



Building the Characteristics of Psychological Resilience: Tools for Responders to Prepare for Disasters

**Wednesday, May 15, 2013 – The Renaissance Hotel and Convention Center
201 Tallapoosa Street, Montgomery, Alabama, 36104**

7:00 a.m. - 8:00 a.m.	Registration, Continental Breakfast, and Reception
8:00 a.m. – 8:15 a.m.	<p>Opening, Welcome, and Speaker Introduction: Charles Crawford, ADPH Communications Officer and Stephan Mambazo, ADPH Emergency Preparedness Social Work Coordinator</p> 
<p>Presenter</p> <p>Dr. April Naturale Senior Advisor for the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Technical Assistance Center (DTAC) Orleans, Massachusetts</p> <p>April Naturale, PhD, is a traumatic stress specialist who provides traumatic stress response training and consultation throughout the U.S. and internationally. She was the director of the New York 9-11-01 response and assisted in the field after Hurricanes Katrina, Rita, Wilma and Ike. Dr. Naturale helped launch SAMHSA's National Suicide Lifeline, the BP Oil Spill Distress Helpline, the 9-11 10th Anniversary Healing and Remembrance program, and the recent response to the tragic Sandy Hook school shooting at Newtown, Connecticut. She is currently the Senior Advisor for the Substance Abuse and Mental Health Services Administration (SAMHSA)'s Disaster Technical Assistance Center (DTAC) as part of ICF International.</p> 	
8:15 a.m. - 8:45 a.m.	Participant Engagement Exercise
8:45 a.m. - 9:30 a.m.	Goals and Objectives: Defining Psychological Resilience: Didactic Exchange
9:30 a.m. - 10:15 a.m.	Identifying the Ten Resilience Building Characteristics
10:15 a.m. - 10:30 a.m.	Break
10:30 a.m. - 12:00 p.m.	How To Sessions – Attitude, Internal Control, Optimism, Self-Awareness and Social Support: Small Group Exercise
12:00 p.m. - 1:30 p.m.	Lunch (On your own)
1:30 p.m. - 3:00 p.m.	How To Sessions – Exercise, Humor, Meaning, Perseverance and Patience: Small Group Exercise
3:00 p.m. - 3:15 p.m.	Break
3:15 p.m. - 4:30 p.m.	How To Sessions: Large Group Exercise
4:30 p.m. - 5:00 p.m.	Questions/Feedback and Evaluation

This program is videotaped and edited for educational broadcast via the internet.

No partial CEUs issued. All participants must attend the entire program to receive CEUs.
CEUs are provided through an agreement with the Alabama Alcohol & Drug Abuse Association