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TRAFFIR NEWSLETTER

TRauma Awareness For First Responders (TRAFFIR) - KA2 Erasmus+ partnership project to support professionals on developing the key competencies in dealing with emergency first respond situations.



OUR MEDIA

Ongoing online activities

Due to coronavirus pandemic and further travel and meeting restrictions, TRAFFIR Team decided to focus on some online activities to bring our project closer to the audience. Although this time was challenging for everyone, we want to ease first responders in dealing with exposure to the impact of pandemic and critical stress incidents.

www.traffir.eu

Project's website where you can find information about the project, it's partners, valuable resources or contact us.

www.facebook.com/TRAFFIR

We also encourage you to visit the project's Facebook profile where all updates and interesting information related to the topic of the project appear.



WEBINARS

Thanks to webinars we have the opportunity to share our knowledge and expertise, exchange experience and support first responders.

We have already had the first 2 webinars in our series of 6 online events. Next webinar will take place in March and then one webinar each month till June.



Webinar 1 - First responders in pandemic situation

Our first webinar took place on 14th January 2021. On the webinar we have talked about 4 main topics:

- Communication and stress,
- Blue Light Trauma Awareness,
- Psychological first aid; CPR and emergency first aid,
- Disaster Management.

Webinar 2

Implemented on 9th February 2021. Topics covered included:

- Managing Mental Health in the Emergency Service (Devon Mind - UK),
- Critical Incident Stress Management (Domspain - Spain),



- Conceptualisation, Assessment and Treatment of Traumatic Stress in First Responders (IRIS - Poland),
- PTSD and First Responders' interaction with people with autism - (Bucovina Institute - Romania).

Materials

All materials used in the webinars can be found here: <http://traffir.eu/webinars>



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Erasmus+

INFORMATION ABOUT THE TRAFFIR PROJECT

TRauma Awareness For First Responders (TRAFFIR) - addressing identified skills gaps in critical incident stress and trauma intervention



OVERVIEW

Context & Background:

Any form of crisis (trauma) incident stress management requires a suite of intervention tools in order to minimise the risk of PTSD (Post Traumatic Stress Disorder) amongst first responders. Whilst the researches about that are 20 years old, there is still no whole systems' provision for educators in this field.

By the end of the project we will have created:

- Comparative Anaysis
- Training Protocols, Materials and Guidelines
- Train The Trainers Programme Toolkit

Aims:

To develop a whole systems approach to improve key competences in dealing with emergency first response situations in order to mitigate the impact of repeated or singular exposure to a critical stress incident.



Objectives

TRAFFIR will address gaps in trauma interventions with a robustly evaluated development of a training programme flexible enough to be delivered in 5 different countries with learning outcomes and mapped to the descriptors of level 3 European Qualifications Framework (EQF) for other organisations in other countries to adapt for local use.

Activities

Two attendees from each partner will participate in 6 transnational meetings with a purpose to plan, implement pilot delivery, evaluate and review a fit for purpose the TRAFFIR toolkit.

Each partner will host a learning/transnational meeting and also send 4 staff to a short term staff training event to pilot the toolkit then cascade to others upon their return to their own organization.

Results & Impact

Partners have identified six key workshops, that



combined, will create a systems approach to address current skills gaps. We will work with stakeholders to populate the modules with appropriate content and learning outcomes. We will develop an on-line training programme to address skills gaps which will be freely available to the sector in partner languages. TRAFFIR will be presented at local multiplier event conferences and available on the project website.

Participants:

- Devon Mind (UK): Mental Health Charity's Plymouth Recovery College and Training Division;
- Kilcooley Women's Centre (UK): working with 14 communities in Bangor region of Northern Ireland;
- Fundacja Instytut Re-Integracji Społecznej (PL): provides first aid courses schools and works with the Police Department in Lodz, Poland;
- BUCOVINA (RO): experienced psychotherapists but no first responder training as none exists in Romania;
- DOMSpain (ES): training and consulting organisation that works closely with the Police and Fire Departments in Reus;
- NIKANOR ltd (BG): Educational Centre works with volunteers training them how to act in critical situations.

