READINESS AND EMERGENCY MANAGEMENT FOR SCHOOLS
REMS TECHNICAL ASSISTANCE CENTER

Virtual Trainings by Request

Resilience Strategies for Educators: Techniques for Self-Care and Peer Support (RSE) Train-the-Educator (TtE) Virtual Training by Request (VTBR)

A virtual learning opportunity for caregivers in schools and school districts to better understand, and teach others, resilience strategies following emergency events

The REMS TA Center is excited to offer the **NEW *Resilience Strategies for Educators: Techniques for Self-Care and Peer Support (RSE) Train-the-Educator (TtE) Virtual Training by Request (VTBR)*** created in partnership with the U.S. Department of Education's Office of Safe and Supportive Schools (OSSS). This dynamic and interactive half-day-long training is designed to assist caregivers in schools and school districts to better understand resilience and self-care strategies following natural disasters and other emergency events.

Participants will gain the knowledge and hands-on skills needed to implement the five components of Psychological First Aid — listen, protect, connect, model, and teach, as well as awareness about compassion fatigue, and how to build a self-care plan.

Pre- and -post training activities will provide guidance on how this training is relevant to emergency operations planning and assist with the implementation of what is learned.

TRAINING DESCRIPTION

As part of a comprehensive school emergency operations plan, it is important for schools and school districts to understand how to prevent, protect against, mitigate, respond to, and recover from critical incidents, including social, emotional, and behavioral recovery. The training is designed to provide educators and school staff with a better understanding of resilience strategies that can be used to increase their ability to work more effectively with individuals impacted by stress, loss, and trauma brought on by community or family violence, natural and man-made disasters and economic hardship.

WHO SHOULD ATTEND?

The training is applicable in areas that have been impacted by traumatic events and/or natural disasters, as well as those that have not recently experienced a traumatic event(s). The intended audiences for this training include, but are not limited to:

- School counselors and psychologists
- School social workers and nurses
- Administrators, educators, and support staff
- School Resource Officers
- Community partners such as local mental/behavioral health practitioners

Training Goals

- ☑ ***Engage*** in learning and dialogue about how to approach and work with colleagues in the immediate aftermath of a critical incident.
- ☑ ***Learn*** about the interconnectedness of key resilience factors with the five components of Psychological First Aid.
- ☑ ***Assess*** your wellness and strategize how to maintain a balance between life and work.
- ☑ ***Reflect*** on ways we can be effective when responding to crisis and how we can promote recovery and healing.

TRAINING DETAILS

When: Thursday, March 18, 2021
Time: 8:00 a.m. to 12:00 p.m. MT
Cost: NO CHARGE

Register for this virtual training session online at:
https://remstacenter.org/TBR/TrainingRegistration.aspx?trainingsid=5375
Registration for this event closes on Monday, March 15, 2021 at 5:00 p.m. (ET).