



There are a number of mental health virtual trainings available from the Department of Mental Health. We would love to have as many state team members as possible take advantage of these opportunities.

Stress First Aid (SFA) for Self-Care and Coworker Support

Presented July 13th at 1:00 pm – 5:00 pm CST

This four (4) hour course delivered via webinar, includes a set of supportive actions designed to help those who work in high-stress jobs reduce the negative impacts of stress. SFA recognizes that critical incidents are not the only stressors that professionals face and is therefore based on the acknowledgement that stress reactions can be ongoing and cumulative, resulting from multiple sources. It is designed to be attentive to traumatic events but also on work and personal stress, as well as loss, and inner conflict or moral injury.

Stress First Aid (SFA) for Use with Patients, Clients and Customers

Presented July 16th at 1:00 pm – 5:00 pm CST

This four (4) hour course delivered via webinar, includes a set of tools that helps workers support and reduce stress in those they serve in public. This version of SFA is similar to Psychological First Aid (PFA) in that it aims to reduce distress and help move people towards more effective coping. However, it has a broader focus than PFA, in that it is intended to be used with those who are significantly stressed for any reason, and at any point in their exposure to stress.

Psychological First Aid (PFA) Train the Trainer

There are 2, two-day sessions for this training. We would like to have people at all state departments trained up so that they could provide this training to their own staff and have trainers in various locations throughout the state. We have a limit of 30 per training.

June 22 & 23 - 1 pm to 5 pm each day

June 29 & 30 - 1 pm to 5 pm each day

Psychological First Aid is an evidence-informed modular approach to help people of all ages in the immediate aftermath of disaster and terrorism (and really traumatic events). Individuals affected by a disaster or traumatic incident, whether survivors, witnesses, or responders to such events, may struggle with or face new challenges following the event. PFA was developed by the National Child Traumatic Stress Network and the National Center for PTSD, with contributions from individuals involved in disaster research and response. You can read more about it here: <https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/about-pfa>. Dr. Patricia Watson will be doing this training virtually for us.

If you are interested in attending the Stress First Aid or Psychological First Aid trainings please email Shelby.Hood@dmh.mo.gov and identify which course(s)/date(s) you would like to attend.

Mental Health First Aid (MHFA)

MHFA is now available in a virtual format. Register today to be the one to make a difference for your friends, family members, colleagues, students, or children. This training is designed for the general public. These courses are valued at \$170 per person, but offered **FREE** through the Missouri Department of Mental Health.

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Youth MHFA is also available for adults working with youth (age 12-18).

Click on the date you wish to attend to register.

[July 9 - 12:00-4:30pm \(Adult\)](#)

[July 14 - 8:30am-1:00pm \(Youth\)](#)

[July 18 - 8:30am-1:00pm \(Adult\)](#)

[July 22 - 12:00-4:30pm \(Adult\)](#)

[July 23 - 12:00-4:30pm \(Youth\)](#)

[Aug. 19 - 12:00-4:30pm \(Youth\)](#)

Please check back at <http://mhfamissouri.org/events/> in the future for updates on additional trainings.