



KENTUCKY EMERGENCY MANAGEMENT

Andy Beshear
Governor

Boone National Guard Center
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Director

Resiliency Training for Chemical Stockpile Emergency Preparedness Program (CSEPP) Personnel December 7, 2021

**Madison County Joint Information Center
560 S. Keeneland Drive
Richmond, Kentucky 40475**

*Provided in Partnership with Kentucky Emergency Management (KYEM)
and Kentucky Community Crisis Response Board (KCCRB)*

Course Description:

This course is designed to provide training to prepare all CSEPP response personnel on how to manage stress associated with their response to critical incidents and disasters. This course will provide instructor-led classroom instruction on stress reaction and responses often found during prolonged periods of exposure to threatening situations, disasters, and circumstances first responders may encounter in their day to day environments. Entire course will be conducted in classroom environment, following COVID-19 protocols. Class will be from 9:00 am to 11:30 am EST.

Student Criteria:

This course is open to all agencies, organizations, facilities, or departments involved in the CSEPP within the CSEPP counties. You must be at least 18 years old to register for the course.

Special Notes:

Advance student registration is REQUIRED and must be received by December 3, 2021 order to participate in this course. The course will be limited to the first 30 registered participants. There will be an examination at the end of the training and all participants must score a 70% or greater to pass this course and receive a certification of completion. You are considered registered for this course once this office receives your electronic registration. Letters acknowledging registration will not be sent. Course materials will be sent to students the day prior to class starting via email.

Registration:

Register for course using this link: <https://ky.readyop.com/fs/4m39/c909> . Students will be notified if the course is cancelled. For this reason, it is imperative that you provide accurate contact information. Once you are registered for the event, instructions for event participation along with student materials will be sent to you at the email address you have provided. Please make sure that email address is valid when you register.

For more information, contact:

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(502) 600-5707 or email angela.roberts@kyem.ky.gov | Frankfort, KY 40601 | angela.roberts@kyem.ky.gov



Course: Resiliency Training – Emergency Services

Course Description

This course is designed to be a pre-incident training course for emergency service personnel. In the aftermath of a critical incident, whether man-made or natural, stress reactions are the normal response of a healthy person to an abnormal situation. Emergency service personnel responding to critical incidents or disasters will see and experience events that may include witnessing or experiencing tragedy, death, serious injuries and performing their duties in threatening situations. These critical events have the potential to strain their usual coping skills. The physical and psychological well-being of those experiencing this stress, as well as their future ability to function through a prolonged response, will depend upon how they manage this stress. Pre-incident training will help prepare individuals to cope with critical incidents and the reactions that they may experience.

Overview

Duration

- Two and a half Hours

Scope Statement

- As Emergency Services personnel, your united mission is to provide emergency services within your community to ensure public safety and resilience of every individual. In the aftermath of a critical incident, whether man-made or natural, stress reactions are the normal response of a healthy person to an abnormal situation. This course will help prepare you to cope with critical incidents and the reactions that you may experience.

Terminal Learning Objectives

- Participants will become familiar with the Stress Response and factors that can influence the response.
- Participants will learn the five (5) components of human reactions to a critical incident.
- Participants will become familiar with positive coping techniques.
- Participants will learn the characteristics of resilient people and gain knowledge in the benefit of building resilience within themselves.
- Participants will learn two (2) stress management techniques to assist in managing reactions to critical incidents.

Enabling Learning Objectives

- Participants will acquire new knowledge through active listening, participation and note taking.

Lessons/Topics

- Module 1: The Stress Response
- Module 2: Five Components of Human Reactions
- Module 3: Health During an Event
- Module 4: Resiliency
- Module 5: Stress Management Techniques

Instructional Strategy

- Methods that will be utilized to facilitate adult learning are: PowerPoint, practical exercise, instructor led presentation and discussion.