

# 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 (RSE) Train-the-Educator (TtE) Training

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

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

### TRAINING DESCRIPTION

Grief, loss, and change from recurring disasters and their aftermath can leave a school community feeling anxious, confused, and insecure. The RSE TtE curriculum was developed by OSHS and the REMS TA Center in collaboration with the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration for the purpose of serving the Gulf Coast region after exposure to the environmental, economic, and community impact of the oil spill in the Gulf Coast, as well as prior tragedies like Hurricane Katrina.

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 TtE is applicable for schools and districts that have

experienced disasters or crises and are coping with working more effectively with students, should an emergency event occur.

### WHO SHOULD ATTEND?

School counselors and psychologists, administrators and educators, as well as their community partners, including mental health practitioners.

### Training Goals

- ☑ To increase awareness and understanding of 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
- ☑ To facilitate the creation of a practical action plan to be implemented within 60 days of training

### TRAINING DETAILS

**When:** Friday, February 1, 2019  
**Time:** 8:00 am – 3:00 pm (Registration begins at 7:30 am)  
**Where:** Hampton Inn and Suites, Racer Room  
1415 Lowes Drive  
Murray, KY 42071  
**Cost:** NO CHARGE

Register for this training session online at:

<http://www.remstacenter.org/TBR/TrainingRegistration.aspx?trainingsid=2314>

Registration for this event closes on Friday, January 29, 2019 at 5:00 p.m. Eastern Daylight Savings Time.