

Check-in

By Megan Call, PhD



10 Minute Break

We will start again at 09:00 AM





PSYCHOLOGICAL FIRST AID

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RESILIENCY CENTER
WELLNESS CHAMPIONS RETREAT
10.27.2020

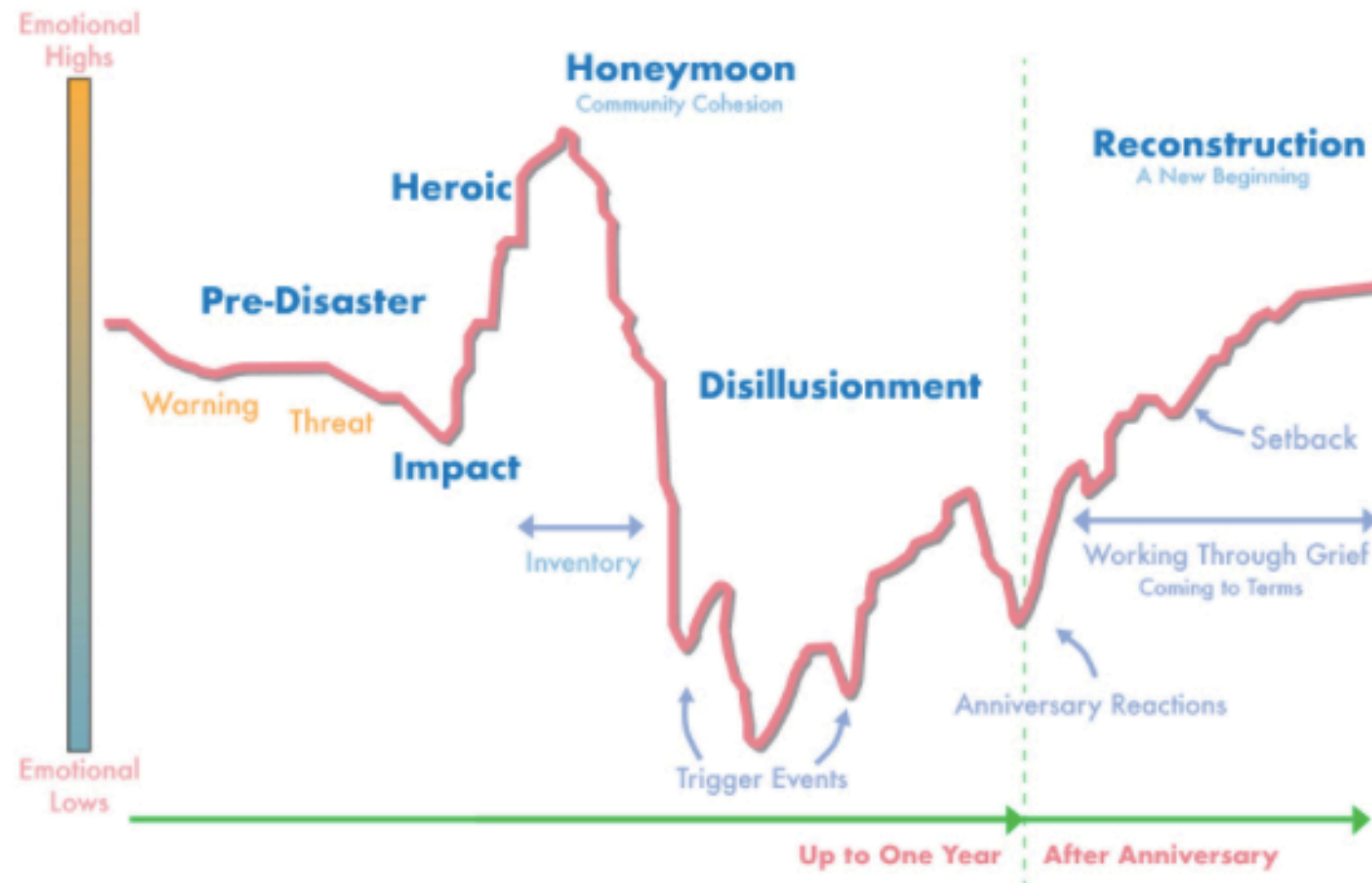
PSYCHOLOGICAL FIRST AID

“... goal to promote safety, stabilize survivors of disasters and connect individuals to help and resources.”

Founded on:

- Identifiable culture of wellness
- Established psychological safety
- Ongoing perceived support

PHASES OF DISASTER REACTIONS



PEER SUPPORT

- 88% of your colleagues want to hear from you
- Barriers for support seeking include: time & stigma.



PERCEIVED SUPPORT

Protective factor against harmful impact of stress.

Associated with:



patient safety, teamwork, participation,
accountability, & work-life balance.



delays in care delivery, disruptive behavior, burnout.