

Louisiana Department of Health & Hospitals,
Office of Behavioral Health

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**“Building Individual and Community Resilience to Mitigate
Adverse Effects of Trauma Before and After a Disaster”**

(training content will include overview of trauma prevalence, impact and use of trauma-informed and resilience building approaches)

Impact of Disasters & Mass Fatality Events

- Intro to Disasters & MFE
- Populations Affected
- Risk and Protective Factors
- Reactions and Needs

Lessons Learned from WTC and Katrina

- Statistics
- Populations and Reactions
- Trauma Triggers
- What Helped / What Hurt

Understanding Trauma

- Definition, Prevalence, Impact (ACE Study)

Promoting Recovery

- Definition and Principles
- Trauma-Informed Care
- Building Individual Resilience
- Building Community Resilience
- Prevention Opportunities

Responder Stress and Self-care

- Responder Stressors
- Self-care approaches
- Team Leader Interventions

Summary and Recommendations

Disaster Resources