Salt Lake City - Utah Division of Substance Abuse and Mental Health (DSAMH) provided a statewide training to Crisis Counselors on psychological first aid on Monday, July 13, 2009. The training focused on skills to use in response to the economic crisis and in sudden events, disasters, and mass casualty incidents. Special focus was given to the topic of Utahns dealing with the psychological impact (high levels of stress, depression, feelings of helplessness, and suicidal ideation) of unemployment and home foreclosure as a result of the current economic crisis.

“Psychological first aid training is extremely important,” stated DSAMH Adult Programs Manager Robert Snarr. “It will help ensure that Utah is prepared to address any type of incident by using the strategies and skills learned to meet the psychological and emotional needs for people in this economic crisis and in more typical crisis and disaster incidents.”

The training also focused on educating our community organizations so they will be better prepared to help others cope.

Anyone interested in becoming a Crisis Counselor in Utah should contact Robert Snarr, rsnarr@utah.gov, 801-538-4080.