**Operation Stress First Aid: Staff Support in Times of Crisis**

Operational Stress First Aid (OSFA) is a flexible, multi-step process for the timely assessment and preclinical care of psychological stress injuries in individuals or teams with the goals to preserve life, prevent further harm, and promote recovery. Unlike other acute stress management procedures, OSFA was designed specifically to augment the physical, psychological, social, and spiritual support structures that exist in the military and emergency services and to help restore these support structures over time. It is consistent with the principles of Psychological First Aid that are fundamental to emotional and spiritual care in crisis and traumatic events. In terms of the Stress Continuum, the goal of OSFA is simply to move towards a healthier place by restoring health and readiness after a stress injury.

OSFA training assists with self-assessment during crisis while it also assists with peer-to-peer assessment and stress mitigation. Included are easy-to-use checklists and color diagrams for assessment of stress levels.

Sponsored by Hawaii Pacific Baptist Convention Disaster Relief.

*Course is instructed by Dr. Naomi Paget, BCC, BCCC,*

*Fellow, American Academy of Experts in Traumatic Stress*

**DATE:** June 10. 2017 Saturday

**TIME:** 9:00am till 5:00pm

**COST:** $10.00 Can be brought to the training. Check’s made out to HPBC.

This will include lunch and materials. Certificate of completion.

**LOCATION:** Waipio Community Baptist Church, 94-1210 Waipio Uka ST., Waipahu

**Contact:** Darrell McCain, 808-356-8343 or [darrell@hpbaptist.net](mailto:darrell@hpbaptist.net)

This course is 7 contact hours and is beneficial to Pastors, Law Enforcement, Firemen, Chaplains, and those who work in first response and stressful fields.

Southern Baptist Disaster Relief Chaplains, this is one of the requirements you may use to complete your Chaplaincy training.

Send registration to [darrell@hpbaptist.net](mailto:darrell@hpbaptist.net) or

HPBC, attention Darrell McCain, 2042 Vancouver Drive, Honolulu, HI 96822

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