

# Psychological First Aid (PFA) Statement

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Psychological First Aid (PFA) is a method and process for assisting people who have been subjected to a disaster. It is a first response action that is focused on meeting the immediate emotional and cognitive stabilization needed in such tragic circumstances. PFA is a term that has been used by various entities whose objectives are to provide the quickest and most informed support for those who have suffered from a disastrous event. It has been described as the first and most favored early intervention approach for disaster survivors. It was first introduced in the mid-Twentieth Century as a mainstay for early psychological intervention with survivors. PFA is not a new intervention but rather a conceptualization of documenting and operationalizing those activities that sensible, caring human beings would do for each other anyway.

The Substance Abuse and Mental Health Services Administration (SAMHSA) along with the US Department of Health and Human Services (HHS) and the National Association of County and City Health Officials (NACCHO) sponsored research and development of a PFA approach developed by the National Child Traumatic Stress Network (NCTSN) and the National Center for PTSD (NCPTSD). From this, the PFA system has become a foundation for many other PFA approaches. We refer to this as the SAMHSA model of PFA.

The SAMHSA PFA approach was based on six methods of assessment including research on disasters, research on trauma, expert consensus, experience, program evaluation, and customer feedback. From this, five elements were extracted including; Safety, Calming, Connectedness, Self and community efficacy, and Hope. In simple terms, *PFA includes the provision of information, comfort, emotional care, and instrumental support provided in a stepwise fashion tailored to a person's needs.*

Through Bolante.NET, general PFA classes have been promulgated across the state. The training team can provide specialized PFA classes for targeted populations (First responders, Tribal Nations, Spanish-Classes, K thru 12 schools, Colleges, Faith-based communities, Disaster response Volunteers, Private businesses, Health care professionals, Incarcerated populations, Special needs, and Aging populations, etc.)

**The consultants at Bolante.NET work together in the areas of violence prevention, workplace safety, and post-disaster response.**

*Bolante.NET's team of experts provide extensive experience and professionalism to every case, able to customize their support to your individual needs and concerns.*

For more information contact [info@bolante.net](mailto:info@bolante.net) or 503.714.5499