

# Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center

TRAININGS BY REQUEST

## Resilience Strategies for Educators: Techniques for Self-Care and Peer Support

### Training of Educators

*A learning opportunity for caregivers in schools and school districts to better understand, and teach others, resilience strategies following emergency events*

The **Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center**, in partnership with the **U.S. Department of Education's (ED) Office of Safe and Healthy Students (OSHS)**, is pleased to offer the "Resilience Strategies for Educators: Techniques for Self-Care and Peer Support" (RSE) Training by Request (TBR), a training for educators (ToE). This on-site, day-long training is designed to assist caregivers in schools and school districts to better understand resilience strategies following natural disasters and other emergency events.

#### TRAINING DESCRIPTION

This ToE curriculum on RSE was developed by OSHS and the REMS TA Center in partnership with the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration to assist caregivers in the Gulf Coast region whose schools and communities were impacted by the environmental and economic effects of the Gulf Coast oil spill and by prior tragedies such as Hurricane Katrina. Grief, loss, and change from recurring disasters and their aftermath can leave school communities feeling anxious, confused, and insecure.

As part of a [comprehensive school emergency operations plan](#), it is important for schools and school districts to understand how to prevent, protect against, mitigate, respond to, and recover from critical incidents, including psychological recovery. The RSE training is designed to provide educators with a better understanding of resilience strategies that can be used to increase their ability to work more effectively with students impacted by stress, loss, and trauma brought on by community or family violence, natural and man-made disasters, and economic hardship.

Participants will leave the training with the knowledge and hands-on skills needed to implement personally (ToE), on compassion fatigue, and a detailed action plan with specific steps and timelines for implementation and application at the district or school-site level.

#### Training Goals

- ☐ To increase awareness and understand the impact of stress, burnout, and compassion fatigue on the comprehensive education/academic environment
- ☐ To identify signs and symptoms of compassion fatigue, both professionally and personally
- ☐ To create a professional self-care plan to support and improve effectiveness of current and future work with students impacted by stress, loss, and trauma
- ☐ To outline action steps to implement Psychological First Aid- Listen, Protect, Connect (PFA-LPC)
- ☐ To facilitate the creation of a practical action plan to be implemented within 60 days of training

#### WHO SHOULD ATTEND?

The RSE TBR ToE is intended for school counselors and psychologists, administrators, and educators, as well as their community partners, including mental health practitioners. This training is applicable in areas that have been impacted by traumatic events and/or natural disasters, as well as those that have not recently experienced a traumatic event or events.

#### LOCATIONS & DATES

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| June 4  | Norfolk Public Schools Admin. Building<br>512 West Philip Avenue |
| July 23 | Nebraska City Lied Lodge<br>2700 Sylvan Rd.                      |
| July 25 | Grand Island Heartland Events Center<br>700 E Stolley Park Rd.   |

Space is limited and will be filled on a first come, first served basis.

To register: Contact Carol Bom -- [carol.bom@nebraska.gov](mailto:carol.bom@nebraska.gov)

More specific information to follow as details are solidified.