

NJ-NEW Is Seeking Trainers for Stress First Aid (SFA)

The NJ Nursing Emotional Well-being Institute is sponsoring two individuals from an organization interested in becoming SFA expert trainers.

What is Stress First Aid? SFA is a set of supportive and practical actions to assist nurses experiencing stress. SFA helps team members identify and address early signs of stress reactions in themselves and others in an ongoing way (not just after “critical incidents”).

The Stress Continuum Model

The Stress Continuum Model is a visual tool for assessing your own and others' stress responses. It views stress along a continuum with increasing severity. It acknowledges that every person will react differently when faced with severe or long-term stress. How a person reacts is dependent on their coping skills and resiliency and their preparation for and interpretation of the stressor event. Moving across the continuum, a person's state can change from the **Green** to **Yellow** to **Orange**

| READY | REACTING | INJURED | ILL |
|--|---|--|---|
| <ul style="list-style-type: none"> • Good to go • Well-trained • Prepared • Fit and focused • Cohesive units & ready families | <ul style="list-style-type: none"> • Distress or impairment • Mild and transient • Anxious, irritable, or sad • Behavior change | <ul style="list-style-type: none"> • More severe or persistent distress or impairment • Leaves lasting memories, reactions, and expectations | <ul style="list-style-type: none"> • Stress injuries that don't heal without help • Symptoms persist for many weeks, get worse, or initially get better and then return worse |
| Unit leader & Staff Responsibility | | Individual, Colleague, Family Responsibility | |
| | | Caregiver Responsibility | |

to **Red** zone, and back again. The approach provides a flexible multi-step process for the timely assessment and preclinical response to psychological injuries in individuals or units. SFA provides tools to recognize the signs of Orange zone stress and take steps to lessen the severity of the situation and our response.

Key Trainer Attributes

- Effective teaching skills
- Strong therapeutic communication, coaching, and conflict resolution skills
- Counseling experience, non-judgmental, excellent listening skills
- Able to facilitate small and large groups
- Comfortable training using virtual platforms

Trainer Commitment

- Participate in three SFA Train-the-Trainer 4-hour virtual sessions via zoom on **August 16, 18 & 31, 2022** from 9am- 1pm.
- Facilitate 2–4, peer training session 2022-2023.
- Support implementation plans and content development for stakeholder groups and organizations.

NJ-NEW's Commitment

- NJ-NEW will sponsor your participation in the Train-the-Trainer course.
- NJ-NEW will continue to provide information and support to Trainers throughout SFA programming.
- NJ-NEW has **30 spots available** and **14 CEU's** will be offered for this training.

If your organization is interested in having **two staff trained**, please complete the [Registration](#) with their contact information by **7/29/22**. For more information or any questions, please contact Jennifer Polakowski, MPA Assistant Director, jap518@sn.rutgers.edu.



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In support of improving patient care, this activity has been planned and implemented by Rutgers Biomedical and Health Sciences and NJ-NEW. Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.