



American Red Cross Disaster Mental Health Trainings
Part 1: *Foundations of Disaster Mental Health*
Part 2: *Psychological First Aid*
Sunday, April 29th
10:00 a.m. to 4:00 p.m.

These two workshops are *required* for individuals wanting to become American Red Cross Disaster Mental Health (DMH) responders at the local, regional, or national response levels.

Foundations of Disaster Mental Health is the latchkey minimum course required for any DMH assignment. This course covers more extensive mental health information related to the role and function of DMH responders in a variety of American Red Cross settings. Note: The *Foundations* course was redesigned and shortened in the summer of 2011. Those who took this course previously do *not* have to take the redesigned course to maintain their eligibility for deployment. *Foundations of Disaster Mental Health* will run from 10:00 a.m. to 1:00 p.m.

Psychological First Aid (PFA) covers the basics of immediate triage in the aftermath of a disaster and cues Red Cross volunteers to the signs and symptoms of mental health issues among clients which may require additional assistance or referral. *Psychological First Aid* will run from 1:00 p.m. to 4:00 p.m.

These courses are being taught in tandem to make it possible for participants to obtain both during the same weekend timeframe. You can register for only one or both, but seating is limited to 50 for each session.

Instructor: Dr. Walter Roberts, Jr., is a certified instructor for American Red Cross Disaster Mental Health courses, and serves as a coordinator for DMH services in local, regional, and national deployments. His deployments include Hurricanes Katrina and Rita (2005-2006), the California wildfires of 2007, the Owatonna plane crash of 2008, the Red River Valley floods of 2009, and the EF3/4 tornado outbreaks in Minnesota of 2010.

CEU eligibility: American Red Cross DMH courses are applicable to professional licensure boards in the state of Minnesota. Each course carries 3 direct contact hours. You can take either or both of these courses for CEUs only. You do *not* have to become an active American Red Cross volunteer if you take the courses. Certificates will be provided for those who attend either or both full sessions.

TO REGISTER FOR EITHER OR BOTH OF THESE PRECONFERENCE SESSIONS

Email Ms. Patty Luna at <patricia.luna@mnsu.edu> In the Subject line put "ARC Precon Registration." In the message part of the email please indicate WHICH course(s) you are requesting a reservation. Include your name, phone, and educational affiliation.

Lunch will be on your own. We will build in time for participants to order from the menu at the café at the Main Lodge or you may bring your own lunch.