

## Trauma First Aid Training - 7/25 and 7/31

CNY Region Information <CNY-REGION-INFORMATION@LISTSERV.OMH.NY.GOV>

on behalf of

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## Trauma First Aid for Peers and Peer Supervisors

Trauma First Aid for Peers recognizes the value of peer services and the need for peers to understand trauma informed care principles. Staying in your lane can be a challenge when working with trauma survivors. Once there is a trauma, any additional trauma (like COVID-19) can bring on additional symptoms and de-compensation. This workshop will not only focus on trauma informed care principles, but it will equip peers with the necessary skills to stay in their lane, while providing critical services to the individual. This training will have a heavy focus on self-care. This course is approved by ASAP NYCB and OASAS for 6 Continuing Education Credits.

### What to expect:

- This is an interactive, on-line training.
- Learn trauma informed care principles that will help you stay in your lane.
- See trauma from a Post Traumatic Growth and Resiliency perspective.
- Learn how to use your own recovery story with trauma.
- Develop your script that will get you out of difficult situations.
- You will receive an extensive list of resources to provide to those in need.
- Death is a trauma. Knowing what to say and how to navigate the rising relapse rate.

Trauma First Aid for Peers is an interactive training for those who provide peer services, supervisors, and life coaches. This training is appropriate for those working in a substance use, mental health, or medical setting. Peer supervisors will gain coaching skills to use with peers around Trauma Informed Care principles. More importantly, participants will learn and practice self-care techniques that will help them stay professional and healthy.

**Presenters: Sandy Rivers MA CASAC RC, and Lisa Ardner MA, CASAC. Must attend both dates, 7/24 and 7/31/2020. 1:15-4:30 pm**

To register, please click the Eventbrite link: <https://www.eventbrite.com/o/authentic-trainings-llc-30578829862>

Please feel free to send all questions to [sandy@authentictrainings.com](mailto:sandy@authentictrainings.com).

Group rates can apply, please email your request to [sandy@authentictrainings.com](mailto:sandy@authentictrainings.com).

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Feeling stressed by the COVID-19 pandemic? You are not alone. Call the NYS Emotional Support Helpline 7 days a week, 8am-10pm at 1-844-863-9314.

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