



CSBC Disaster Relief Ministries Online Training (on Zoom) January 15, 2022

Operational Stress First Aid (OSFA)

Operational Stress First Aid (OSFA) is a unique program to teach psychological first aid to disaster relief volunteers and others who are susceptible to stress injury. Developed by the Department of Defense in the context of constant crisis, OSFA is used to prevent, identify, and treat stress problems caused by critical events, personal, or family crisis situations. Using a color scheme to identify the level of stress impact, the goals of OSFA are to preserve life, prevent further harm, and to promote recovery. Using a multi-step process for assessment and care of stress reactions or injuries in individuals or teams, OSFA was designed specifically to augment the physical, psychological, social, and spiritual support structures that exist during critical incidents, and to help restore these support structures over time.

This online course is specifically designed for trained DR Chaplains.

Saturday January 15, 2022 9am – 4pm PST

The Zoom session will open at 8:45 am to provide a time of fellowship and introduction before the course begins. There will be a 1-hour lunch break, and regular breaks throughout the session.

The [OSFA Manual](#) is required reading prior to the training and will be used during the training.

Course Cost is \$10.00

Payment: Here is the weblink to the CSBC ServiceU portal to pay for the training

Link Location

The Zoom link for the course will be emailed the Friday before the training.

For More Information Contact:
California Southern Baptist Convention
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