

Psychological First Aid for Critical Access Hospitals

With Kati Cordts, PhD

Tuesday, September 20, 2022, 12:00 p.m. – 1:00 p.m. CT/11:00 a.m. – 12:00 p.m. MT

Register [HERE!](#)

Psychological First Aid (PFA) is similar to physical first aid, aimed at learning to cope with stressful and traumatic events, including during crises, at disaster sites, and during global pandemics. PFA utilizes the Johns Hopkins RAPID model that uses empirically based components designed to address the needs of individuals in acute distress while at the same time enhancing organizational and community resilience. PFA is recommended and endorsed by leading health organizations such as the World Health Organization, the Institute of Medicine, the National Institute of Mental Health, the American Red Cross, and the American Psychiatric Association. This session will explore the process of applying Psychological First Aid to identify and address psychological distress in patients, colleagues, and yourself.

Who Should Attend?

- ✓ **Critical Access Hospital Staff**
- ✓ **Long-Term Care Facility Staff**
- ✓ **Hospital Human Resource Managers**
- ✓ **Healthcare Leaders**
- ✓ **Public Health Professionals**
- ✓ **Emergency Preparedness Professionals**

For more information about the UNMC College of Public Health's ECHO program for Critical Access Hospitals, click [here](#).

About Kati Cordts, Ph.D.

Licensed Psychologist

Assistant Professor, Psychiatry

Associate Director of Education, BHECN

Dr. Katrina Cordts is an Assistant Professor of Psychiatry and Associate Director of Education and Training at the Behavioral Health Education Center of Nebraska (BHECN). Dr. Cordts joined the faculty at UNMC as an assistant professor in 2019. She was named Director of Wellness Education and Research in January 2020, shortly before the global pandemic began. Over the next two years, Dr. Cordts worked to address the wellness needs of UNMC faculty, students, and staff. In 2021, she joined BHECN, where she expanded her focus to support the recruitment and retention of behavioral health care providers throughout the State of Nebraska. Through her leadership roles and research, Dr. Cordts strives to understand factors that contribute to burnout and create systems-level change to enhance wellness across the healthcare workforce. She has presented at national and international conferences and has been the recipient of several research grants. Dr. Cordts has published more than 20 peer-reviewed publications spanning multiple domains of health behaviors.



**For more information from Johns Hopkins regarding the RAPID Psychological First Aid model, visit <https://publichealth.jhu.edu/academics/johns-hopkins-rapid-psychological-first-aid>*