



**Metro Health & Medical
Preparedness Coalition**

The Metro Health & Medical Preparedness Coalition is pleased to partner with the Center for Patient Safety to host the following virtual workshop with program developers and course trainers: Brian LaCroix, Eunice Halverson, and Shelby Cox.



LifeGuard Train-the-Trainer Workshop

Virtual

2022 Fall Workshop.

Tuesday, October 18 and 25

12:00 - 3:00 pm Central time

REGISTER NOW



<https://www.eventbrite.com/e/lifeguard-an-em3-peer-support-train-the-trainer-event-tickets-385140925877>

Post-Session Support. Resource library and Metro Coalition will convene work groups to support implementation process of best practices.

Cost. \$250: \$125 paid for by Coalition and \$125 by EMS agency (up to 2 people per agency)

Format and Requirements. Attend via Zoom. Workshop requirements include Internet connection with viewing, speaking, and listening devices.

WHO WILL BENEFIT

This workshop provides attendees with the knowledge and tools necessary to establish Peer Support teams using Second Victim concepts to address the increasing needs of all team members.

PROGRAM OBJECTIVES

- Understand how a Second Victim Clinician Peer Support program supports healthcare workforce well-being when facing challenging times.
- Customize and define a plan to deploy and sustain a peer support network within your organization.



Contact Chris Chell christine.chell@hcmcd.org

Today's workforce is facing many challenges, including the demands encountered during a challenging clinical event. Individuals often have strong emotional defenses that carry them through and let them "get the job done" often without addressing the emotional aftershock or stress reaction that can impact them for months.



What I liked most was the step-by-step process to establish a peer support program and the interaction with others either setting up peer support or improving their own program.

- WORKSHOP ATTENDEE



Every instructor was very helpful and open to any questions or concerns.

- WORKSHOP ATTENDEE



SECOND VICTIM FAST FACTS

- Second victims are individuals working within an environment to offer/provide care and who are traumatized by an event.
- Each second victim (even those involved in the same event) will have unique experiences and needs.
- Regardless of job title, six stages of second victim recovery follow a traumatic event; understanding them allows peer supporters to help.
- Knowing which events carry the greatest risk of inducing a second victim response can improve support efforts.
- Trained peer support colleagues can identify common signs of stress such as isolation and predictable patterns of worry.

PROGRAM OBJECTIVES

- Understand how a peer support program supports workforce well-being after a variety of challenging clinical exposures.
- Customize and define a plan to deploy and sustain a peer support network within your organization.

SESSION 1 OBJECTIVES

1. Understand basic concepts of the Second Victim experience
2. Identify the Recovery Stages after a traumatic event or during challenging times
3. Understand potential career outcomes: Drop Out, Survive, Thrive
4. Begin conversations to implement a peer support network at your organization

SESSION 2 OBJECTIVES

1. Understand the three-tiered support model
2. Identify barriers to providers seeking help
3. Increase personal ability to have a critical conversation
4. Understand key components of a supportive conversation

SESSION 3 OBJECTIVES

1. Describe the steps to develop a peer support program
2. Explain how LifeGuard can be integrated into your Patient Safety Plan
3. Describe implementation ideas for your organization