



**Metro Health & Medical
Preparedness Coalition**

The Metro Health & Medical Preparedness Coalition is pleased to partner with the Center for Patient Safety to host the following virtual workshop with program developers and course trainers: Brian LaCroix, Eunice Halverson, and Shelby Cox.



LifeGuard Train-the-Trainer Workshop

Virtual

2023 Workshop

Thursday, March 16 and April 6

12:00 - 3:00 pm Central time

REGISTER NOW



<https://www.eventbrite.com/e/lifeguard-an-emt-peer-support-train-the-trainer-event-tickets-385140925877>

Post-Session Support. Resource library and Metro Coalition will convene work groups to support implementation process of best practices.

Cost. \$250: \$125 paid for by Coalition and \$125 by EMS agency (up to 2 people per agency)

Format and Requirements. Attend via Zoom. Workshop requirements include Internet connection with viewing, speaking, and listening devices.

WHO WILL BENEFIT

This workshop provides attendees with the knowledge and tools necessary to establish Peer Support teams using Second Victim concepts to address the increasing needs of all team members.

PROGRAM OBJECTIVES

- Understand how a Second Victim Clinician Peer Support program supports healthcare workforce well-being when facing challenging times.
- Customize and define a plan to deploy and sustain a peer support network within your organization.



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Today's workforce is facing many challenges, including the demands encountered during a challenging clinical event. Individuals often have strong emotional defenses that carry them through and let them "get the job done" often without addressing the emotional aftershock or stress reaction that can impact them for months.



What I liked most was the step-by-step process to establish a peer support program and the interaction with others either setting up peer support or improving their own program.

- WORKSHOP ATTENDEE



Every instructor was very helpful and open to any questions or concerns.

- WORKSHOP ATTENDEE

SECOND VICTIM FAST FACTS

- Second victims are individuals working within an environment to offer/provide care and who are traumatized by an event.
- Each second victim (even those involved in the same event) will have unique experiences and needs.
- Regardless of job title, six stages of second victim recovery follow a traumatic event; understanding them allows peer supporters to help.
- Knowing which events carry the greatest risk of inducing a second victim response can improve support efforts.
- Trained peer support colleagues can identify common signs of stress such as isolation and predictable patterns of worry.



SESSION 1 OBJECTIVES

1. Understand basic concepts of second victimization
2. Identify the Recovery Stages after a traumatic event or during challenging times
3. Understand potential outcomes of second victimization: Dropping Out, Surviving, Thriving
4. Describe the 3-tiered model of support
5. Identify barriers to staff seeking support

SESSION 2 OBJECTIVES

1. Increase personal ability to have a critical conversation
2. Understand four key components of a supportive conversation
3. Describe six key steps to develop a peer support program
4. Determine how Caring for Our Own can be integrated into your Patient Safety Plan