



National American Indian and Alaska Native

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



**American
Red Cross**

IOWA

SAMHSA
Substance Abuse and Mental Health
Services Administration

Your Self Care and Psychological First Aid in Your Care for Others During COVID

Special Guest Speakers

Rose Olmsted

John Weaver

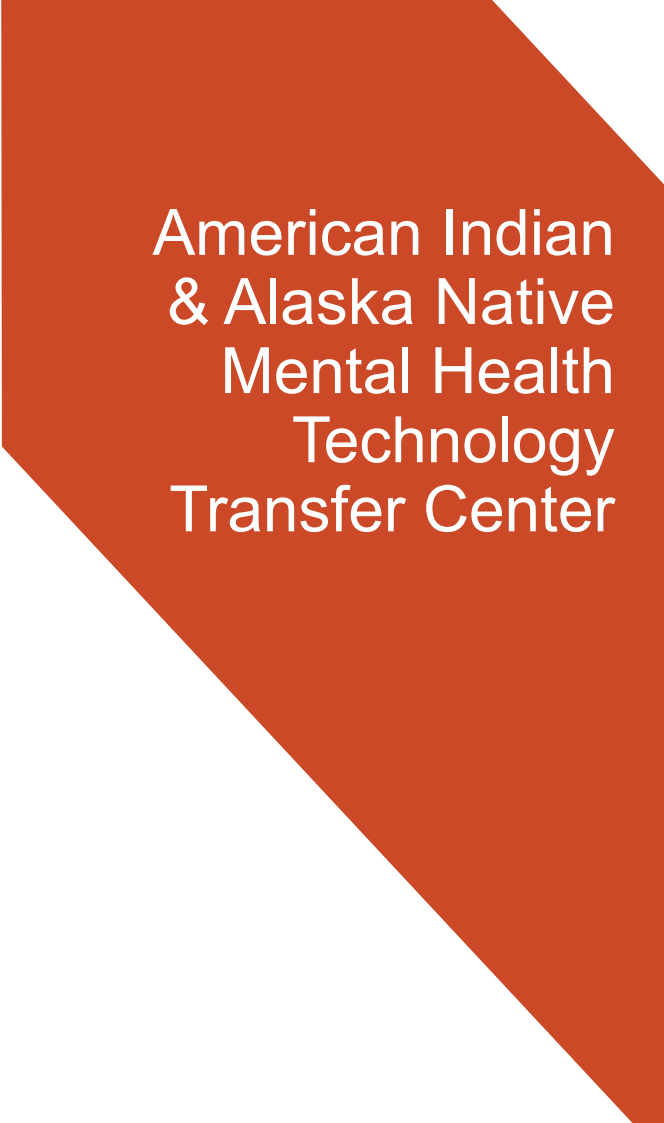
Carson Gardner, M.D., Anishinaabe
Nation



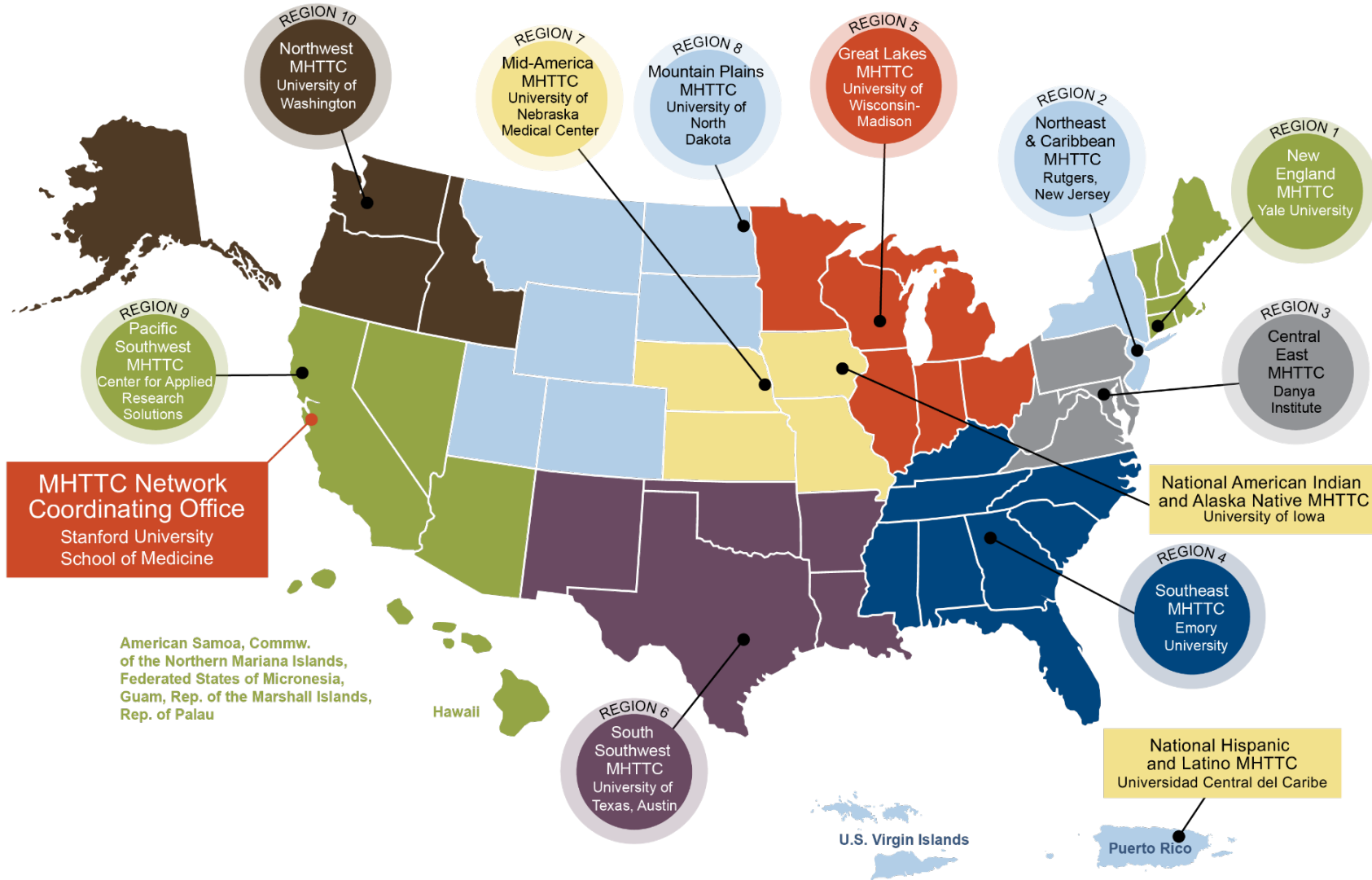
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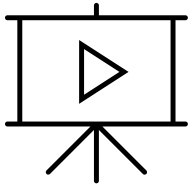
The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The content of this event is the creation of the presenter, and the opinions expressed do not necessarily reflect the views or policies of SAMHSA, HHS, or the American Indian & Alaska Native MHTTC.

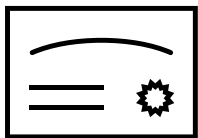


Follow-up

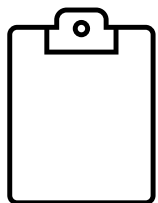
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs, Certificate of Attendance, if applicable



Link to our evaluation survey (GPRA)

Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations

Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations

Keokuk, Sean A. Bear, 1st. Meskwaki Nation



Today's Speakers

Rose Olmsted is a Disaster Mental Health Volunteer Instructor who has worked 38 years as a social worker, supervisor, and coordinator of crime victim's services and coordinator of a NOVA crisis response team in Minnesota. Since 1989 Rose has been a mental health core volunteer on the SE MN emergency medical services CISM team. She has been a Red Cross volunteer as a disaster mental health team member and instructor since 2009. Since June of 2020 Rose has been volunteering as an instructor for the Red Cross Virtual Family Assistance Center, providing individual and group support for frontline workers during COVID, facilitating groups for employees and supervisors, and instructing psychological first aid during COVID classes. As a mental health volunteer, she takes call shifts for the RCVFAC, taking calls from individuals whose loved ones have passed due to COVID as part of a multi-disciplinary call center. Starting in 2021 Rose has been doing outreach to American Indian communities and those who serve them to offer individual and group support as well as instructional classes.



Today's Speakers

John D. Weaver, LCSW, is an author, consultant, and clinical social worker from Nazareth, PA. He worked for 32 years as a crisis worker and casework supervisor for Northampton County Mental Health in Bethlehem, PA. He has served as a member of the adjunct faculty for DeSales University, Marywood University, and Northampton Community College. Throughout his career he has written many articles, several chapters, and three books including *Disasters: Mental Health Interventions* (1995). Many of the works promote volunteerism and the American Red Cross. He has also appeared in several video productions including the 2015 documentary film *Portraits of Professional Caregivers: Their Passion. Their Pain.* (<http://caregiversfilm.com>), which explores the emotional costs of helping others survive traumatic events. He's been an American Red Cross volunteer since 1992 (currently celebrating 30 years with ARC). He serves as director of their Virtual Family Assistance Center <http://redcross.org/vfac> and he is the Central Atlantic Division's DMH Adviser (lead volunteer).



Today's Speakers

Carson Gardner, M.D., is an Anishinaabe elder, bear clan, an old family doctor, a poet, a pipestone carver, and an aadizookaan-inini--a sacred storyteller. He has spent the past quarter century living, working, praying, and learning--with his eagle-clan wife, Gail, of 48 years--on Gaa-waabaabiganikaag, Land of Abundant White Clay, the White Earth Ojibwe Reservation in northern Minnesota. Gaa-waabaabiganikaag is his heart's true home.



The Red Cross Virtual Family Assistance Center



**American
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VFAC

Virtual Family Assistance Center



The Red Cross Virtual Family Assistance Center

Contact Info:



**American
Red Cross**

If you have questions, please contact us at VFAC@redcross.org.

Connect with the Red Cross immediately by calling us toll-free at 833-492-0094.

Questions and Comments?

We will be holding our training for “Your Self Care and Psychological First Aid in Your Care for Others During COVID” on:

Thursday, April 21st from 1-4pm CT

Please use this link to register for this event:

<https://uiowa.zoom.us/tJAofu-rrzgsHNdxm3BqLoj5s0sEZ7n5bGubmeeting/register/>

