

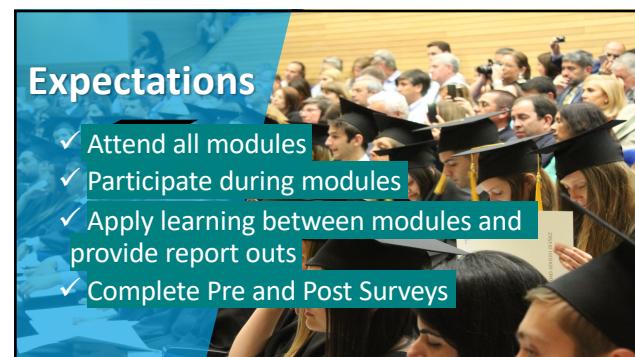
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8

Learner Materials

Emergency Preparedness & Resilience Coach

Preparedness
Reimagined

9

A slide with a blue header containing the text "Module 1 Resources" and a QR code. Below the header is a URL: "www.meshcoalition.org /eprcmitigation".

10

11

12

Psychological First Aid



13

Pre-Survey



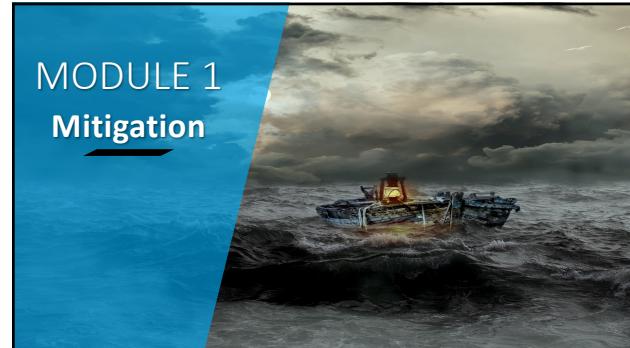
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Peer Review



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MODULE 1 Mitigation



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Ebola

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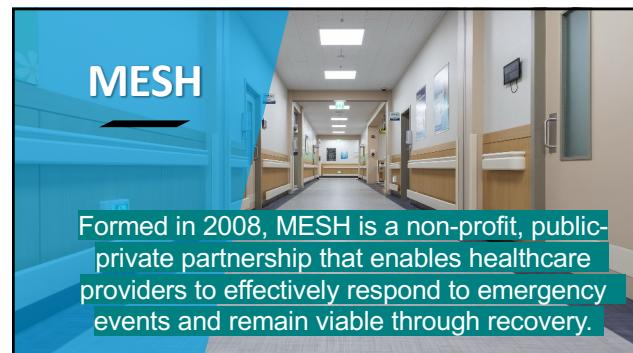


22



Managed
Emergency
Surge for
Healthcare

23



Formed in 2008, MESH is a non-profit, public-private partnership that enables healthcare providers to effectively respond to emergency events and remain viable through recovery.

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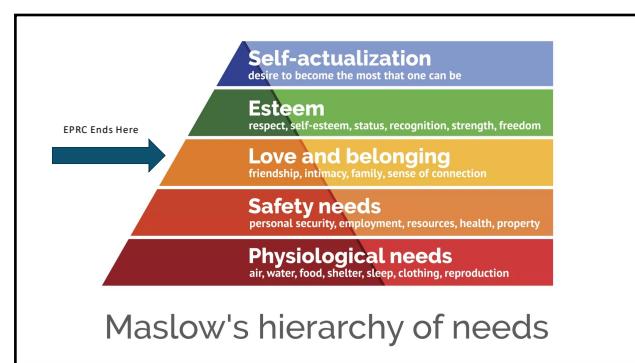


26

"If one is truly to succeed in leading a person to a specific place, one must first and foremost take care to find him where he is and begin there."

Søren Kierkegaard

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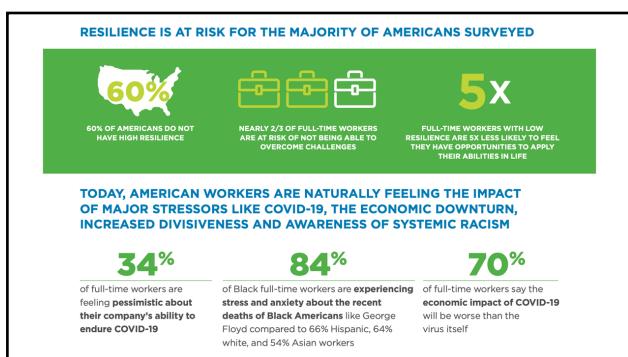
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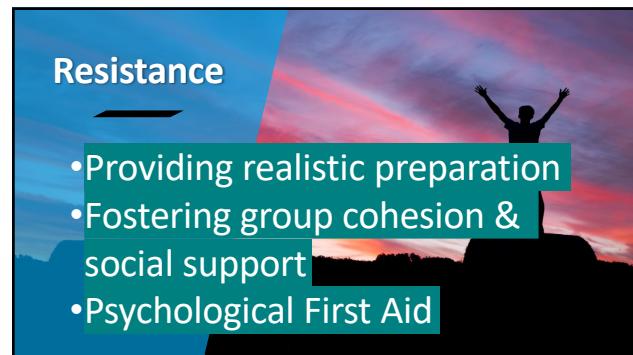
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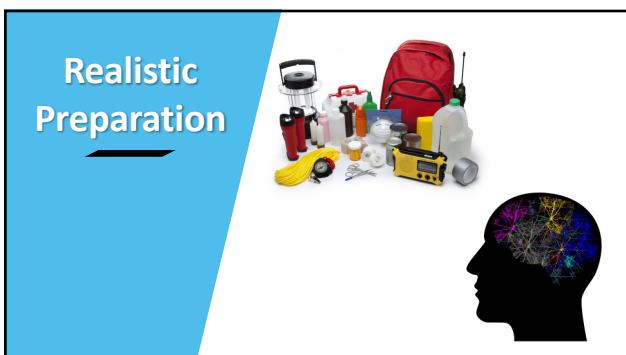
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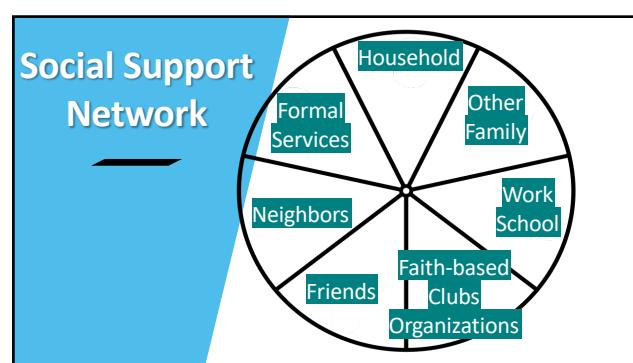
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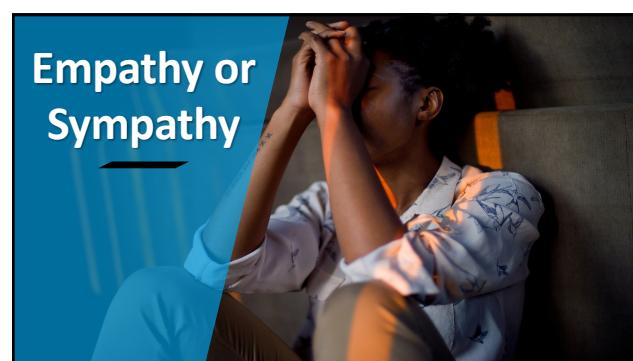
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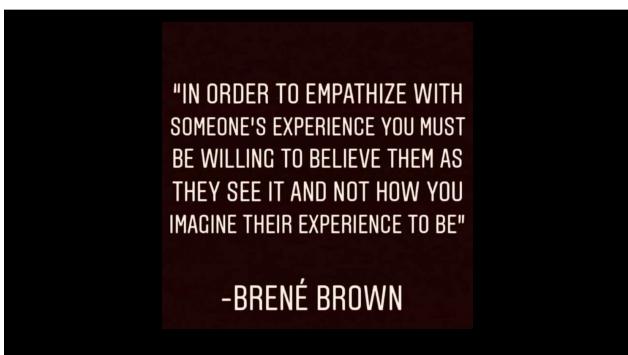
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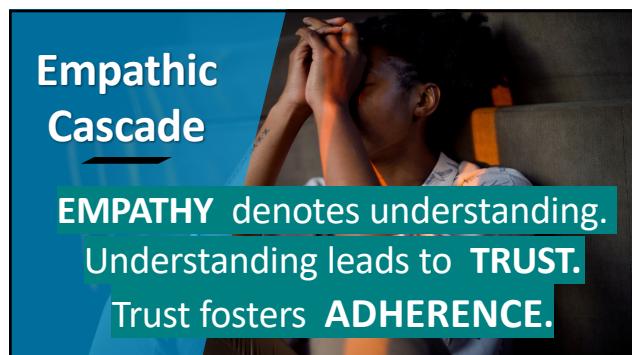
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48

What Do You Think?



How do we establish empathy?

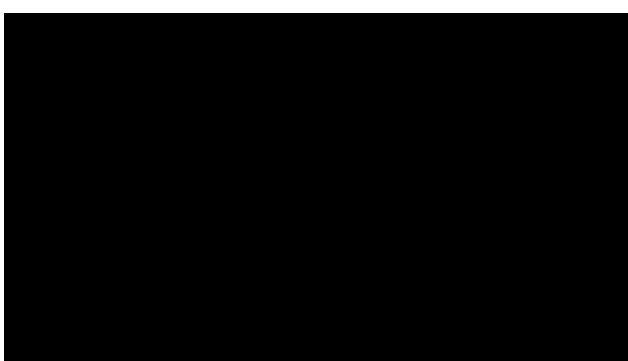
49

OARS



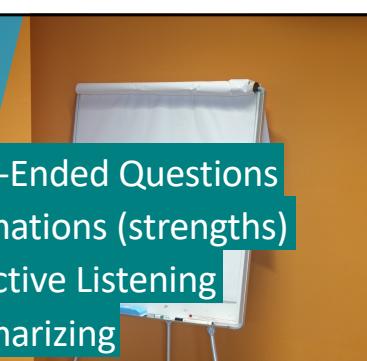
- Open-Ended Questions
- Affirmations
- Reflective Listening
- Summarizing

50



51

OARS

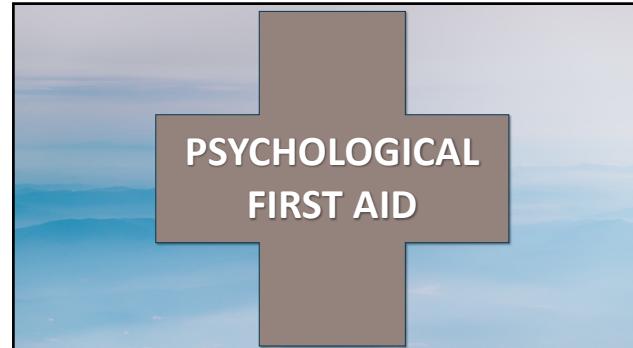


- ✓ Open-Ended Questions
- ✓ Affirmations (strengths)
- ✓ Reflective Listening
- ✓ Summarizing

52



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56

Resiliency

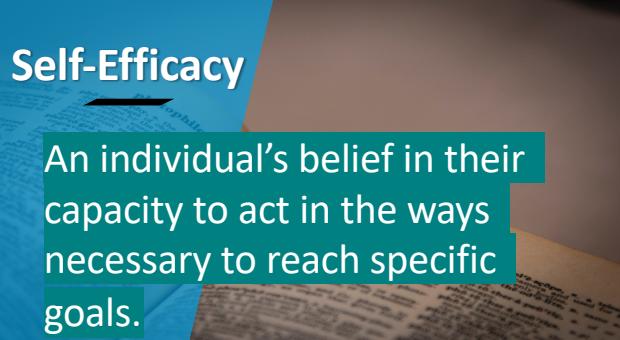
- Building self-efficacy and hardness
- Fostering positive cognition
- Psychological First Aid



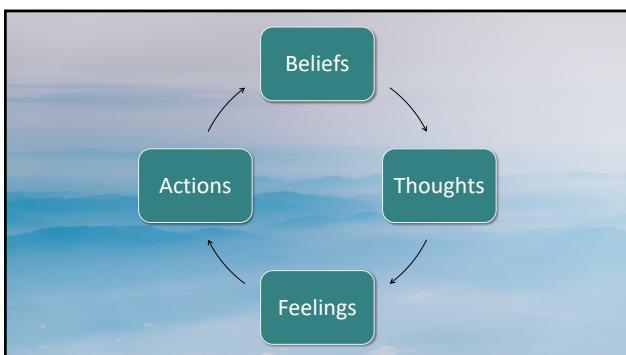
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Self-Efficacy

An individual's belief in their capacity to act in the ways necessary to reach specific goals.



58



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Hardiness

A constellation of attitudes, beliefs, and behavioral tendencies that consist of three components: commitment, control, and challenge.



60



61



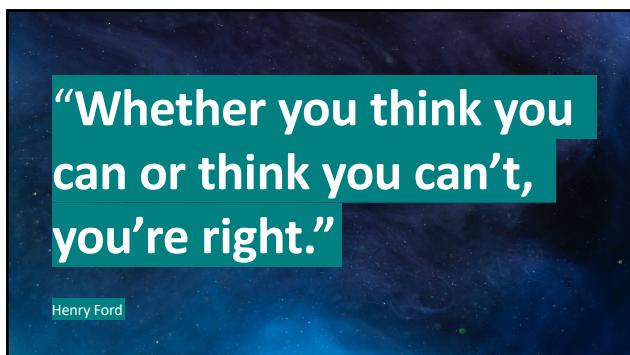
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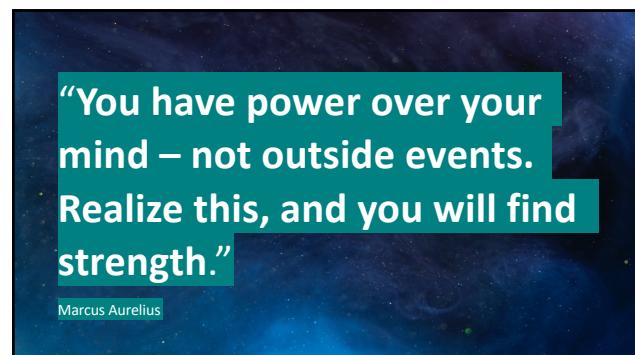
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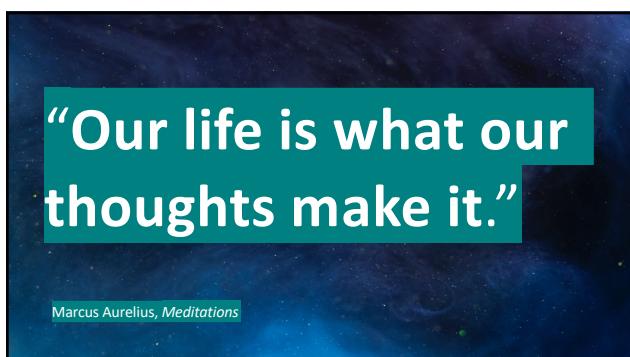
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Show of Hands



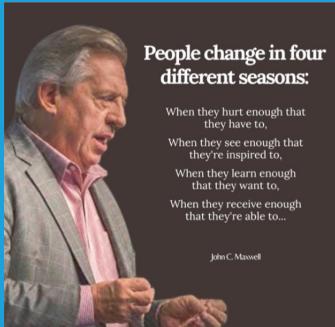
Believe you can change how a person thinks?

69

Change Seasons



70



People change in four different seasons:

When they hurt enough that they have to,
When they see enough that they're inspired to,
When they learn enough that they want to,
When they receive enough that they're able to...

John C. Maxwell

71

"If you want to change how a person thinks, give up. You cannot change how another thinks. Give them a tool to use of which will gradually cause them over time to think differently."

Buckminster Fuller

72

“Tools become truly developmental only in the hands of people open to their own development.”

Peter Senge, et al.

73

Trauma

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

74

Trauma

61% of men and 51% of women
experience at least one traumatic event
during their lifetime.

75

“It is near impossible to introduce resiliency measures on top of an already symptomatic community.”

Dr. Sean Convoy, Duke University

76

6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

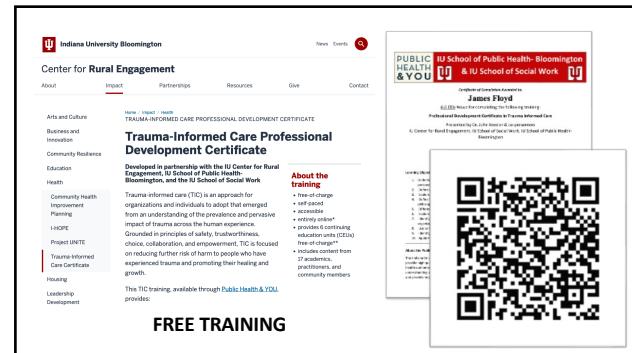
The CDC's Center for Preparedness and Response (CPR), in collaboration with SAMHSA's National Center for Trauma-Informed Care (NCTIC), developed and led a new training for CPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work.

Participants learned SAMHSA's six principles that guide a trauma-informed approach, including:



Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist. It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level. On-going internal organizational assessment and quality improvement, as well as engagement with community stakeholders, will help to imbue this approach which can be augmented with organizational development and practice improvement. The training provided by CPR and NCTIC was the first step for CDC to view emergency preparedness and response through a trauma-informed lens.

77



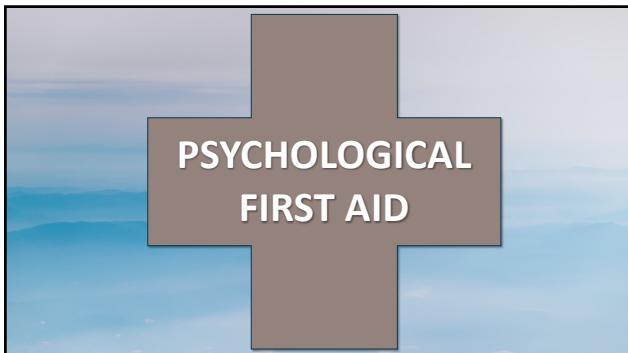
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84

Communicator



A “Two-Way” Street

85

1.3



**What
EPRC's Mitigate**

86

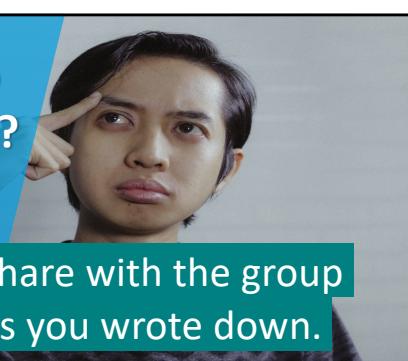
**Write
Down**



What do you know about
Emergency Preparedness.

87

**What Do
You Think?**



Please share with the group
2 things you wrote down.

88

Emergency Preparedness

The steps you take to make sure you are safe before, during and after an emergency or natural disaster.

89



90

Preparedness

Currently

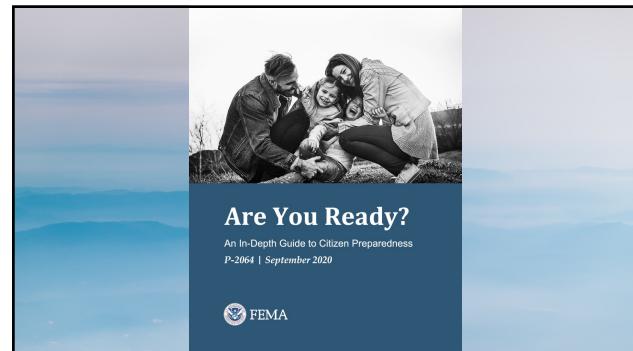
91

Disasters

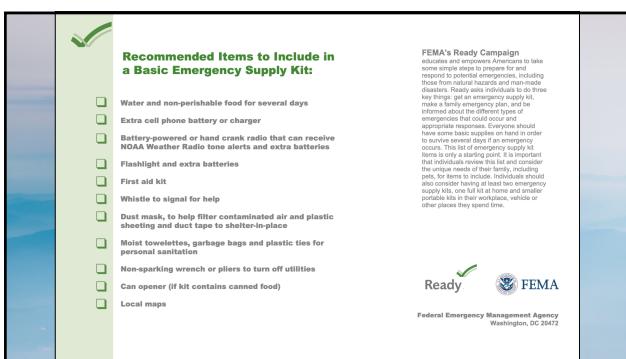
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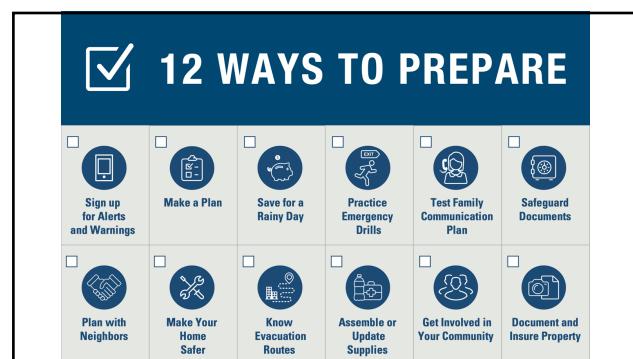
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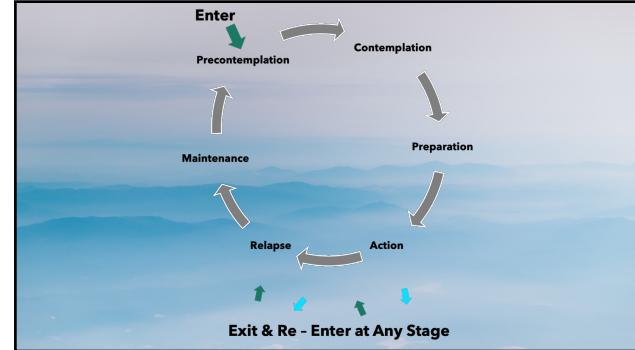
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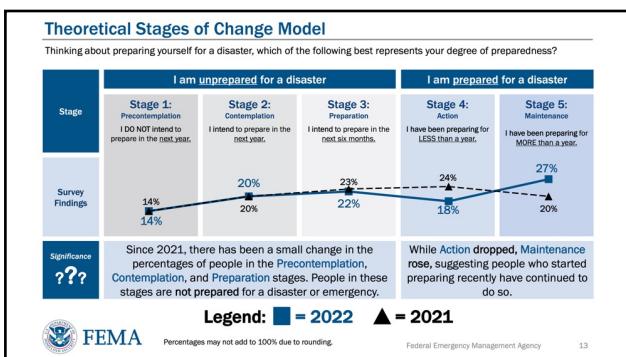
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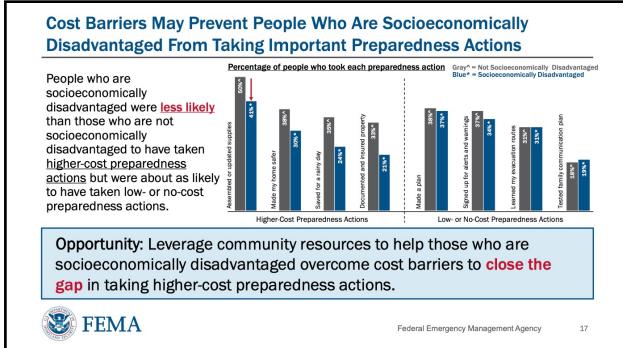
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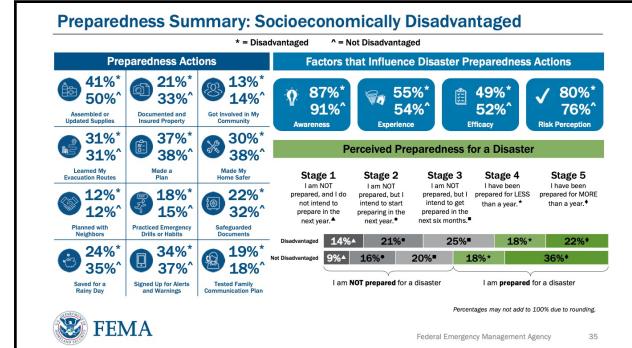
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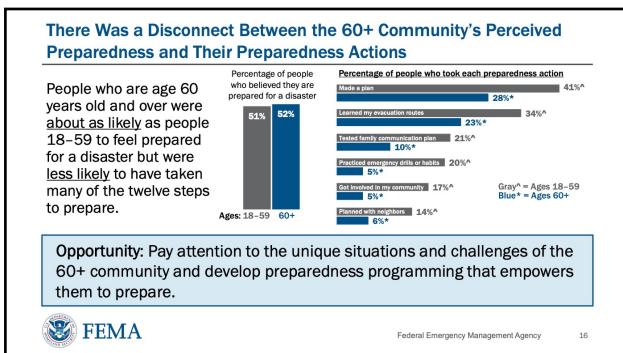
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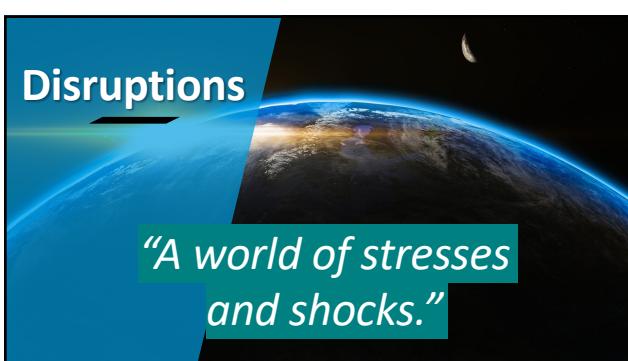
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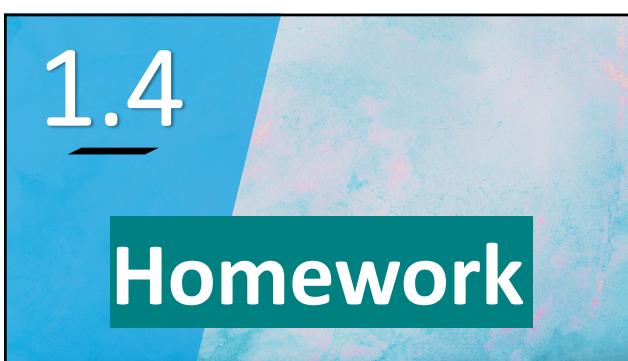
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