

PREPARING AND TEACHING THE WHOLE CHILD

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Stress First Aid: Tools for STEM Educators and Students for Managing Stress

This 80-minute extended session will provide STEM educators with an overview of the Stress First Aid (SFA) model, which is a flexible and practical framework designed to provide support and recovery to individuals experiencing stress.

Presented by collaborators at N.C. Central University and Duke University, Stress First Aid is like a first aid kit, but instead of bandages and antiseptics for physical wounds, it equips learners with knowledge and skills to assist peers impacted by stress with the goals of preserving life, preventing further harm and promoting recovery. The SFA model outlines clear steps to identify stress signs, offering both self-help and community support options. It emphasizes immediate care through simple actions like ensuring safety, providing comfort and promoting calm. It guides individuals through a process of recovery, encouraging connection, efficiency, and eventually, a return to normal functioning or learning to adapt to changes. This peer-to-peer training empowers participants to assess and respond to psychological injuries, emphasizing life preservation, harm prevention and recovery promotion. Following an overview of the SFA model, session instructors will outline ways STEM educators can become SFA trained and certified through in-person and virtual training options. Originally designed for reducing stress and burnout among health professionals, students, faculty, and staff at Duke and NCCU, SFA is a positive psychology-informed program with applicability to K-16 educators and students.

Presentation Target:

All Audiences

Presenter(s):

1. Undi Hoffler, PhD, Director, Research Compliance & Technology Transfer, North Carolina Central University
2. Mitchell T. Heflin, MD, MHS, Associate Dean, Interprofessional Education and Care, Duke University School of Nursing
3. Sean P Convoy, DNP, PMHNP-BC, Director, Psychiatric Mental Health Major, Duke University School of Nursing