

Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center

Training Instructions

Supporting Documents

- PowerPoint Presentation
- Handout on BASIC Ph
- Worksheet for Building a Self-Care Action Plan
- Resource Guide

Overview

The U.S. Department of Education's (ED) Office of Safe and Healthy Students (OSHS) and the Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center are pleased to provide a training module on Understanding Educator Resilience & Developing a Self-Care Plan. This 60-minute training module is designed to provide educators and master trainers with a better understanding of resilience strategies that can be used to increase their ability to work more effectively with students impacted by stress, loss, and trauma brought on by community or family violence, natural and man-made disasters, and economic hardship. It provides information on the concepts of resilience and compassion fatigue and includes concrete steps for developing a professional self-care plan. This training has three main objectives, which are to

- Introduce the concepts of resilience and the impact of stress, burnout, and compassion fatigue on the education environment;
- Identify signs and symptoms of compassion fatigue; and
- Create a self-care plan that can be implemented following the training.

Audience

The target audience for this training module includes the following:

- Educators or other staff in the role of providing support to students and who may experience stress, burnout, or compassion fatigue as a result of these interactions
- Those who work with anyone who may provide this support
- Those who are responsible for planning the recovery and mental health aspects of a school's or district's emergency operations plan

This training is applicable in areas that have been impacted by traumatic events and/or natural disasters, as well as those areas that have not recently experienced a traumatic event or events.

Instructions

Please use the materials provided in this specialized training package, and follow the steps below to help train personnel at your school site on this important subject.

- Read through the training presentation and speaker notes.
- Review the additional resources.
- Identify the personnel at your site who would benefit from learning more about this topic.
- Set aside 60 minutes to train these personnel.
- Deliver the training presentation. This includes administering the activity of developing a self-care plan.

The contents of this workbook were developed under a contract from the U.S. Department of Education, and you should not assume endorsement by the Federal government.