



Disaster Mental Health and Psychological First Aid For the Non Clinical Helper

Pre-Registration Required

What three words can change the world for someone facing the unthinkable?

Emergency Managers, Volunteers, Traditional and Non-Traditional responders often come face to face with people who are grappling with the reality of a crisis or disaster. When that happens, it can feel overwhelming to the responder who wants to help but doesn't know the best way to deal with the psychological or emotional reactions.

If you are tasked with helping someone fill out paperwork, stocking the donations center, doing a damage assessment, removing debris from a roadway, or asking someone to leave their home in an evacuation you can encounter resistance, anger, shock, grief, trauma or a variety of other reactions. What skills do you need? What might make a difference? What simple actions or words will help?

This 2 hour workshop will answer those questions and more. You will learn the skills to stabilize, calm a situation and assess for further action. You will take away with you the three words that can change a life.

2 hrs.: Fri. 4/21, 12:00pm – 2:00pm

No Minimum or Maximum Participation

Instructor: Dr. Mary Schoenfeldt

Fee: Complimentary for registered attendees

Bio: Dr. Mary Schoenfeldt, is an Emergency Management Professional who spends her career with people around the world. She works with schools, government, hospitals, businesses, tribal leaders and communities.

She responded to communities like Littleton Colorado, New Orleans, Haiti. She traveled to Sandy Hook Elementary School shooting to work with the community and stayed to study the impact of a community crisis on Emergency Management and the region.

When disasters came to her own community, she took leadership roles to help alleviate the long term impacts of the psychological trauma. In the Oso mudslide in Washington State she coordinated emotional and mental health resources.

She has awards from IAEM, was inducted into the HALL OF FAME of the International Network of Women in Emergency Management, honored by International Critical Incident Stress Foundation, presented with a Community Difference Maker award, a recipient of the Red Cross Real Heroes award and is Board President of Green Cross Academy of Traumatology. Mary volunteers with humanitarian groups and is active in her Rotary club where she earned the Service Above Self award for local and international projects.