

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.

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.

This 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.

Participants will learn the hands-on skills needed to implement the five components of Psychological First Aid — listen, protect, connect, model, and teach; the dimensions of compassion fatigue; as well as to 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.

The minimum number of attendees for this training is **25** and the maximum number of attendees is **475**. Each host site is required to include at least one attendee from its mental health partner. This will help ensure that the mental health partner is trained on content delivered and can facilitate support during and after the training.

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.