

**DESCRIPTION**

Psychological first aid is a training intervention designed to equip first responders, health care, and other frontline workers responding to disaster situations with basic mental and behavioral health management skills to address the increased demand for mental health support. We are developing a training that delivers psychological first aid training intended specifically for frontline workers responding to the COVID-19 pandemic in American Indian/Alaska Native communities. This training was adapted from the IASC's basic psychosocial skills guide for frontline workers responding to the pandemic globally. The training can be completed online through JHSPH's CoursePlus, which allows interested persons to register, complete the approximately two hour training, and receive a certificate of completion all on their own.

**WHO SHOULD ATTEND**

This activity is intended for frontline workers responding to the COVID-19 pandemic in American Indian/Alaska Native communities.

**OBJECTIVES**

After participating in this activity, the learner will demonstrate the ability to:

- Detect stressors and symptoms of stress in yourself and others.
- Identify healthy ways of coping with pandemic- related stress.
- Recognize and respond to someone who is experiencing serious distress.
- Describe elements of supportive communication in person and virtually.
- Practice safe and comfortable interactions with people seeking your support.
- Identify general guidelines for providing practical support to people affected by the COVID-19 pandemic.
- Describe strategies for helping others to help themselves.
- Identify priority groups in need of special assistance or specific resources during the pandemic.

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The FDA has stated that it is the responsibility of the physician to determine the FDA clearance status of each drug or device he or she wishes to use in clinical practice.

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**PROGRAM**

<u>Task</u>	<u>Length of Time to Complete (hr:min:sec)</u>	<u>Category of Task</u>
<b>Introduction</b>		
Guide: Psychological First Aid for COVID-19 Frontline Workers in American Indian Alaska Native Communities	0:38:00	Reading Material
Lecture 1 <i>Introduction: Psychological First Aid</i>	0:5:04	Video Lecture
<b>Module 1: Your and Your Relatives' Well-being</b>		
Lecture 2 <i>Module 1: Your and Your Relatives' Well-being</i>	0:13:33	Video Lecture
Lecture 3 <i>Case Example: Caring for Elders</i>	0:1:07	Video Lecture
Quiz: Module 1 Assessment	0:10:00	Timed Assessment
<b>Module 2: Supportive Communication in Everyday Interactions</b>		
Lecture 4 <i>Module 2: Supportive Communication in Everyday Interactions</i>	0:12:57	Video Lecture
Quiz: Module 2 Assessment	0:7:30	Timed Assessment
<b>Module 3: Offering Practical Support to Community Members</b>		
Lecture 5 <i>Module 3: Offering Practical Support to Community Members</i>	0:5:36	Video Lecture
Lecture 6 <i>Case Example: Coping with Stress and Misinformation</i>	0:1:23	Video Lecture
Lecture 7 <i>Case Example: Stop - Reflect - Skoden</i>	0:2:19	Video Lecture
Quiz: Module 3 Assessment	0:7:30	Timed Assessment
<b>Module 4: Supporting Everyone in Our Communities</b>		
Lecture 8 <i>Module 4: Supporting Everyone in our Communities</i>	0:7:03	Video Lecture
Quiz: Module 4 Assessment	0:6:00	Timed Assessment
<b><u>Total Time to Complete:</u></b>	2:0:00	

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**FEES**

REGISTRATION CUT-OFF DATE: May 23, 2022

Registration Fee: No fee to attend this activity.

**COURSE FORMAT – METHOD OF PARTICIPATION**

This enduring material is expected to take approximately 2 hours to complete. Once the activity is completed, you must pass the post-test and complete the evaluation with attestation to receive CME credit.

**HOW TO OBTAIN CME CREDIT**

To register for the course, please visit <https://courseplus.jhu.edu/core/index.cfm/go/enr:enr.start/cID/2512/> and complete the registration through CoursePlus.

Once the course is completed, please visit <https://hopkinscme.cloud-cme.com/course/courseoverview?P=0&EID=32837> and click “Tests” to complete the post-test and evaluation. The posttest answers are available in your CoursePlus course completion email confirmation.

**RELEASE DATE**

August 23, 2021

**EXPIRATION DATE**

May 23, 2022

**HARDWARE/SOFTWARE REQUIREMENTS**

Internet connection.

**EVALUATION AND OUTCOMES SURVEY**

Post activity, an online evaluation form will be available to attendees to evaluate the activity and identify future educational needs. Upon completion of the evaluation, the learner must attest to the number of hours in attendance. A certificate of attendance will be available immediately for download or print. The last day to evaluate the material and attest to your credits is **July 7, 2022**.

**POST-TEST**

A post-test will be conducted at the conclusion of the activity. A grade of at least 70% within three attempts is needed to receive CME credit.

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