

Skills for Psychological Recovery

Skills for Psychological Recovery (SPR) is an evidence-informed intervention designed to help individuals gain skills to reduce ongoing distress, promote resilience, and effectively cope in the weeks and months following a disaster or crisis. The SPR intervention is intended for individuals needing more than a single, brief intervention by a non-specialist but not necessarily needing full treatment for depression, anxiety, or PTSD. SPR skills focus on improving social support, helpful thinking, problem-solving, managing distressing responses to disaster reminders, and increasing positive activities.

This training is open to disaster behavioral health response and recovery stakeholders such as, but not limited to mental health, public health, healthcare, human services, first responders, clergy/chaplains, school crisis teams, CISM teams, MRC volunteers, and community support service organizations in Minnesota and who are interested in providing Skills for Psychological Recovery services in their organization and/or community.

Training Date / Location:

This is a series of six (6) virtual training sessions. We will learn one skill each session every Wednesday starting May 26, 2021 – June 30, 2021, from 12-1pm CST. **You must attend ALL 6 sessions to receive CEUs and certification as a SPR coach.**

- May 26, 2021 – Introduction to SPR and Information Gathering and Assistance Prioritization
- June 2, 2021 - Problem Solving Skills
- June 9, 2021 – Managing Reactions
- June 16, 2021 – Promoting Positive Activities
- June 23, 2021- Promoting Helpful Thinking
- June 30, 2021- Rebuilding Healthy Connections and Next Steps

Training Registration:

Registration is on [MN.TRAIN \(https://www.train.org/mn/\)](https://www.train.org/mn/) and [Course ID: 1097493](#).

Training Pre-requisites:

- Psychological First Aid Training – online option available at: <https://www.health.state.mn.us/communities/ep/behavioral/index.html>
- Skills for Psychological Recovery: Overview - will be sent once the participant has been accepted into the course

Resources needed to take part in this training series:

- Internet access by phone or computer to access the Zoom session
- Ability to open a PDF worksheet and print (if desired)
- Pen and paper to keep notes if unable to print the worksheet

Training Offered by: The MN Department of Health, Center for Emergency Preparedness and Response and the Statewide Healthcare Coordination Center (SHCC) Behavioral Health Staff Wellness Branch.