



Psychological First Aid

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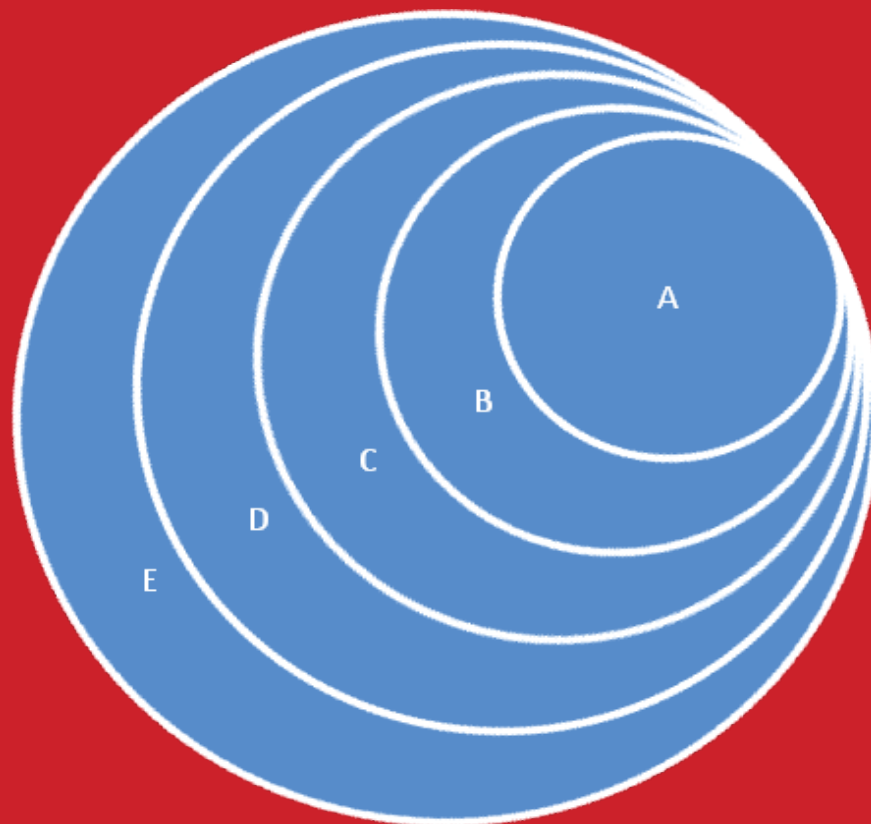
AGENDA

- Impact of Traumatic Events on a Campus Community
- Defining Psychological First Aid
- Use of Psychological First Aid on College Campuses
- Open Discussion

TRAUMATIC EVENTS

- Violence on Campus
 - University of Alabama, Huntsville 2010
 - Northern Illinois University 2008
 - Virginia Tech 2007
- Other Traumatic Events
- Impact on your Campus

POPULATION EXPOSURE MODEL



U.S. Department of Health and Human Services. (2004)



PSYCHOLOGICAL FIRST AID

- Definition
- Primary objectives
 - “Respect for individual variation”
- When utilized
- What it is *not*
- Who can provide this

SKILL SET NEEDED

1. Rapid assessment
2. Shift from 'conventional practice'
3. Provide outreach
4. Tailor services to the context/culture
5. Ability to handle intense reactions
6. Provide clear information
7. Can stabilize person in distress
8. Recognize own need for self care

EIGHT CORE ACTIONS

1. Contact & Engagement
2. Provide safety and comfort
3. Stabilization → calming
4. Information gathering
5. Offer practical assistance
6. Connect to social support
7. Provide education and resources
8. Link to services and referrals

PRACTICAL APPLICATION

- Northern Illinois University
 - Meetings for Faculty & Staff
 - Counselors in the classrooms
 - One counselor in each class for 2 days
- Positive Results
- “Unanticipated” Difficulties

NIU

**NORTHERN
ILLINOIS
UNIVERSITY**

QUESTIONS AND DISCUSSION

RESOURCES

- National Center for Post Traumatic Stress Disorder (NCPTSD) and National Child Traumatic Stress Network (NCTSN). (2006). *Psychological First Aid: Field Operations Guide, 2nd Edition*. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration.
- U.S. Department of Health and Human Services. (2004). *Mental health response to mass violence and terrorist: A training manual, DHHS Pub.No SMA3959*. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration.
- Watson, P. J. (2008). Psychological first aid. In Blumenfield, M., & Ursano, R. J. (Eds.), *Intervention and resilience after mass trauma* (pp. 69-84). Cambridge: Cambridge University Press.