

# **Psychological Resiliency Resources and Training for Disaster Responders**

## **Federal Government Agencies**

### **Department of Defense (DOD)**

#### Agency SOPs

- Department of Defense DIRECTIVE (DoDD) 6490.5, Combat Stress Control (CSC) Programs -  
[https://biotech.law.lsu.edu/blaw/dodd/corres/pdf/d64905\\_022399/d64905p.pdf](https://biotech.law.lsu.edu/blaw/dodd/corres/pdf/d64905_022399/d64905p.pdf)
- Department of Defense INSTRUCTION (DoDI), 6490.05, Maintenance of Psychological Health in Military Operations -  
<http://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/649005p.pdf>

### **DOD - Army**

#### Agency SOPs

- US ARMY, FM 4-02.51 (FM 8-51), COMBAT AND OPERATIONAL STRESS CONTROL -  
<https://fas.org/irp/doddir/army/fm4-02-51.pdf>
- US ARMY, Army Techniques Publications (ATP) 4-02.8, FORCE HEALTH PROTECTION (supersedes FM 4-02.51) -  
[https://armypubs.army.mil/epubs/DR\\_pubs/DR\\_a/pdf/web/atp4\\_02x8.pdf](https://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/atp4_02x8.pdf)

### **DOD - Air Force**

#### Agency SOPs

- AIR FORCE INSTRUCTION 44-153, DISASTER MENTAL HEALTH RESPONSE & COMBAT AND OPERATIONAL STRESS CONTROL - [http://static.e-publishing.af.mil/production/1/af\\_sg/publication/afi44-153/afi44-153.pdf](http://static.e-publishing.af.mil/production/1/af_sg/publication/afi44-153/afi44-153.pdf)
- Air Force Follow-On Review: Protecting the Force: Lessons from Fort Hood -  
<https://apps.dtic.mil/docs/citations/ADA531695>

### **DOD - Civil Air Patrol**

#### Agency SOPs

- Civil Air Patrol Critical Incident Stress Management (CISM) & Resiliency -  
<https://www.gocivilairpatrol.com/programs/emergency-services/critical-incident-stress-management-cism--resiliency>

## **DOD - Navy**

### Agency SOPs

- US Navy Leader's Guide for Managing Sailors in Distress, Operational Stress Control - [https://www.med.navy.mil/sites/nmcphc/Documents/LGuide/op\\_stress.aspx](https://www.med.navy.mil/sites/nmcphc/Documents/LGuide/op_stress.aspx)
- US Navy Psychological Health Center of Excellence, Navy Operational Stress Control - [http://www.pdhealth.mil/topics/deployment-health/navy-operational-stress-control#\\_msocom\\_1](http://www.pdhealth.mil/topics/deployment-health/navy-operational-stress-control#_msocom_1)

## **DOD - Veterans Affairs**

### Website Resources

- PTSD: National Center for PTSD - <https://www.ptsd.va.gov/>

## **Corporation for National and Community Service (CNCS)**

### Website Resources

- Providing Emotional Support for Volunteers in Disaster Situations - <https://www.nationalservice.gov/resources/disaster-services/providing-emotional-support-volunteers-disaster-situations>

## **DHS - U.S. Coast Guard**

### Agency SOPs

- Critical Incident Stress Management Job Aid (PDF) - <https://homeport.uscg.mil/Lists/Content/Attachments/1331/CISM%20Specialist%20Job%20Aide.pdf>
- CRITICAL INCIDENT STRESS MANAGEMENT (CISM) Commandant Instruction (PDF) - [https://media.defense.gov/2017/Mar/06/2001707766/-1/-1/0/CI\\_1754\\_3A.PDF](https://media.defense.gov/2017/Mar/06/2001707766/-1/-1/0/CI_1754_3A.PDF)

## **DHS - Federal Emergency Management Agency (FEMA)**

### Website Resources

- Coping with Disasters - <https://www.fema.gov/coping-disaster>
- DHS Center Trauma, Resilience and Stress Management Resources - <https://www.fema.gov/faith-resources>

## Trainings

- E0426: Building a Roadmap to Resilience: A Whole Community Training -  
<https://www.firstrespondertraining.gov/frm/npccatalog/EMI#anc-search-results>
- IS0662: Improving Preparedness and Resilience through Public-Private Partnerships -  
<https://www.firstrespondertraining.gov/frm/npccatalog/EMI#anc-search-results>
- Supporting the Emotional Well-Being of First Responders, Emergency Managers & Disaster Relief Personnel -  
<https://icpd.adobeconnect.com/pkk1yqfjtjl6/?launcher=false&fcsContent=true&pbMode=normal>

## Agency SOPs

- Resiliency in the Face of Disaster: Strategies for Survivors and Responders -  
[https://www.fema.gov/pdf/conferences/iaconference/2010/tuesday\\_1045am\\_resiliency\\_in\\_face\\_of\\_disaster.pdf](https://www.fema.gov/pdf/conferences/iaconference/2010/tuesday_1045am_resiliency_in_face_of_disaster.pdf)
- National Disaster Recovery Framework - <https://www.fema.gov/national-disaster-recovery-framework#>

## Publications and Handouts

- Helping Children Cope with Disaster - <https://www.fema.gov/pdf/library/children.pdf>

## **DOL - Occupational Safety and Health Administration (OSHA)**

### Website Resources

- Resilience Resources for Emergency Response -  
[https://www.osha.gov/SLTC/emergencypreparedness/resilience\\_resources/index.html](https://www.osha.gov/SLTC/emergencypreparedness/resilience_resources/index.html)

## **HHS - Center for Disease Control (CDC)**

### Website Resources

- Emergency Planners and Responders - <https://emergency.cdc.gov/planners-responders.asp>
- Coping with a Disaster or Traumatic Event -  
<https://emergency.cdc.gov/coping/responders.asp>

## Trainings

- Safeguarding the Health, Safety, and Resiliency of Emergency Responders Presentation - <https://www.fatigueconference2017.com/materials/tuesday-am/training/Klomp.pdf>
- Surviving Field Stress for First Responders - [https://www.atsdr.cdc.gov/emes/health\\_professionals/surviving\\_field\\_stress.html](https://www.atsdr.cdc.gov/emes/health_professionals/surviving_field_stress.html)

## Publications and Handouts

- Health, Safety, and Resilience for Disaster Responders (PDF) - [https://www.osha.gov/SLTC/emergencypreparedness/resilience\\_resources/support\\_documents/predeploy/cdc\\_pamphlet.pdf](https://www.osha.gov/SLTC/emergencypreparedness/resilience_resources/support_documents/predeploy/cdc_pamphlet.pdf)
- Traumatic Incident Stress: Information for Emergency Response Workers (PDF) - <https://www.cdc.gov/niosh/docs/2002-107/pdfs/2002-107.pdf>
- Public Health Preparedness: Strengthening CDC's Emergency Response - [https://www.cdc.gov/phpr/publications/2009/phprep\\_report\\_2009.pdf](https://www.cdc.gov/phpr/publications/2009/phprep_report_2009.pdf)

## **HHS - National Institute of Health (NIH)**

### Website Resources

- Responder and Community Resilience - <https://tools.niehs.nih.gov/wetp/index.cfm?id=2528>

## **HHS - Substance Abuse and Mental Health Services Administration (SAMHSA)**

### Website Resources

- Education and Training Home Page - <https://www.samhsa.gov/dtac/education-training>

## Publications and Handouts

- Disaster Training and Technical Assistance Brochure - [http://www.samhsa.gov/sites/default/files/dta\\_brochure.pdf](http://www.samhsa.gov/sites/default/files/dta_brochure.pdf)
- Disaster Distress Helpline Brochure - <http://store.samhsa.gov/shin/content//PEP12-DDHBRO/PEP12-DDHBRO.pdf>
- Psychological First Aid for First Responders: Tips for Emergency and Disaster Response Workers - <https://store.samhsa.gov/shin/content/NMH05-0210/NMH05-0210.pdf>

- Tips for Disaster Responders: Understanding Compassion Fatigue -  
<http://store.samhsa.gov/shin/content/SMA14-4869/SMA14-4869.pdf>
- Resilience and Stress Management: Resilience -  
[http://archive.samhsa.gov/dtac/dbhis/dbhis\\_stress\\_about\\_resilience.asp](http://archive.samhsa.gov/dtac/dbhis/dbhis_stress_about_resilience.asp)
- Resilience and Stress Management: Stress and Stress Management Overview -  
[http://archive.samhsa.gov/dtac/dbhis/dbhis\\_stress\\_about\\_stress.asp](http://archive.samhsa.gov/dtac/dbhis/dbhis_stress_about_stress.asp)
- SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach -  
<http://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>

### **Non-Governmental Organizations**

#### **American Psychological Association**

##### **Publications and Handouts**

- The Road to Resilience - <http://www.apa.org/helpcenter/road-resilience.aspx>

#### **Columbia National Center for Disaster Preparedness**

##### **Trainings**

- VUL 3801: Dealing with Disaster Related Trauma in Children -  
<http://ncdp.crlctraining.org/myaccount/enrollments/view.asp?id=44575>

#### **Mental Health First Aid**

##### **Trainings**

- Training - <https://www.mentalhealthfirstaid.org/>

#### **The National Child Traumatic Stress Network**

##### **Trainings**

- Psychological First Aid Online: a 6-hour interactive course that puts the participant in the role of a provider in a post-disaster scene -  
<https://learn.nctsn.org/course/index.php?categoryid=11>

## Red Cross

### Website Resources

- Red Cross Helps Residents Cope with Emotional Toll of Disaster -  
<http://www.redcross.org/news/article/Red-Cross-Helps-Texas-Residents-Cope-with-Disaster>
- Emotional Responses - <http://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally#Emotional-Responses>

### Agency SOPs

- Psychological First Aid-An Australian Guide -  
<https://www.redcross.org.au/getmedia/23276bd8-a627-48fe-87c2-5bc6b6b61eec/Psychological-First-Aid-An-Australian-Guide.pdf.aspx>

### Publications and Handouts

- Taking Care of Your Emotional Health after a Disaster -  
[https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Recovering\\_Emotionally\\_-\\_Large\\_Print.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Large_Print.pdf)

## Yale University

### Trainings

- The Science of Well-Being - <https://www.coursera.org/learn/the-science-of-well-being?action=enroll>