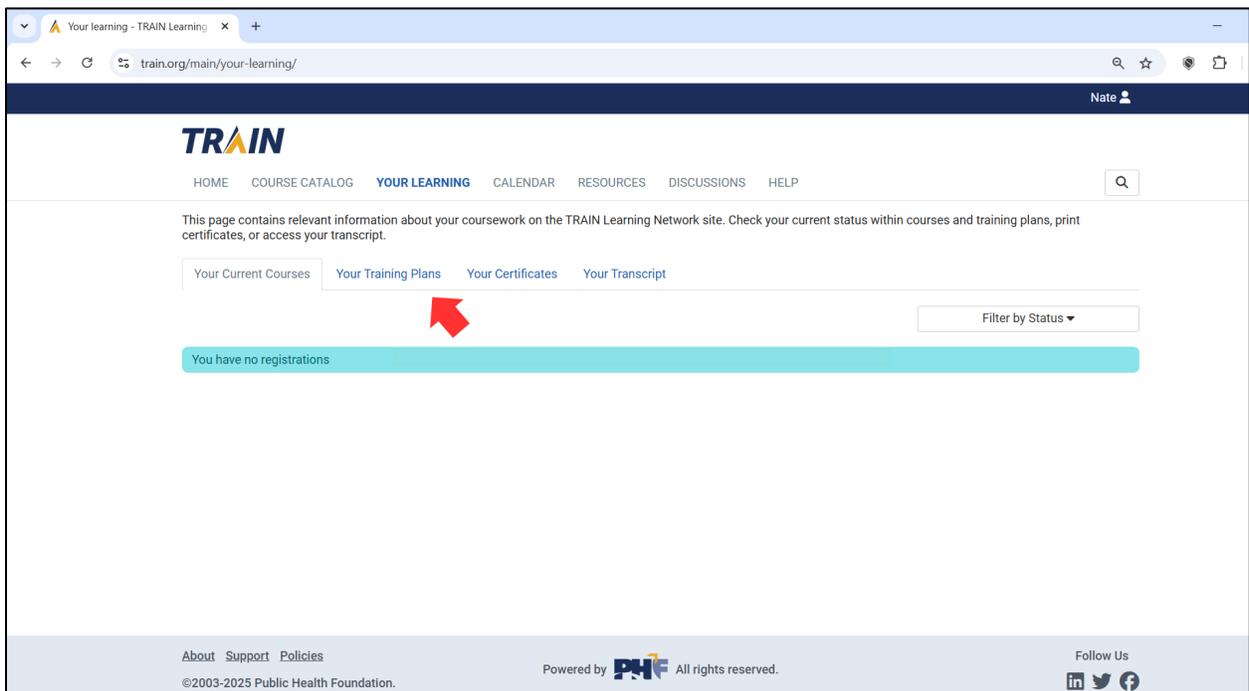


1. Select “Your Learning”



2. Select “Your Training Plans”

train.org/main/your-learning/training-plans

TRAIN

HOME COURSE CATALOG **YOUR LEARNING** CALENDAR RESOURCES DISCUSSIONS HELP

This page contains relevant information about your coursework on the TRAIN Learning Network site. Check your current status within courses and training plans, print certificates, or access your transcript.

Your Current Courses Your Training Plans Your Certificates Your Transcript

Title	Status	Target Date	Proof Of Completion
Johnson County MRC	Not Completed	-	-

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3. Select “Johnson County MRC”

train.org/mrc/training_plan/7542

MRC TRAIN

HOME COURSE CATALOG YOUR LEARNING CALENDAR RESOURCES DISCUSSIONS HELP

Johnson County MRC

< Back

Not Completed ID 7542

2024 Johnson County MRC Training Plan

Components

Name	Completed Date	Score	Hours	Status
Level 2 ALL courses out of this section are required				
You are the Help Until Help Arrives (Online Web-based Training)	Jan 6, 2025			Completed ✓ Verified
Disaster Health Core Curriculum: Competency 3: Situational Awareness	Jan 6, 2025		0.2h	Completed ✓ Verified
Cultural Awareness: Introduction to Cultural Competency and Humility	Jan 6, 2025		0.5h	Completed ✓ Verified
Level 3 ALL courses out of this section are required				
NIMS and ICS: A Primer for Staff and Volunteers	Jan 7, 2025		1h	Completed ✓ Verified
Psychological First Aid: A Minnesota Community Supported Model			0.75h	Not Started

Expiration Date Dec 31, 2027 10:59 PM CST

Expiration Date Dec 30, 2027 11:00 PM CST

4. Select “Psychological First Aid: A Minnesota Community Supported Model”

Psychological First Aid: A Minnesota Community Supported Model

Web-based Training - Self-study ID 1050404 Skill level: Introductory 0.75h Course Number 18110-36, PUBH X327

Expiration Date Dec 30, 2027 11:00 PM CST

★★★★☆ (441)

Psychological First Aid: A Minnesota Community Supported Model

Approximately 45 minutes in length

This course was designed as an overview for MRC volunteers, hospital personnel, disaster responders, and first-responders, to the concepts and applications of psychological first aid as it applies to assisting survivors and fellow responders impacted by a disaster or emergency event, particularly in the field during a response. This training may

[Show more](#)

About Contacts Reviews Discussion Certificates

Details

Learning Objectives

After completing this course, the learner will be able to:

- Demonstrate knowledge of the principles and techniques of PFA as they apply to a disaster response
- Identify at least seven common physical, emotional, behavioral, cognitive, spiritual, and sensory reactions to a traumatic event in adults and children

5. Click “Go to Step 2 of Registration”

Registration

This content provider requires registration and/or a fee outside of this website.
To proceed to the provider's website please click "Register".

Cancel Register

6. Click “Register”

Psychological First Aid: A Minnesota Community Supported Model

UNIVERSITY OF MINNESOTA
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Home Courses Certificates Programs Technical Support

< Search Results | Search Again

PUBH X327 - Psychological First Aid: A Minnesota Community Supported Model

Delivery Options: Self Paced Online

Description

This course was designed as an overview for MRC volunteers, hospital personnel, disaster responders, and first-responders, to the concepts and applications of psychological first aid as it applies to assisting survivors and fellow responders impacted by a disaster or emergency event, particularly in the field during a response. This training may also be useful to other individuals when dealing with a personal crisis situation in their family, community or work place.

Objectives

After completing this course, the learner will be able to:

- Demonstrate knowledge of the principles and techniques of PFA as they apply to a disaster response
- Identify at least seven common physical, emotional, behavioral, cognitive, spiritual, and sensory reactions to a traumatic event in adults and children;

Enroll Now - Select a section to enroll in			
PUBH X327 - Online CE 2024 Available	Jan 04, 2024	Self Paced Online	+

7. Click the “+” sign

their family, community or work place.

Objectives

After completing this course, the learner will be able to:

- Demonstrate knowledge of the principles and techniques of PFA as they apply to a disaster response
- Identify at least seven common physical, emotional, behavioral, cognitive, spiritual, and sensory reactions to a traumatic event in adults and children;
- Demonstrate knowledge of the concept footprint of disaster as a model for the impact of a disaster on people physically and emotionally over time
- When provided with scenarios and profiles select and provide appropriate PFA responses to individuals presenting with common reactions, positive coping strategies, maladaptive coping strategies and severe reactions to traumatic events
- Demonstrate knowledge of responder stressors and principles of self-care as they apply to a personal crisis or a disaster deployment before, during and after an event
- Apply knowledge and understanding of principles of self-care to the development of a printable personal resiliency plan.

Competencies

This training contributes to the following Public Health Preparedness Competencies and PHEP

Competencies:

- 1.2 Manage behaviors associated with emotional responses in self and others.
- 1.5 Demonstrate respect for all persons and cultures.
- 4.1 Maintain personal/family emergency preparedness plans.

Capabilities:

1. Community Preparedness

Add to Cart	
Section Title:	Psychological First Aid: A Minnesota Community Supported Model
Type:	Online, self paced
Dates:	Jan 04, 2024 to Dec 31, 2027
Delivery Options:	Self Paced Online
Course Fee(s):	No Fee \$0.00
CEUs:	<u>0.08 CEUs</u>

8. Click “Add to Cart”

The screenshot shows a web browser window with two tabs: "Psychological First Aid: A Minnesota..." and "PUBH X327 Psychological First...". The address bar shows the URL: learning.umn.edu/search/publicCourseSearchDetails.do?method=load&courseId=1735854&courseTitle=psychological-first-aid-a-minnesota-community-supported-model&#courseSecti...

The page content includes sections for "Objective", "Competencies", and "Capabilities". A white notification box is overlaid on the page with the following text:

Course PUBH X327 - Online CE 2024 was added to your cart.
Click checkout to complete the transaction.

The notification box has two buttons: "Close" and "Checkout". A red arrow points to the "Checkout" button.

Below the notification box, there is a summary table:

Course Fee(s):	No Fee	\$0.00
CEUs:	0.08 CEUs	

9. Click "Checkout"

The screenshot shows a web browser window with two tabs: "Psychological First Aid: A Minn..." and "Cart | University of Minnesota...". The address bar shows the URL: learning.umn.edu/coursebasket/publicCourseBasket.do?method=load

The page header includes the University of Minnesota logo and the text "UNIVERSITY OF MINNESOTA Driven to Discover™". Below the header is a navigation menu with links: Home, Courses, Certificates, Programs, Technical Support.

The main heading is "Cart (1 Item)". In the top right corner, there is a "Login" link and a shopping cart icon with a "1" inside. A red arrow points to a "Checkout" button with a lock icon.

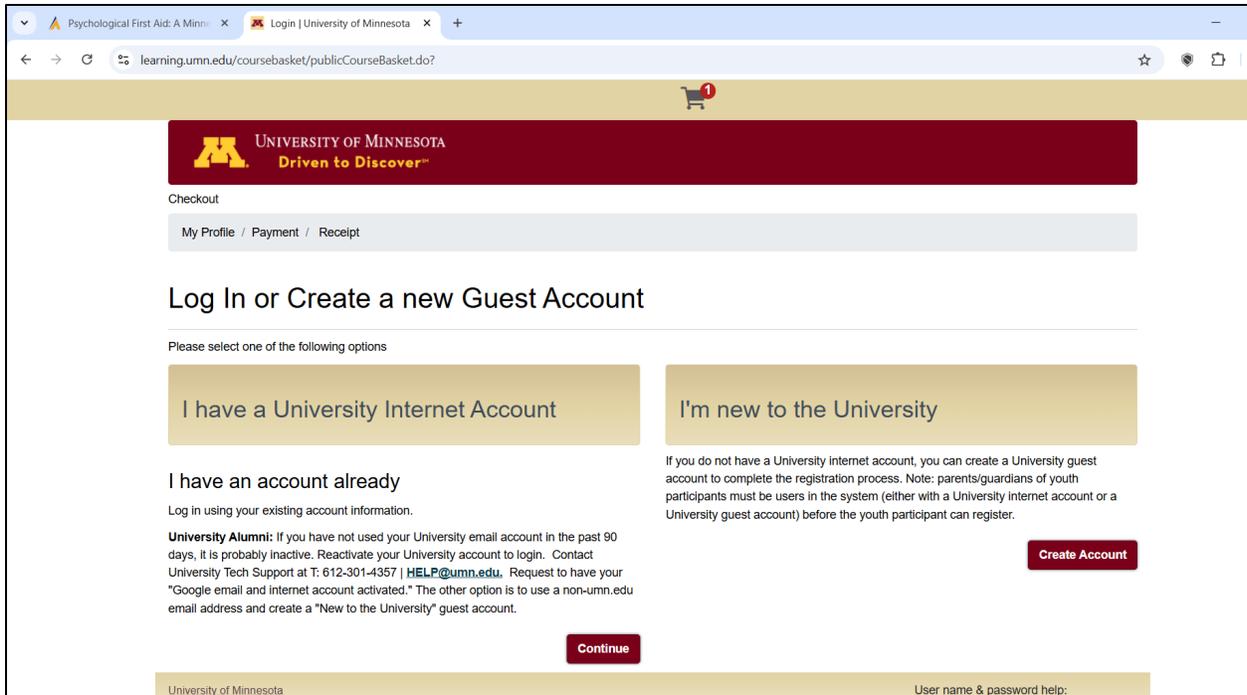
Below the heading, there is a welcome message and a list of instructions:

- Confirm your course/conference selections
- Log in with your University credentials or create a new account
- Review your account profile
- Complete the checkout and/or make a payment

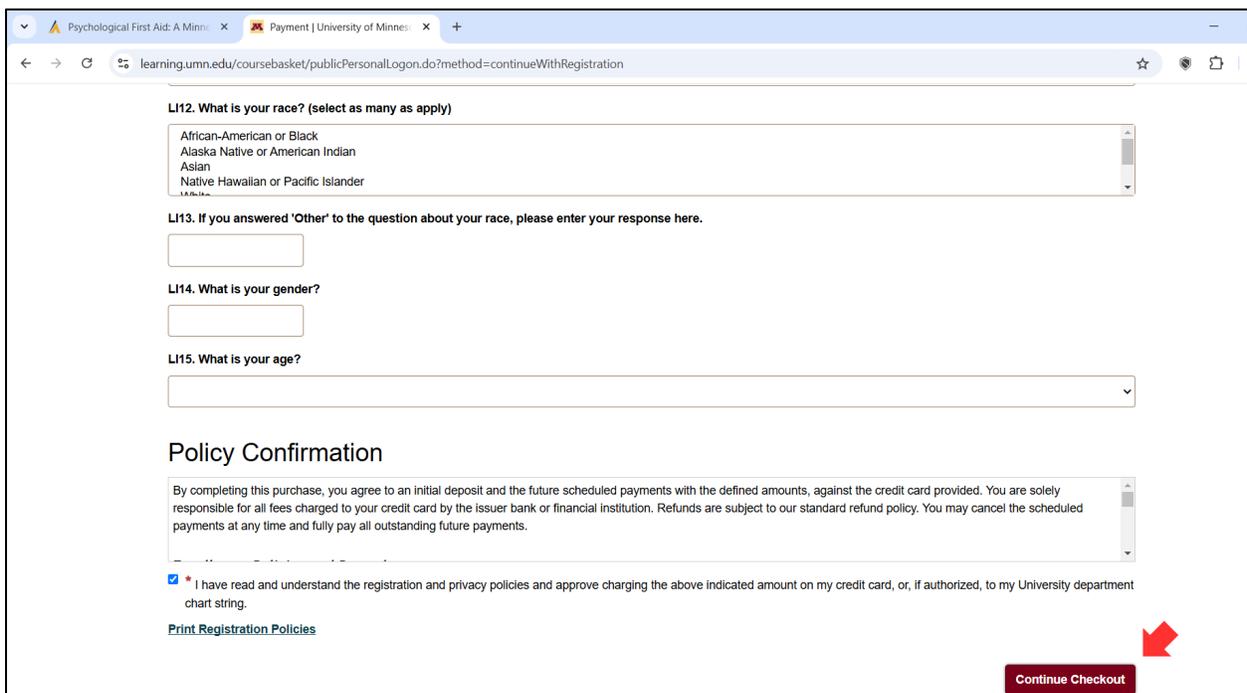
Below the instructions is a table with the following columns: Item, Options, Quantity, and Subtotal.

Item	Options	Quantity	Subtotal
Course Psychological First Aid: A Minnesota Community Supported Model PUBH X327 - Online CE 2024 Fee: \$0.00 Remove	Fee: No Fee \$0.00	1	\$0.00
Subtotal			\$0.00
Total			\$0.00

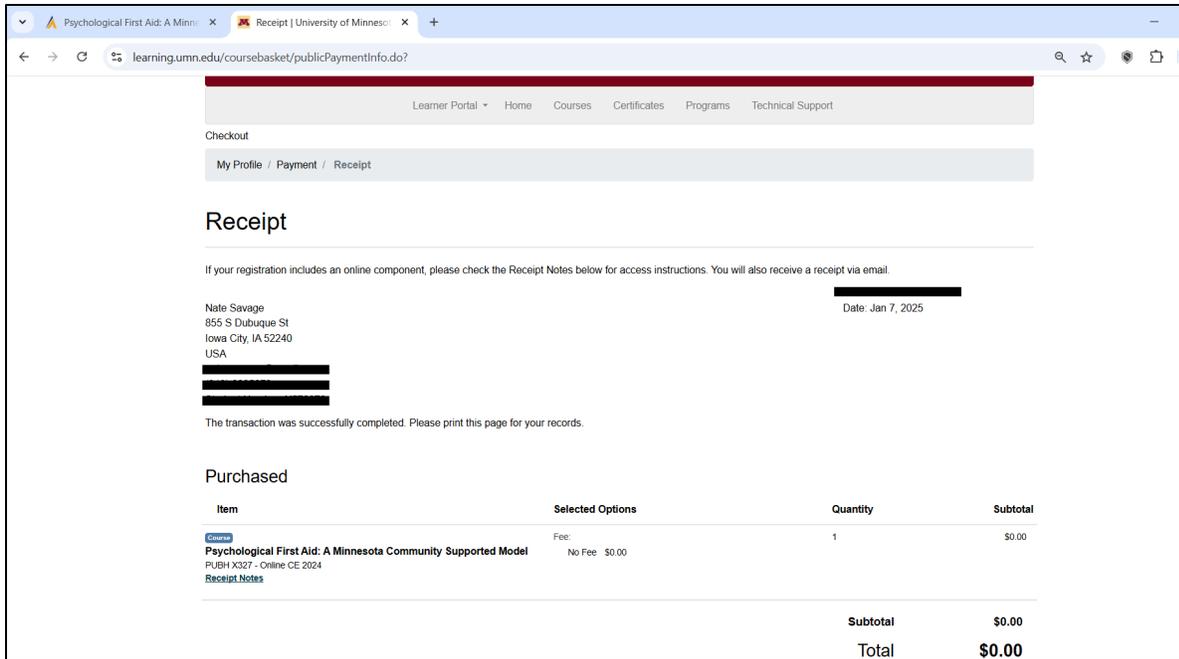
10. Click "Checkout"



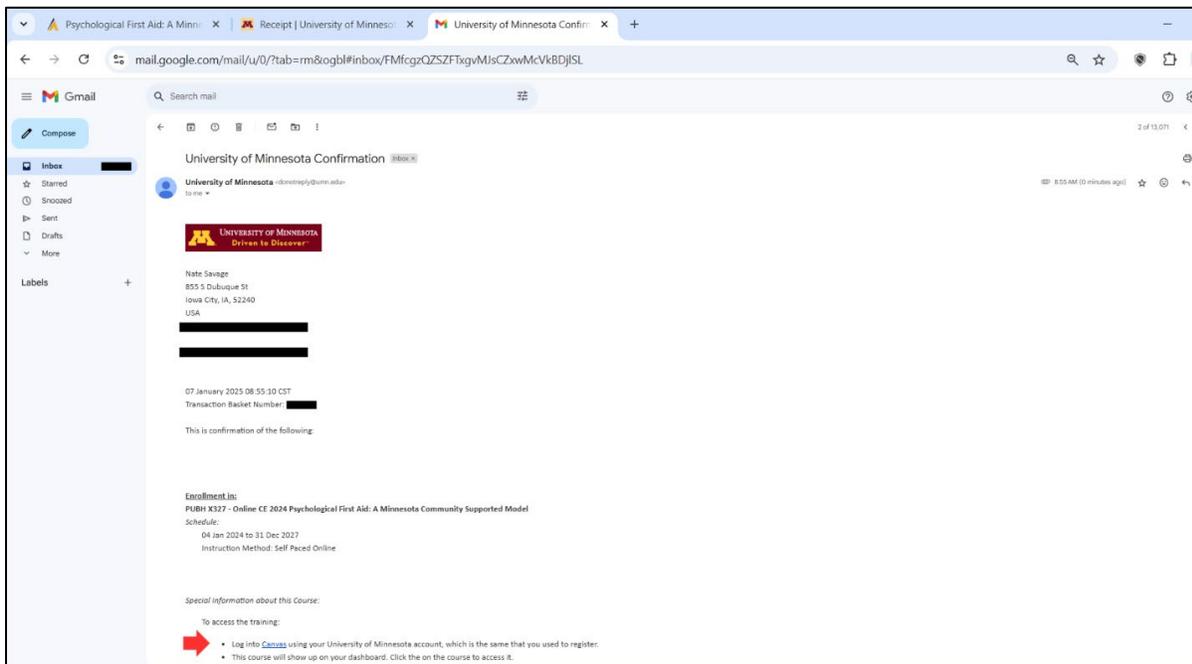
11. Select “Create Account”, unless you have an existing University of Minnesota account. (If you’ve already completed the training “NIMS and ICS: A Primer for Staff and Volunteers”, you should have an existing University of Minnesota account.)



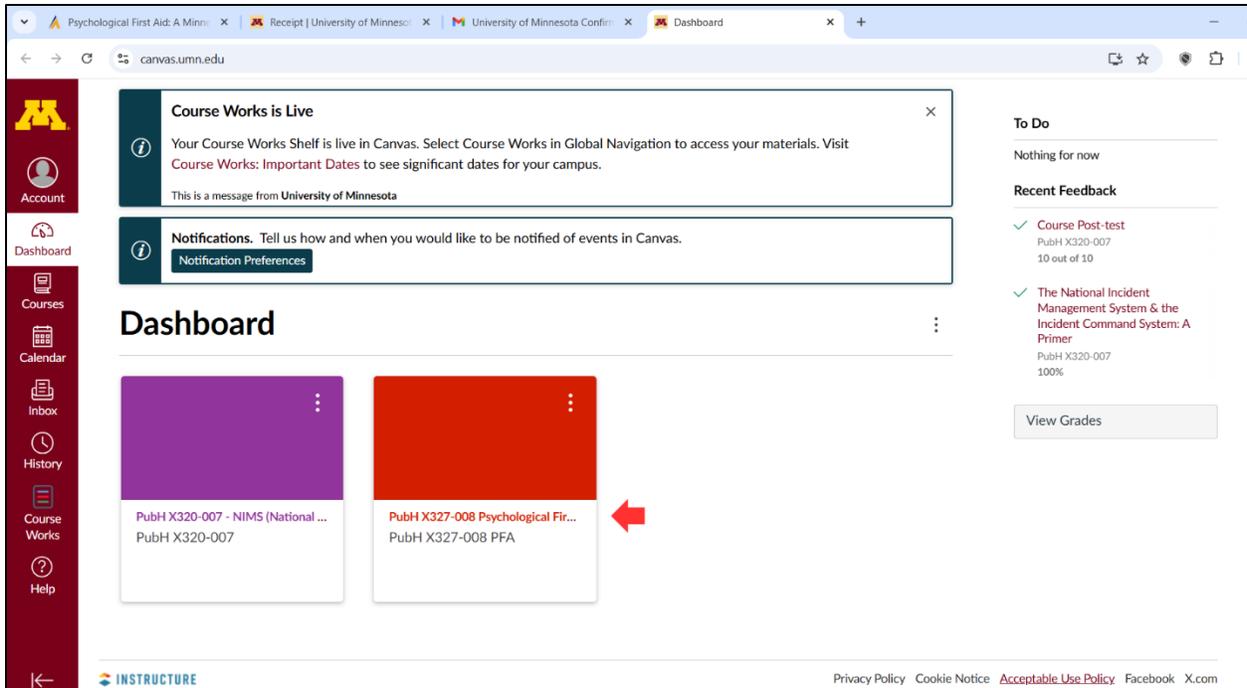
12. Click “Continue Checkout”



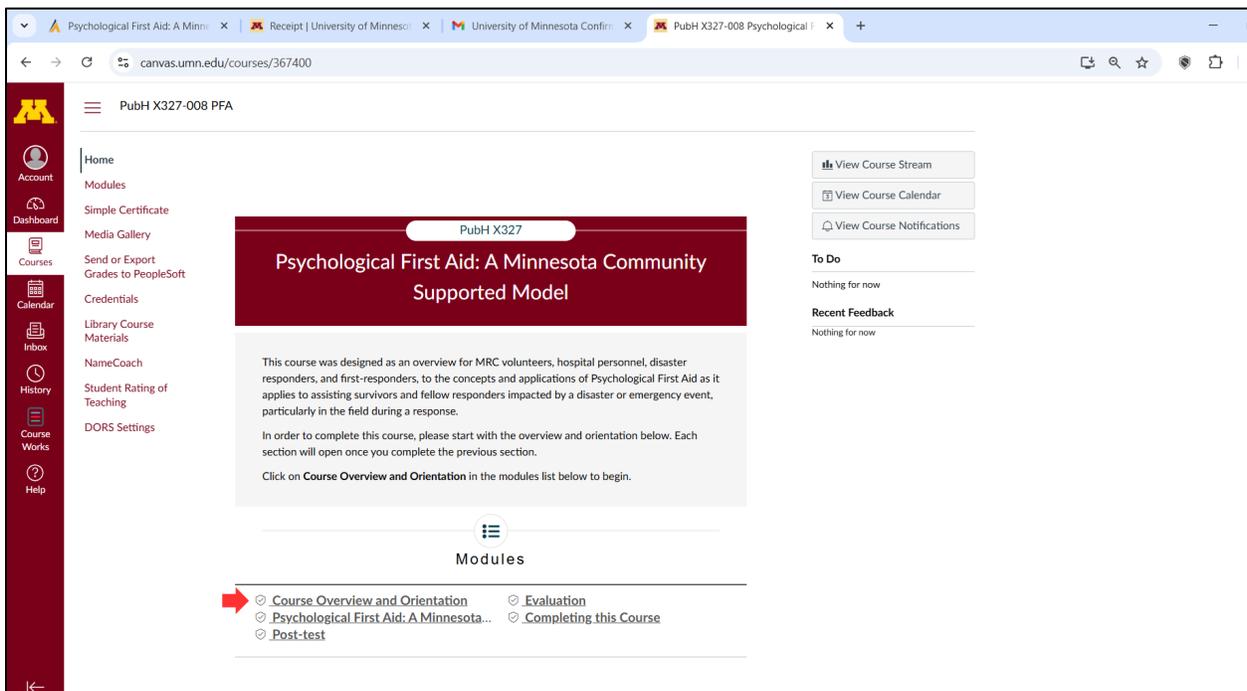
13. After completing the checkout process and creating a guest account or signing in to an existing account, you will receive a receipt of the no-cost course you've enrolled in, similar to the picture above.



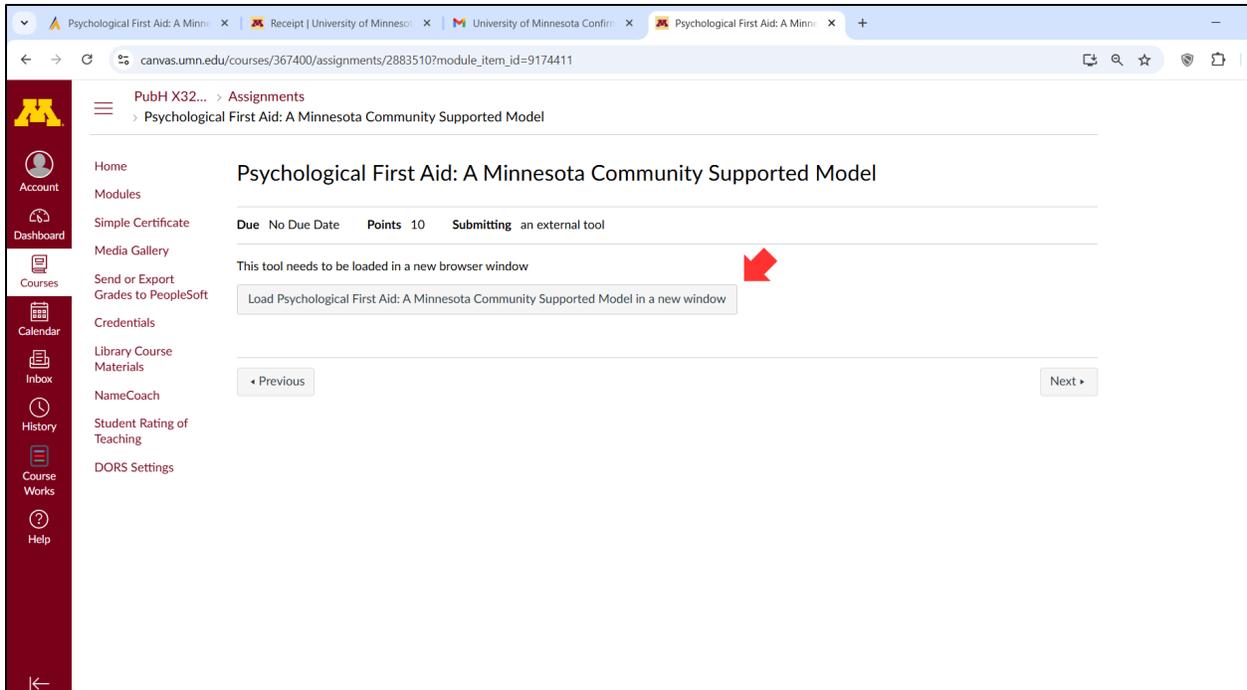
14. Open your email inbox you've listed with your University of Minnesota account, and select the email titled "University of Minnesota Confirmation". Click the "Canvas" hyperlink within that email.



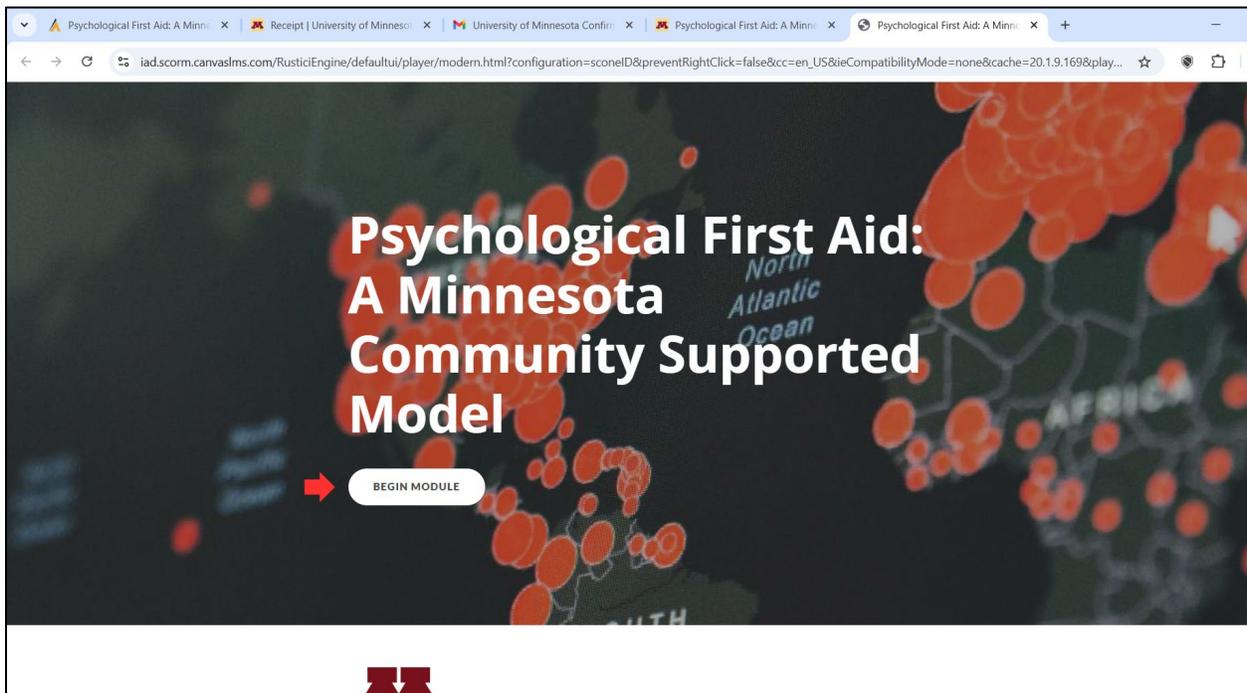
15. After you've clicked the Canvas hyperlink, a new tab should appear, similar to the picture above. Click the hyperlink "PubH X327-008 Psychological First Aid: A Minnesota Community Supported Model"



16. Select the "Course Overview and Orientation" module



17. Click “Load Psychological First Aid: A Community Supported Model in a new window”



18. Click “Begin Module”

Psychological First Aid: A Minnesota Community Supported Model

- **Being prepared with self-care strategies** that you know can reduce your stress by helping you relax and get through the day.
- **Deciding who makes up your support network**; who can you rely on to talk about your stress?
- **Focusing beyond the short-term**; get in the habit of practicing self-care and stress reduction on a daily basis before you face the demands of a crisis or disaster.

Complete the Personal Resiliency Plan
Take some time to fill out and save this personal resiliency plan. [RESILIENCY PLAN](#)

Congratulations!
You have completed the last learning module of "Psychological First Aid: A Minnesota Community Supported Model."
You may close this window.

19. Complete all modules until you receive “Congratulations” prompt. Then close the tab.

Psychological First Aid: A Minnesota Community Supported Model

- Overview Viewed ✓
- Psychological First Aid: A Minnesota Community Supported Model 10 pts Submitted ✓
- Resources View ○

Post-test Prerequisites: Psychological First Aid: A Minnesota Community Supported Model Complete All Items

- Course Post-test 10 pts Score at least 7.0 ○

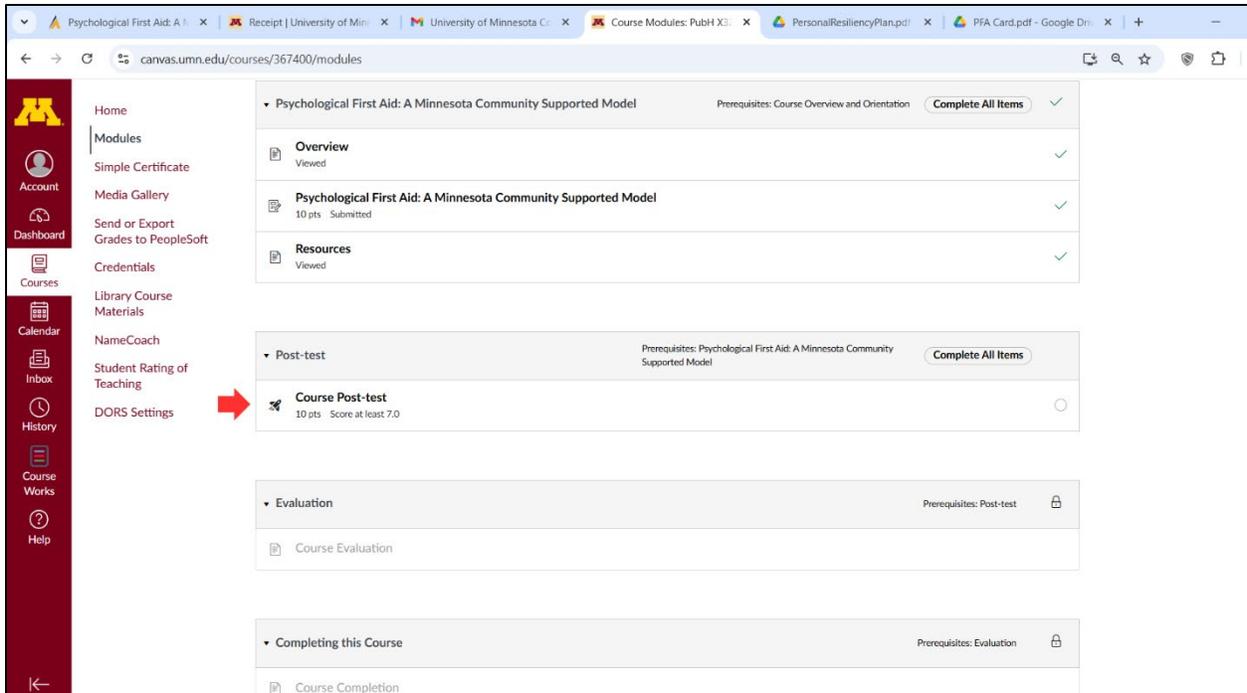
Evaluation Prerequisites: Post-test

- Course Evaluation ○

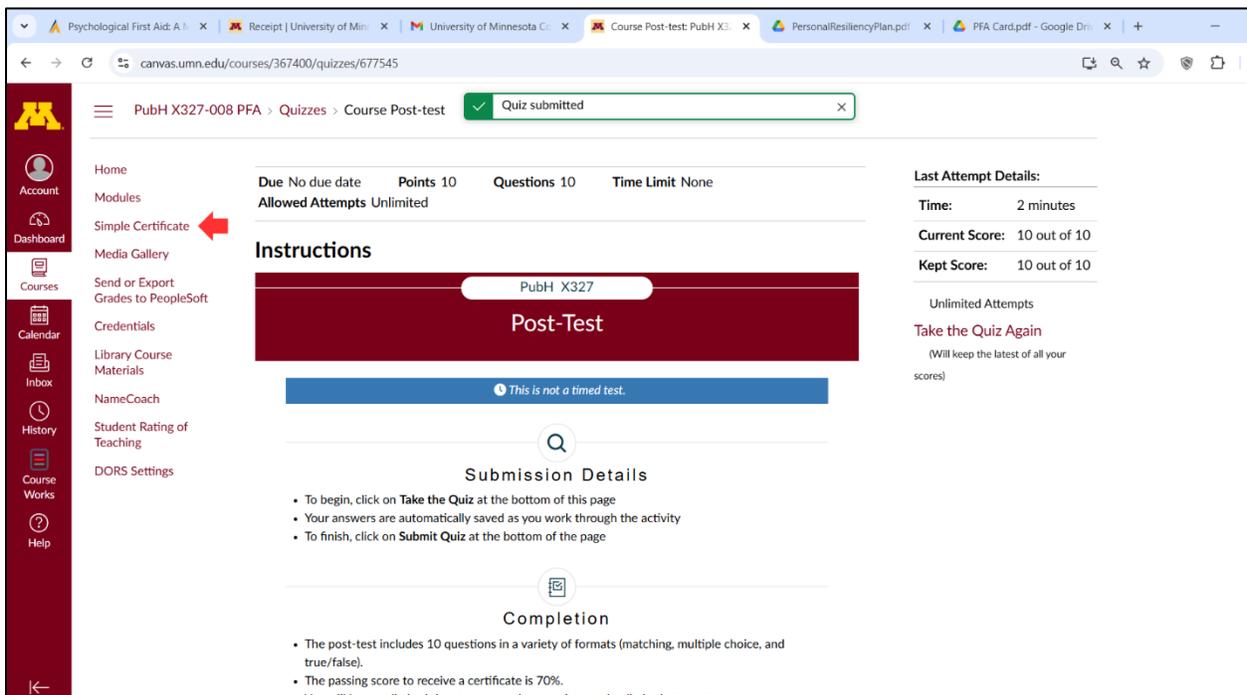
Completing this Course Prerequisites: Evaluation

- Course Completion ○

20. Click the “Resources” hyperlink and view the materials.



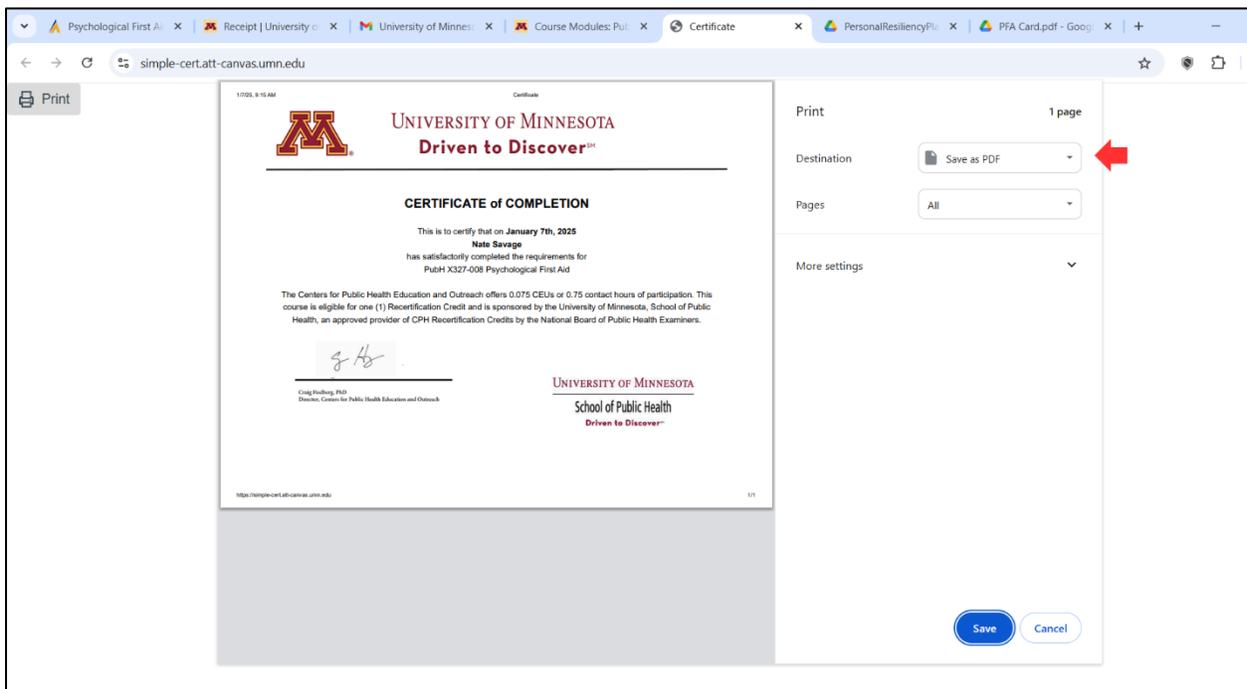
21. After viewing the resource materials, take the Post-test.



22. After Post-test completion, click “Simple Certificate” to view your new certificate.



23. Click "Print"



24. Select "Save as PDF", and email your new certificate to the MRC Unit Coordinator.