

Phoenix Australia Disaster Resources

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About Phoenix Australia

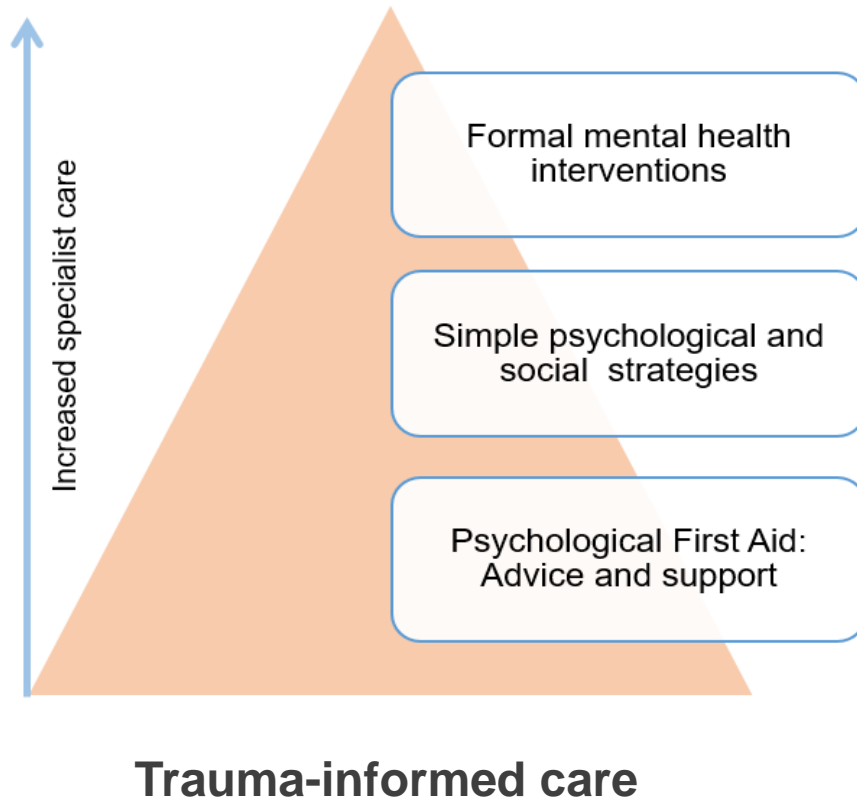
**Understanding trauma.
Renewing lives.**

We're Australia's National Centre of Excellence in Posttraumatic Mental Health, the internationally recognised experts in trauma-related mental health and wellbeing.

We build evidence and translate knowledge into action, such as improved treatment options and greater support for trauma-affected individuals, families and communities.

We are Phoenix Australia.
We understand trauma and renew lives.

Key points



- Trauma is common – more than 75% - so you are interacting with trauma-impacted people daily
- Fortunately most people recover from trauma with the appropriate support

Current resources & training

Bushfire recovery project

- As part of the Australian Government's *Mental Health Supports for Bushfire Affected Australians* package, Phoenix Australia will deliver training to frontline workers to help them better support community members and their colleagues.
- This project aims to work with Emergency Services personnel and General Practice staff to enhance their ability to:
 - Support community members recovery from bushfires
 - Promote their own resilience and psychological recovery from the bushfires
 - Support the resilience and wellbeing of their teams and organisations

Key deliverables

1. Provision of Trauma Informed Care (TIC) training programs for frontline emergency personnel
2. Provision of Psychological First Aid (PFA) training programs to managers and supervisors of frontline emergency personnel
3. **Provision of trauma-related resources and training to aid General Practitioners, other health care professionals and their health care teams**

Trauma Informed Care (TIC)

1. Training program for *frontline emergency personnel*

TIC helps a frontline worker to build a trauma-impacted individual's sense of safety, control and empowerment through strengths-based approaches.

- This course teaches the principles and skills related to key aspects of TIC:
 - The impact of psychological trauma
 - The principles of Trauma-Informed Care
 - Applying TIC principles in your work and organisation
 - How to assess and talk about trauma safely and sensitively
 - Using brief recovery-focused interventions
 - Looking after yourself

Psychological First Aid (PFA)

2. Training program to **managers and supervisors** of frontline emergency personnel

PFA is a practical, flexible, and recommended approach for frontline workers to help people affected by trauma. PFA helps to reduce the initial distress and assists persons impacted by PTEs to cope better.

This course teaches:

- How people respond to trauma
- Providing PFA safely and effectively •
- Listening and communication skills
- Skills to help calm and support others
- Looking after yourself

Supporting Individuals after Disaster

This training:

- draws on Trauma-Informed Care principles,
- Tailored to the needs of staff working in general practice and other community health care setting – from practice managers to general practitioners.
- Include core modules, with the option to complete other topics of interest.

Length

- 90 minutes online plus optional additional modules

TIC is not about changing your current role at your practice or organisation, but rather about adapting your work to incorporate trauma-informed principles.

- You will learn about and practise key aspects of TIC, including:
 - Understand the principles of trauma-informed care and how they relate to your practice
 - understanding the impacts of trauma,
 - how to safely talk about and manage trauma disclosure,
 - simple strategies to teach trauma-impacted individuals to help them deal with their distress

Supporting Individuals after Disaster

Who should do the course?

- This brief introductory course is designed for a range of professionals who work in General Practice or Community Health settings: General Practitioners, nurses, mental health providers, other allied health providers, medical receptionists, practice managers.

Why do this course?

- Trauma-informed Care (TIC) is an evidenced-informed approach that can be used within GP practices and other settings where you interact with individuals and communities that have experienced a potentially traumatic event at some point in their lifetime.
- TIC is about creating an environment and interacting with the trauma-impacted person in such a way that allows for their recovery from trauma, as well as looks after your own wellbeing.

To register your interest for the training:

- If your organisation is interested in accessing some of the limited places for these training programs, then you can find out more about the project and register your interest here:

<https://www.phoenixaustralia.org/resources/bushfire-recovery/>

- Training places are available at **no cost** to a limited number of eligible frontline members who work with communities impacted by the 2019-2020 bushfires across Australia

Recently launched resource: Disaster Mental Health Hub

Disaster Mental Health Hub

The Disaster Mental Health Hub provides resources and training programs for health practitioners who support disaster impacted individuals and communities, including:

- General practitioners and nursing staff
- Allied health practitioners including specialist mental health practitioners
- Community support and volunteer workers
- Emergency Services

It is a three year project supported by funding from the *Australian Government under the Disaster Response – Improving Mental Health Outcomes and Promoting Recovery from Trauma Program.*

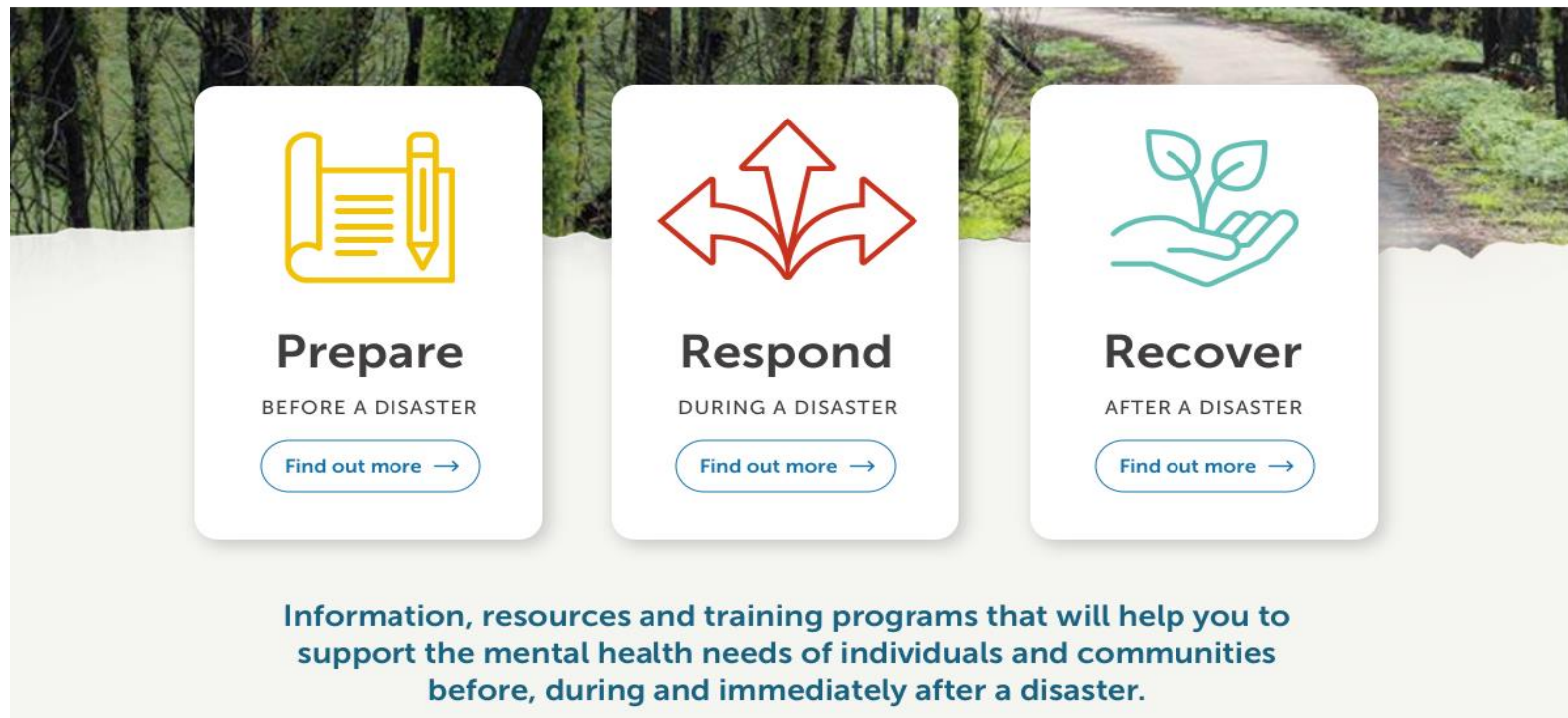
<https://www.phoenixaustralia.org/disaster-hub/about/#st-partners>

What will you find on the Hub?

- Materials provided according to disaster phase:
 - Prepare, Respond, Recover
- No cost resources for:
 - GPs and health practitioners
 - Allied health and specialist mental health practitioners
 - Community workers
- Links to Training Courses
- Information regarding referral options

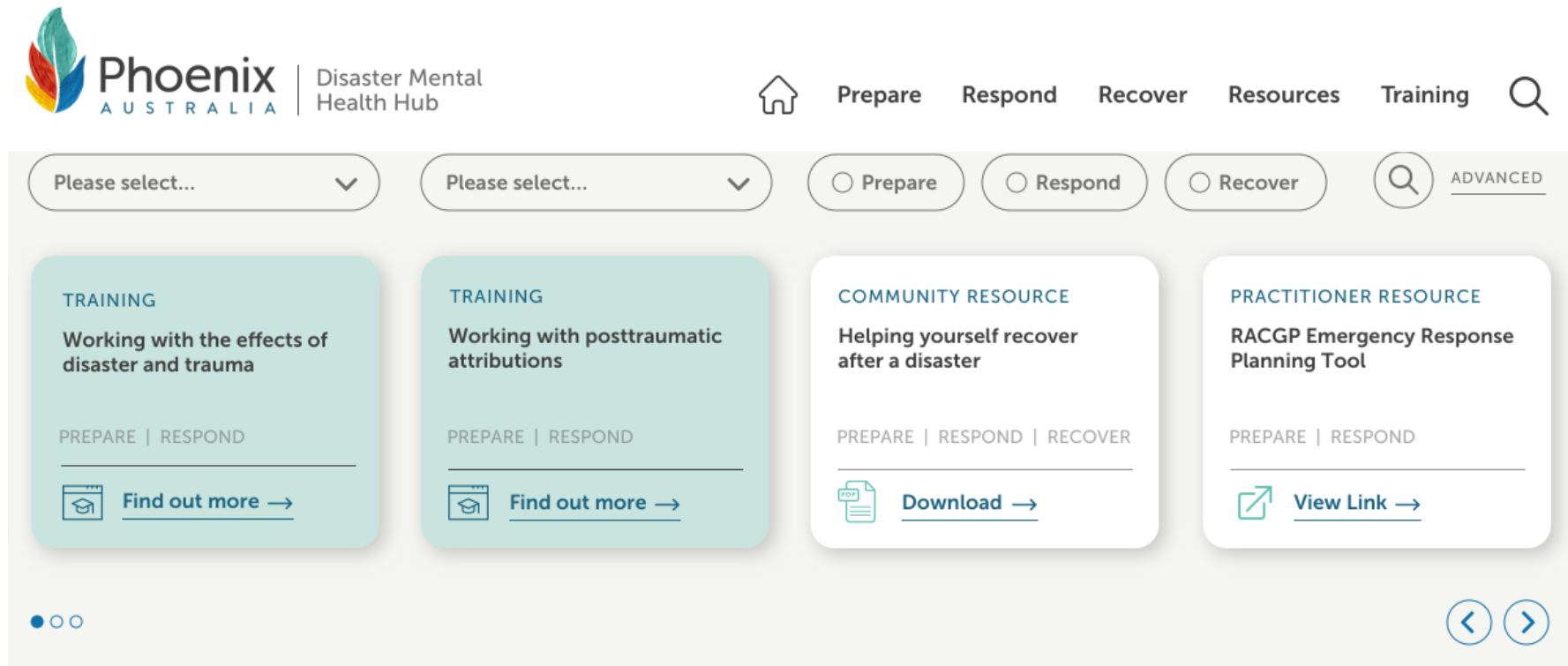
Snapshot of the Disaster Mental Health Hub

Clear guidance when entering the site to assist you based on what you are currently dealing with



Snapshot of the Disaster Mental Health Hub

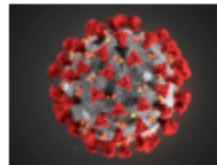
Easy use search functionality to find exactly what you need



Resources

Disaster Resources

Like many causes of trauma, disasters can be sudden and overwhelming. Being caught in the middle of a disaster, like a bushfire, can have a devastating emotional effect on victims and their families.



CORONAVIRUS (COVID-19)

We have developed useful tip sheets to support health practitioners and community members after the recent spread of the coronavirus disease (COVID-19).



BUSHFIRES

We have developed a range of resources informed by best practice to support health practitioners, first responders and community members after the bushfires.



FLOODS

We have available for download a range of useful tip sheets for practitioners and other helpers working with flood-impacted people.



RECOVERY ONLINE

coming to terms with trauma

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phoenixaustralia.org

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 [@phoenix-trauma](https://www.linkedin.com/company/phoenix-trauma)

 [@Phoenix_Trauma](https://twitter.com/Phoenix_Trauma)



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