

# Project Resilient Hope

## Training Menu

**Enhancing the emotional and spiritual resilience of Oklahoma's disaster-impacted communities by TRAINING, CONNECTING, and GATHERING local community resources**

<b>Psychological First Aid</b>	<b>Course length: 6 hours</b>	<b>Cost: Free*</b>
<p>Description: PFA is an evidence-informed modular approach designed to reduce the initial distress caused by traumatic events and to foster short- and long-term functioning and coping. PFA is effective for adults, families, adolescents, children.</p> <p>This course offers general knowledge and skills development and is recommended for persons in various helping professions such as: <b>Faith community leaders, disaster case managers, disaster long-term recovery groups, Voluntary Organizations Active in Disaster, community and business leaders, health and behavioral health professionals, school personnel, emergency management and other government officials.</b></p>		
<b>Psychological First Aid: Faith Leaders Edition</b>	<b>Course length: 8 hours</b>	<b>Cost: Free*</b>
<p>Psychological First Aid: Faith Leaders Edition includes the standardized Psychological First Aid curriculum plus a separate 2 hour module designed specifically for faith leaders.</p>		
<b>Intermediate Disaster Emotional and Spiritual Care</b>	<b>Course length: 3 hours</b>	<b>Cost: Free*</b>
<p>Description: This course includes practical information and ideas to help those facing the unique emotional and spiritual challenges that accompany disasters in long-term recovery. Content includes the long-term stages of trauma recovery, religious and cultural competence, and additional skills for personal resiliency.</p> <ul style="list-style-type: none"> <li>• BONUS: QPR (Question, Persuade, Refer, suicide intervention/prevention) will be offered immediately following the conclusion of this training.</li> </ul> <p><i>Note: Psychological First Aid: Faith Leaders Edition is Pre-Requisite for this training.</i></p>		
<b>Disaster "Long-Term Recovery Group" Emotional and Spiritual Care Leadership</b>	<b>Course length: 3 hours</b>	<b>Cost: Free*</b>
<p>Description: This training is designed for designated long-term recovery group "thought leaders" in disaster-related emotional and spiritual care. Attendees will learn best practices in leading their long-term recovery group's emotional and spiritual care response including stages of trauma recovery, national standards for care, practical resources for crisis referrals, and other tips for serving as advocates for the role of emotional and spiritual care within long-term recovery groups.</p> <p><i>Note: Psychological First Aid: Faith Leaders Edition is Pre-Requisite for this training.</i></p>		
<b>Suicide prevention courses:</b> <b>QPR-</b> Question, Persuade, Refer <b>ASIST-</b> Applied Suicide Intervention Skills Training	<b>Course length:</b> <b>QPR:</b> 1 hour <b>ASIST:</b> 2 days	<b>Cost: Free*</b>
<p>Description: These courses teach participants how to interview potentially suicidal persons, determine their risk for suicide, and help reduce the risk of a suicide attempt or completion by referral to appropriate resources.</p>		

*\*Some trainings may include an optional \$10 fee for on-site lunch.*



**For More Information Contact:**  
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### About Project Resilient Hope

In response to the 2019 Oklahoma storms and flooding, Crisis Care Ministries is working to provide local community leaders new skills to assist the emotional and spiritual recovery of their disaster-affected communities. Through a specialized menu of trainings, Project Resilient Hope seeks to enhance the ability of local stakeholders as they assist children, adolescents, adults, and families to effectively cope with post-disaster stress and hardship.