

Disasters and Mental Health Online Training



Over the course of four modules, this 2.5-hour training sponsored by Florida SART and carried out by University of Florida Family, Youth, and Community Sciences (FYCS) faculty members Drs. Heidi Radunovich and Angie Lindsey provides focused information on mental health stress and disaster recovery within the agricultural sector. It is geared towards:

- Florida State Agricultural Response Team (SART) members and partners
- UF/IFAS Extension faculty and staff
- Florida Department of Agriculture and Consumer Services employees
- Farmers, ranchers and their families
- Agricultural workers
- First responders
- Organizations providing services within agricultural communities
- Any community members who are active during disaster response

Training can be accessed at <https://e-learning.ag/courses/disasters-mental-health/>

1

Disaster Stress & Mental Health

45 min. content + 15 min. activity

- The unique impacts disasters have on agriculture
- Stress and the impacts it has on the body
- Disaster stress
- Coping skills to manage stress
- The differences between stress & trauma
- Post Traumatic Stress Disorder
- Case study activity

2

Community Recovery After Disasters

30 min. content + 15 min. activity

- The four phases of community response
- Factors impacting individual recovery
- Long-term problems in disaster recovery
- Factors impacting community recovery
- How different types of disasters impact recovery
- Ways in which a community can plan for a successful recovery
- Case study activity

3

Coping & Providing Support After Disasters

30 min. content + 10 min. activity

- Ways to manage stress
- Specific physical and mental coping techniques
- Providing support after disasters
- Best practices in supporting children
- Self care key practices for first responders
- Resources for additional help and referrals
- Knowledge Check Quiz

4

Disaster Stress & Mental Health Resources

15 min. content

- The final module discusses special programs for disaster health & mental health resources, resources for producers and farmworkers, and resources for the general public. It also includes a Mental Health Resource guide which can be downloaded.

Free, self-paced training with certification!

Access training through QR code

