



***Thank you for registering for Psychological First Aid-II (PFA-II).
This guidance may help make your experience more enjoyable.***

IMPORTANT GUIDANCE

COURSE PREREQUISITE:

There is a prerequisite to PFA-II course. It is **Psychological First Aid (PFA) Online** through National Child Traumatic Stress Network (NCTSN). This is a free course that will take about 6 hours to complete. You can leave the site and return to finish. If you are seeking continuing education credits, NCTSN offers several for this course.

1. **Go to:** <http://learn.nctsn.org/login/index.php>
 - a. **Click on: Create New Account (unless you already have one)**
 - b. **Video Intros:** Good idea to watch 3 introductory videos
 - c. **PFA Online Training Window:** This is where you **START** the training, and where you come back to if you left the training and are a **RETURN VIEWER**.
 - d. **PFA Field Operations Guide:** See link below the last windows. This is an excellent resource and one to put in your electronic library.
 - e. Once you complete this online training, **go back to Returning Viewer Options**. You will be asked to evaluate training and to take a Post-Test. Then you may print your certificate. **Please Bring the Certificate to the PFA-II Class.**

KENTUCKY COMMUNITY CRISIS RESPONSE TEAM (KCCRT) APPLICATION REQUIREMENTS:

Our office staff will be glad to assist you with any questions regarding this process. Office hours are 8am-4pm Monday through Friday.

1. **Complete a KCCRT Application on** <https://khelps.chfs.ky.gov/VolunteerMobilizer/login.aspx>
 - a. Click Register Now.
 - b. Click Continue.
 - c. Click "Are you interested in providing psychological first aid following a crisis or disaster?"
 - d. Click Next
 - e. Choose KCCRB Kentucky Community Crisis Response Team
 - f. Register with username and password you will remember
 - g. Complete all fields with a red asterisk at a minimum
 - h. Click Continue at the end of each page
 - i. At some point, you should see "You have entered all necessary information. Click to submit application. It will ask you to **Review and then Submit the application**.
 - j. If you don't see the above message, it means you have missed a required item. Look for the yellow caution triangle to see which page is missing information. Click on the page.
 - k. Do not hesitate to contact our office if you need assistance. 502-607-5781.

2. Complete ICS-700 and ICS-100 online through FEMA. Free Courses

a. IS-700.a NIMS

- i. Go to: <http://training.fema.gov/emiweb/is/is700a.asp>
- ii. You may find it helpful to Download Final Exam Questions and note answers as you take the course.
- iii. If you downloaded exam questions, then Return to initial page
- iv. Click on Interactive Web-based Course. Take course.
- v. Return to initial page
- vi. Click on Take Final Exam
- vii. You will get an email with a link to your certificate. Go to link. Save certificate in a File (might want to make a file folder for Education or something and put these things in there.)
- viii. Then send an email with certificate attached to kccrb@ng.army.mil or submit copy of certificate via mail.

b. IS-100.b NIMS

- i. Go to: <http://training.fema.gov/emiweb/is/is100b.asp>
- ii. You may find it helpful to Download Final Exam Questions and note answers as you take the course.
- iii. If you downloaded exam questions, then Return to initial page
- iv. Click on Interactive Web-based Course. Take course.
- v. Return to initial page
- vi. Click on Take Final Exam
- vii. You will get an email with a link to your certificate. Go to link. Save certificate in a File (might want to make a file folder for Education or something and put these things in there.)
- viii. Then send an email with certificate attached to kccrb@ng.army.mil or submit copy of certificate via mail.

3. Complete necessary forms for team membership (these will be sent to you after completion of online application)

- a. Reference form**
- b. KSP Background Check**
- c. ESF-8 Form**
- d. KyEM Workers' Comp Form**
- e. Submit photo**

Public Health & Medical Personnel may register through ky.train.org in addition to this process, in order to have records in central location.

Do not hesitate to contact our office if you need assistance.

502-607-5781

See more information about KCCRT

<http://kccrb.ky.gov>

BRAIN WAVE PATTERNS

RIGHT BRAIN HEMISPHERE

**SPIRITUAL WORLD
IMAGINATION
CREATIVITY
ART
INSIGHT
INTUITION
HUMOR**

LEFT BRAIN HEMISPHERE

**PHYSICAL WORLD
REASONING
MATHEMATICS
LANGUAGE
SCIENTIFIC SKILLS
LOGIC**



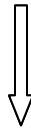
**Study links brain-wave patterns
to creativity, health, habit change, stress relief,
learning speed, decision-making.**

STRESS RESPONSE

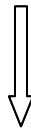
**CONCERNS/WORRIES
RELATED TO
FAMILY, RELATIONSHIPS
JOB/WORK, FINANCES,
HEALTH, ECONOMY, SECURITY
ETC.**

DIS-STRESS

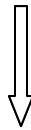
RELEASE OF "FIGHT OR FLIGHT" HORMONES



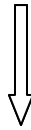
HORMONES CONVERTED INTO CORTISOL



INCREASE IN HEART RATE AND BLOOD PRESSURE



DECREASES IMMUNE SYSTEM'S T4 CELLS



**INCREASED RISK OF CARDIAC, NEUROLOGICAL AND
IMMUNE DISORDERS**