

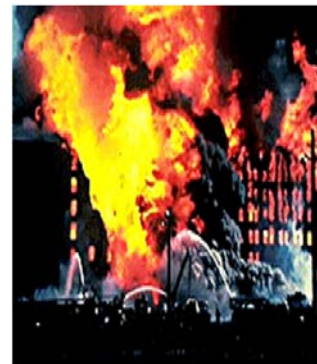
Personal Mitigation - & the First Responder / Receiver – 2 Offerings

27 February 2018; Kaiser Orcutt Admin Bldg – 4511 Orcutt Ave; Conf Rm A, San Diego 92102

28 February 2018; Scripps Campus Pt -10010 Campus Pt. Dr; Bldg C, Rms A&B, SD 92121

Both Classes 0800-1700. Class size limited, lunch provided; please register at:

<https://www.sharp.com/health-classes/personal-mitigation-class-for-first-responders-and-receivers-2101>



The responsibilities of emergency responders and receivers have changed over the years as has our exposure to catastrophic events and their frequency. When trying to save the world, often the one that we forget to save is our self. You will see the importance of addressing the personal elements of the RECOVERY tenet of Emergency Management and how to cope with challenges that no one could have anticipated. Traumatic events affect more than just the victims and responders. You will learn:

- How to identify symptoms of post-traumatic stress
- Coping mechanisms to assist you in day to day responsibilities
- Immediate, intermediate and long-term recovery needs

Recent case studies will be discussed, as well as the continued long-term effects on all involved.

Who should attend? Emergency First Responders, Healthcare Workers, Law Enforcement, EMS, Investigators, Emergency Management, Dispatchers and anyone who may respond to any event in which “getting back to normal is not normal”.