

Victim Services Academy Trainings

TRAINING AGENDA

May 23rd – May 26th & June 6th – June 9th
New Paltz, New York



Hosted by:
NYS Office of Victim Services
in partnership with
Institute for Disaster Mental Health (IDMH) at
SUNY New Paltz

Day One

“Understanding Crime Reactions and Helping Practices”

Primary Instructors: James Halpern, Ph.D & Monica Indart, Psy.D.

Learning Objectives:

- ❖ Understand the range of typical reactions that are expectable in victims of crime, including physical, emotional, cognitive, behavioral, and spiritual responses
- ❖ Understand and be able to recognize extreme reactions
- ❖ Identify risk factors that make certain groups or individuals more vulnerable
- ❖ Review and practice the principles of Psychological First Aid and other basic helping practices
- ❖ Understand the role of screening and referral to identify and assist those demonstrating a need for traditional long-term assessment and therapy
- ❖ Examine one’s “readiness to respond” through identifying key elements of preparedness for crisis responders

Agenda:

9:00	Welcoming Remarks <ul style="list-style-type: none">• James Halpern - IDMH• Elizabeth Cronin - OVS• Chris Gibson – US Congress (May 23rd)
9:20	Overview, Introductions
9:45-10:45	Understanding Crime Victim Reactions: Stress, Crisis and Trauma
10:45-11:00	Break
11:00-12:30	Core Helping Practices: Psychological First Aid
12:30-1:30	Lunch
1:30-2:25	Break-out Exercise: PFA Group Practice
2:25-2:30	5 minute break
2:30-3:15	Break-out Exercise: Role-plays
3:15-3:30	Break
3:30-4:00	Wrap-Up

Day Two

“Understanding the Impact of Trauma: Special Populations”

Primary Instructors: Patricia A. Findley, Dr.P.H., M.S.W., L.C.S.W., Karla Vermeulen, Ph.D.,
& Rebecca Rodriguez, M.S.

Learning Objectives:

- ❖ Describe the impact of trauma on the physiological, emotional, physical and spiritual wellbeing of diverse populations including those with cognitive and/or physical disabilities, those who are service members, those who are homeless, and those who abuse substances
- ❖ Identify the common and uncommon responses to trauma for these special populations and how they cope
- ❖ Identify risk factors that make the specific groups more vulnerable
- ❖ Describe and identify specific barriers to seeking help within these specific populations
- ❖ Describe and the importance of understanding the beliefs, actions and preferences of the different populations when working with them

Agenda:

9:00	Review/Pretest/Introduction and Overview
9:15-10:00	Understanding the impact of trauma: Those who have physical and/or cognitive disabilities
10:00- 10:45	Understanding the impact of trauma: Service members
10:45-11:00	Break
11:00-11:45	Understanding the impact of trauma: Those who are homeless
11:45-12:30	Understanding the impact of trauma: Those who abuse substances
12:30-1:30	Lunch
1:30-2:05	Large group Discussion: Substance Abuse Video
2:05-2:15	Break
2:15-3:15	Group Exercises: PFA
3:15-3:30	Break
3:30-4:00	Wrap-up

Day Three

“Understanding the Impact of Trauma: Special Populations”

Primary Instructors: Patricia A. Findley, Dr.P.H., M.S.W., L.C.S.W. & Karla Vermeulen, Ph.D.

Learning Objectives:

- ❖ Describe the impact of trauma on the physiological, emotional, physical and spiritual wellbeing of diverse populations including those are frail elderly, LGBTQ individuals, children and families, and those who are bereaved.
- ❖ Identify the common and uncommon responses to trauma for these special populations and how they cope
- ❖ Identify risk factors that make the specific groups more vulnerable
- ❖ Describe and identify specific barriers to seeking help within these specific populations
- ❖ Describe and the importance of understanding the beliefs, actions and preferences of the different populations when working with them

Agenda:

9:00	Review of Day Two/Pretest
9:20-10:05	Understanding the impact of trauma: Frail elderly
10:05-10:45	Understanding the impact of trauma: LGBTQ individuals
10:45-11:00	Break
11:00-12:30	Understanding the impact of trauma: Children and families, including the bereaved
12:30-1:30	Lunch
1:30-2:05	Discussion: Disability/Chronic Condition Video
2:05-2:15	Break
2:15-3:15	Breakout Group Exercise: Case Study Discussions
3:15-3:30	Break
3:30-4:00	Wrap-Up

Day Four

“Helper Reactions and Maintaining Wellness”

Primary Instructors: James Halpern, Ph.D & Monica Indart, Psy.D.

Learning Objectives:

- ❖ Understand key concepts of occupational health and psychosocial hazards: Compassion Satisfaction and Compassion Fatigue
- ❖ Distinguish among related concepts of Burnout, Vicarious Traumatization and Secondary Traumatic Stress
- ❖ Identify warning signs of secondary traumatic stress and burnout
- ❖ Identify features of positive aspects of responder role: Resiliency and Post-Traumatic Growth
- ❖ Understand self-care as an ethical imperative for responsible practice
- ❖ Practice self-care strategies that can sustain responder well-being

Agenda:

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| 9:00 | Review of Day Three/Pretest |
| 9:20-10:30 | Helper Reactions: Occupational and Psychosocial Hazards and Rewards |
| 10:30-10:45 | Break |
| 10:45- 12:00 | Personal Preparedness: Developing a Stress Management Plan |
| 12:00-1:00 | Lunch |
| 1:00-2:30 | Breakout Group Exercises: <ul style="list-style-type: none">• Supervisors: Sustaining Yourself and Your Staff: Managing the Stress of Crisis Workers• Field Workers/Volunteers: Helper Wellness |
| 2:30-2:45 | Break |
| 2:45-3:15 | Large group wellness exercise |
| 3:15-4:00 | Wrap-Up |