

Disaster Worker Resilience / National Clearinghouse

Tuesday March 3, 2015 — 12:55 - 2:25 PM

Wednesday March 4, 2015 — 12:55 - 2:25 PM

Goal:

Educate and empower disaster workers to:

- Recognize signs and symptoms of disaster work-related stress
- Obtain support through employer/organization and community resources
- Build your own resilience by demonstrating stress reduction and coping strategies

Agenda

1. Introduction
2. Understanding Stress
3. What Helps
4. Resilience and Traumatic Stress: What is to be Done?
5. Evaluations

This is an abbreviated version of the NIEHS/ SAMHSA Disaster Worker Resiliency Course. That course is a full 4 hour program that was developed after the BP Oil Spill in the gulf revealed the importance of addressing stress, trauma, and resiliency among disaster workers. The Clearinghouse materials can be downloaded at:

<http://tools.niehs.nih.gov/wetp/index.cfm?id=2528>