



Peer-to-Peer Support Training Opportunity

www.doh.wa.gov/covid19/behavioralhealth

The Washington COVID-19 Behavioral Health Group is currently offering peer-to-peer support training opportunities for **young adults ages 18 – 24**. Health Support Team (HST) trainings are held virtually at no cost.

Pandemics impact the behavioral health of our communities.

Impacts from the COVID-19 pandemic have caused an increase in behavioral health symptoms across Washington. This trend is likely to continue. Some communities and groups could be more heavily affected by the COVID-19 pandemic than others.

HST-trained individuals provide early intervention with supportive listening, relationship building, and tools to help manage acute stress responses. They can spread HST knowledge by sharing information with their peers, families, and communities. Trained individuals teach others what they have learned and, in turn, create additional assets to support resilience.

Gain skills to help others through unprecedented times.

HST training includes disaster psychology concepts, information on how disaster affects people and their responses, managing compassion fatigue and secondary trauma or stress, supportive communication and listening techniques, and strategies for mitigating burnout.

Participants will also receive information on substance use, anger and violence de-escalation, professional referrals for suicide, and making decisions regarding challenges outside of their scope. For further information and testimonials on this training, visit the [HST training website](#).

Learn from professionals with disaster response expertise.

HST training was developed by doctoral-level psychologists with years of experience in disaster response and training in long-term recovery.

Anyone can help.

Who Should Register? Anyone between the ages of 18 and 24 can take this HST training for young adults. A team or group leader is encouraged to register on behalf of their group. Individual registration is also welcome.

Training Dates

Friday, May 7, noon – 3:00 p.m.

Friday, May 21, noon – 3:00 p.m.

Registration

To register, complete the [Pre-Registration Questionnaire](#). After completing the questionnaire, the training organizer will contact you with more information and the training registration link.

Questions?

If you have questions regarding this training announcement, please email DOH-Bhadmin@doh.wa.gov (ATTN: HST Training).

About the COVID-19 Behavioral Health Group

Since March 2020, the COVID-19 Behavioral Health Group has worked to address the behavioral health impacts of COVID-19 by leading the statewide behavioral health response efforts. The group provides situational awareness on behavioral health impacts and capacity, works to build capacity to support long-term behavioral health needs, and provides tools and subject matter expertise on disaster behavioral health principles to promote emotional wellbeing.

Disclaimer

This training does not qualify individuals to diagnose mental illness, treat medical problems, or function as a professional in medicine, psychology, therapy, or counseling.