

## Workplace Resilience Training Opportunity

<https://www.doh.wa.gov/covid19/behavioralhealth>

The Washington COVID-19 Behavioral Health Group is currently offering Health Support Team (HST) training for **Fire Service First Responders**. Trainings are held virtually at no cost.

### **Pandemics impact the behavioral health of our communities.**

Impacts from the COVID-19 pandemic have caused an increase in behavioral health symptoms across Washington. This trend is likely to continue. Some occupations and social roles could be more heavily affected by the COVID-19 pandemic than others.

### **Become a support for the people around you.**

The HST training uses a disaster behavioral health training curriculum to train non-professional participants. Participants will learn how to provide ongoing support services to workplace teams, colleagues, and community organizations in the aftermath of a natural or human-made disaster. Additionally, participants will learn tools for coping with a crisis or disaster across the continuum of preparedness, acute response, and recovery.

HST-trained individuals provide early intervention with supportive listening, relationship building, and tools to help manage acute stress responses. They can spread HST knowledge by sharing information at staff meetings and by leading HST trainings within their own organization. Trained individuals teach others what they have learned and, in turn, create additional assets to support workplace resilience.

### **Gain skills to help others through unprecedented times.**

The training includes disaster psychology concepts, information on how disaster affects people and their responses, team care, managing compassion fatigue and secondary trauma or stress, supportive communication and listening techniques, and strategies for mitigating burnout.

Participants will also receive information on substance use, anger and violence de-escalation, professional referrals for suicide, and making decisions regarding challenges outside of their scope. For further information and testimonials on this training, visit the [HST training website](#).

### **Learn from professionals with disaster response expertise.**

HST training was developed by doctoral-level psychologists with years of experience in disaster response and training in long-term recovery.

### **Anyone can help.**

**Who Should Register?** Anyone over the age of 18 can take the HST training, including representatives of an organization or interested community members. Every effort will be made to schedule participants in a training with those of similar backgrounds. A team leader, representative, or supervisor is encouraged to register on behalf of their team. If an individual does not have a team affiliation, they are welcome to apply and will be put in a training with those that have a similar background.

## Training Options

All trainings are 9 a.m. to 12 p.m.

**Note: Volunteer Training is not a prerequisite to Trainer Training.**

### Trainer Training

This training is for those with at least a basic level understanding of behavioral health concepts. In addition to the HST volunteer concepts, participants will learn how to teach HST Volunteer Training to train more volunteers.

#### Trainer Training Dates:

Friday, March 12

### Volunteer Training

This training is for those with minimal to no background in behavioral health. Training focuses on teaching the HST concepts and equips the volunteer with the tools needed to support and assist their peers and communities.

#### Volunteer Training Dates:

Friday, March 26

## Registration

To register, complete the [Pre-Registration Questionnaire](#). After completing the questionnaire, the training organizer will contact you with more information.

## Questions?

If you have questions regarding this training announcement, please email [DOH-Bhadmin@doh.wa.gov](mailto:DOH-Bhadmin@doh.wa.gov) (ATTN: HST Training).

## About the COVID-19 Behavioral Health Group

Since March 2020, the COVID-19 Behavioral Health Group has worked to address the behavioral health impacts of COVID-19 by leading the statewide behavioral health response efforts. The group provides situational awareness on behavioral health impacts and capacity, works to build capacity to support long-term behavioral health needs, and provides tools and subject matter expertise on disaster behavioral health principles to promote emotional wellbeing.

## Disclaimer

This training does not qualify individuals to diagnose mental illness, treat medical problems, or function as a professional in medicine, psychology, therapy, or counseling.