda.gov

