

Disaster Mental Health Support

Not only structures and infrastructure are damaged in a disaster. Human beings suffer trauma as well. Nothing will ever be the same. They will have to accept a new reality, one involving grief, loss, and emotional pain before they can recover.

If you think you would be good at offering support and care for the survivors of disaster, consider taking the Disaster Mental Health Support training offered by Kirkland CERT and developed by the Health Support Team (HST). HST is a non-profit organization dedicated to training non-professional volunteers in how to provide mental health support services in the aftermath of natural and man-made disasters. Utilizing the HST curriculum, class participants will learn how to best help their family, friends and community members cope with emotional shock and stress responses. Areas covered include common responses to disaster and trauma; supportive communication and listening techniques; relaxation and stress reduction techniques; thinking strategies; resiliency development.

This is the FIRST of a two-part class series. The introductory class focuses on preparation and rebuilding phases and is a prerequisite for the advanced class (offered separately at a later date).

The class is taught by CERT Instructors Christina Brugman, Janet Merriam, and Tricia Parker. Contact Janet with questions or concerns at jmerriam@kirklandwa.gov.

The Basic class is being offered on November 4, 2017 or December 2, 2017 from 8 AM to Noon at Fire Station #26 in North Rose Hill.

This class is open to all adults. You need not be a CERT team member.

Register at www.KirklandCERT.com.