

HOPE AACR Educational Resources

Red Cross:

Disaster Mental Health: Introduction

This training is designed to increase professionals' knowledge about mental health during a disaster. The training focuses on understanding what disaster mental health is from a local response and a disaster relief response. The training discusses the aspects and impact of a disaster. The training helps individuals start the process of being a Disaster Mental Health volunteer with the Red Cross. This training would be beneficial for new canine handlers and team leaders that can refresh and increase knowledge about the psychological impact of a disaster.

Link: <https://www.redcross.org/take-a-class/disaster-training>

Length: 30 minutes, self-pace webinar

SAMSHA:

Crisis Counseling Skills

This training is a brief overview of counseling skills in crises. The training focuses on using active listening and involves the use of scenarios and role-plays to help the professional understand how to work with victims of disasters. This training would help all canine handlers and team leaders, both current and new, to better understand what skills might be helpful for interacting with victims.

Link: <https://www.youtube.com/watch?v=528pfiNJt7o>

Length: 7 minutes, video

Stressful Effects of Disasters on Workers

This training is the first of a three-part series. This training is designed to educate professionals about stress and the biological, psychological, and social effects of stress. It helps inform disaster workers about what stress looks like, the effect stress can have on workers, and helps individuals understand workforce resilience. This training focuses on analytical and assessment skills. This training would benefit team leader, handlers, and other members involved in the crisis response.

Link: <https://www.nwcphp.org/training/workforce-resiliency-part-one>

Length: 45 minutes, online course

Individual and Organizational Preparedness

The training is the second of a three-part series. This training is aimed to help professionals and organizations that prepare and respond to disasters. It focuses on coping skills, self-care, and ways to increase preparedness for disasters. The training also focuses on developing ways to increase resilience in professionals. This training focuses on assessment skills, leaderships skills, and policy development. This training would benefit team leader, handlers, and other members involved policy development.

Link: <https://www.nwcphp.org/training/individual-and-organizational-preparedness>

Length: 45 minutes, online course

During and After a Disaster

The training is the third in a three-part series. This training discusses maintaining resiliency in and after a disaster. The training educates individuals about how to maintain and build resiliency. It specifically reviews goals and actions for crisis response organizations to help workers implement to maintain the resiliency in their teams. The training also reviews problems that may arise during the disaster. The training focuses on communication skills, leadership skills, and policy development. This training would benefit team leader, handlers, and other members involved policy development.

Link: <https://www.nwcphp.org/training/during-and-after-a-disaster>

Length: 45 minutes, online course

Stress Management Techniques, Healthy Coping Strategies, Breathing Exercises

This training is aimed to educate crisis response workers on stress management and healthy coping skills. The trainings recognizes that crisis response and interacting with survivors can be stressful. This training is designed to review some effective coping strategies and teaches individuals a breathing exercise to reduce the stress. This training would benefit handlers and team leaders that are directly working with survivors of a crisis.

Link: <https://www.youtube.com/watch?v=IqpCCnmwNVY>

Length: 8 minutes, video

Cultural Competency Curriculum for Disaster Preparedness and Crisis Response

This training is designed for different professionals that work with people involved in crises. The training recognizes that crises happen in all cultures and workers are often under trained in cultural competency. The training reviews knowledge and awareness of different cultures. The training also educates workers on different skills that can be applied in all cultures. The training has four parts: crisis response and disaster preparedness, the preparation phase, the response phase, and the recovery phase. This training would benefit all members involved in HOPE AACR, especially members that are directly volunteering with the community.

Link: <https://thinkculturalhealth.hhs.gov/education/disaster-personnel>

Dealing with Stress in Disasters: Building Psychological Resilience

The training is designed to educate crisis workers about what stress is and the consequences that stress can have. The training reviews stress management techniques and tips of how to manage stress in challenging situations. The trainings also defines and reviews compassion fatigue. It introduces Psychological First Aid as well. The training would benefit all members that respond to crises and disasters.

Link: <http://sites.bu.edu/masslocalinstitute/2011/10/19/dealing-with-stress-in-disasters/>

Length: 1.5 hours, online/self-pace course

Facing Fear: Crisis Communication and Behavioral Health

This training is specifically aimed at professionals involved in crisis response. The training educates workers about common individual and group reactions to disasters. The training reviews the principles of crisis communication and ways professionals can provide support for those struggling with their mental health. The training also discusses mental health myths that can appear in the media coverage.

Link: <https://lms.southcentralpartnership.org/course/viewguest.php?id=251>

Length: 2 hours

Safe Scenes

This training is designed to help educate crisis responders understand mental illness and substance use disorders. The training works to help individuals understand how to effectively and safely help individual with mental illness and substance use disorders. The training discusses making a safe connection, de-escalation strategies, referrals, and how to foster safety with both the individual and responder. The training would benefit all canine handlers and team leaders that respond to crises in the community.

Link: <https://www.samhsa.gov/dtac/creating-safe-scenes-training-course>

Length: 1.5 hours, online course.

National Child Traumatic Stress Network:

Psychological First Aid (PFA)

This training is an interactive course to help individuals who respond to crises. The training reviews the core goals of PFA and features activities, video demonstrations, and tips from the nation's trauma experts. The training provides situations and teaches individuals how to properly respond to the situations. This training would benefit all new and current handlers and team leaders of HOPE AACR.

Link: <https://learn.nctsn.org/enrol/index.php?id=555>

Length: 6 hours

FEMA

IS-800.D: National Response Framework

This training is an introduction to the National Response Framework that responders use to engage in crises and disasters. The trainings providers guidance for the whole community and helping to effectively apply the response core capabilities in the community. The purpose of the training is to provide insight to the National Response Framework and the responsibilities of the response partners. The trainings also described the operational planning and structure of the emergency response. The training would benefit all members in HOPE AACR to increase the understanding of the National Response Framework and who is responding to crises.

Link: <https://training.fema.gov/is/courseoverview.aspx?code=IS-800.d>

Length: 3 hours, online course

Effective Communication

This training focuses effective communication skill and providing a foundation for basic communication skills. The training highlights communication skills in an emergency, community specific communication skills, and using technology. The training also reviews oral communication skills. The training is specifically designed for individuals in crisis and emergency decision making. This training would benefit all members of HOPE AACR, especially members that are responding to crises.

Link: <https://training.fema.gov/is/courseoverview.aspx?code=IS-242.b>

Length: 8 hours, online course

Decision Making and Problem- Solving

This training focuses on effective decision making and problem solving in different crisis situations. The training is designed to review proper decision- making skills, group decisions, decisions in crisis, and ethical decision making. The training educates workers one the proper steps about how to make solve problems through the analytical problem-solving model. This training would benefit all new and current team leaders and handlers to enhance their decision-making skills.

Link: <https://training.fema.gov/is/courseoverview.aspx?code=IS-241.b>

Length: 2 hours, online course

Leadership and Influence

The training is specifically designed for workers that respond to crises and improve leadership skills. The training explains what leadership in an emergency is and the importance of effective leadership. The training educates individuals on the change management model and the process for implementing change. The training explains how to build and rebuild trust in an organization. The training introduces individuals to different strategies that can create a positive work environment. The training would benefit team leaders and other leadership roles in HOPE AACR.

Link: <https://training.fema.gov/is/courseoverview.aspx?code=IS-240.b>

Length: 3 hours, online course

APA

Module 6

The training involves three different videos that educate individuals about cultural and ethical considerations in practice. The first video is Diversity and Cultural Competence in Primary Care. The video describes how culture affects mental and physical health. The video also discusses cultural biases. The second video is Ethical Considerations. The video reviews different ethical considerations and ethical challenges. The third video is Training Opportunities in Integrated Care and educates workers on how to obtain more trainings. This training would benefit all members of HOPE AACR to increase cultural competence in the work space and community.

Link: <https://www.apa.org/ihca/resources/course-module-6>

Length: 1 hour, three videos

Dog Wise

Videos to Rent

This website provides individuals with opportunities to rent videos for 72 hours or purchase videos that focus on different canine trainings and ways to improve relationships with the canine. The videos include canine calming signals, anxious and fear in dogs, teamwork trainings, scent work, mindful socialization, and other obedience trainings. These trainings would benefit all canine handlers that are interested in improving or training their canines.

Link: <https://www.dogwise.com/streaming-video/?sort=bestselling&page=4>

ASPCA

Speaking Dog 1

This training focuses on educating canine owners about canine communication. The training focuses on specific canine behaviors, assessment of behaviors, and teaches canine owners to clarify the labels used to describe the canines. The training reviews behaviors in the eyes, ears, mouth, tail, and weight distribution. This training would benefit all canine handlers in HOPE AACR to refresh and educate their knowledge about canine behaviors.

Link: <https://www.aspcapro.org/training/webinar/speaking-dog-canine-communication-1-3>

Length: 1 hour, recorded webinar

Speaking Dog 2

The training focuses on educating canine owners about canine communication. The training reviews behaviors from Speaking Dog 1 and how to properly respond to their behaviors. The training helps interpret what the dog is communicating to their owner. The training also highlights the canine's sense of sight and smell. The training would benefit all canine handlers in HOPE AACR to refresh and increase knowledge about canine communication.

Link: <https://www.aspcapro.org/webinar/2019-11-05-120000-2019-11-05-130000/speaking-dog-canine-communication-2-3>

Length: 1 hour, recorded webinar

Speaking Dog 3

This training focuses on educating canine owners about canine communication. The training describes how owners can be more insightful about taking proactive steps to avoid stressful situations for canines. The training would benefit all canine handlers in HOPE AACR to refresh and increase knowledge about how to properly read their canine's behavior and be proactive in responding to crises.

Link: <https://www.aspcapro.org/webinar/2019-11-25-120000-2019-11-25-130000/speaking-dog-canine-communication-3-3>

Length: 1 hour, recorded webinar

American Kennel Club

Dog Breeds

The American Kennel Club has created an official list of dog breeds. This website highlights different dog breeds and their history. The website describes the historical origin of the breed, the physical description of the dog breed, and what that breed has been shown to be successful in. The website also allows individuals to compare breeds side by side. The website would benefit all canine handlers to help educate themselves on their canine.

Link: <https://www.akc.org/dog-breeds/?letter=G>

Mind Tools

Stress Management

This website provides techniques and an in-depth understanding of stress. The website provides a formal definition of stress and discusses the potential consequences of stress. The website discusses the Flight or Fight reaction and the General Adaptation Syndrome (GAS) stages of stress. The website explains the signs of stress as well. The website reviews three ways to manage stress: Action-Oriented, Emotion-Oriented, and Acceptance-Oriented approaches to managing stress.

Link: <https://www.mindtools.com/pages/article/managing-stress.htm>

Crisis Intervention Training (CISM)

Crisis Intervention Stress Management (CISM Training)

This website reviews crisis intervention training for disaster responders. The training was designed to provide professionals with an understanding of stress and trauma. The training educated professionals on warning signs and symptoms in disaster victims. The training reviews the stages of grief and stages of disasters. This training would benefit all team leaders and canine handlers in HOPE AACR to increase their knowledge about stress, trauma, and warning signs of victims.

Link: https://www.psychceu.com/CISM/cism_index.asp

CTRI (Crisis & Trauma Resource Institute)

Ethics of Helping: Boundaries and Relationships

This training specifically discusses the ethical practice of the helping profession. The training reviews the ethical principles and how to properly handle ethical dilemmas. The training is designed for everyone in the helping profession and is not limited to crisis response. Ethical dilemmas can appear in every setting and this training can refresh the professional's knowledge. This training would be beneficial to all members in the organization to continue to maintain healthy and professional relationships in the workplace.

Link: <https://ca.ctrinstitute.com/free-webinar/>

Length: 1-hour, recorded webinar