

Five Minutes to Help

Five Minutes to Help is a free CEU training that educates first responders on how to address the needs of a patient who overdosed. In this interactive training, first responders will learn:

How to address the stigma surrounding substance use disorder (SUD)
Communication skills, such as motivational interviewing
How to connect patients to local, county, and state recovery resources

Class #1:

DATE: February 14, 2023

TIME: 8:00AM-12:00PM

WHERE: Raritan Bay Perth Amboy Hospital,
2nd floor training room

CEUs: 4

Class #2:

DATE: February 24, 2023

TIME: 9:30AM-1:30PM

WHERE: Virtual

CEUs: 4

Class #3:

DATE: March 21, 2023

TIME: 5:00PM-9:00PM

WHERE: 731 Alexander Rd. Princeton, NJ

CEUs: 4

Sign Up For This Course Series And More - <https://hmhc.enrollware.com/schedule>

General Education on Trauma for EMS Providers: Trauma 101

In this interactive, virtual training, you will explore how chronic, cumulative stress and exposure to trauma can "show up" in the lives of EMS providers in ways both obvious and disguised, affecting health, well-being, and relationships. You will learn practical strategies to cope with and manage stress by utilizing a trauma informed lens.

DATE: February 9, 2023 AND February 16, 2023 (participants must attend on both dates to receive CEUs)

TIME: 6:00PM-8:00PM

WHERE: Virtual

CEUs: 4

SIGN UP: http://reg.learningstream.com/reg/event_page.aspx?ek=0087-0004-0c25184ddcde41c8855a698e15d8c6d3

Advanced Trauma Informed Care: Substance Use and Harm Reduction

There is a connection between psychological trauma and substance use. This reality has created challenges around supporting patients who are using substances. In this interactive, virtual training, we will:

Review how stress and exposure to trauma shows up in the lives of EMS professionals and explore how trauma affects your experiences with patients who have overdosed.

Learn about resources to support individuals at risk of overdose, including harm reduction strategies and other best practices in supporting people who use substances.

Discuss how stigma & bias show up in the lives of people who use substances & affects their healthcare experiences.

Develop an elevator pitch on how to talk to patients about their substance use.

NOTE: The class "General Education on Trauma for EMS Providers: Trauma 101" is required as a pre-requisite prior to taking the "Advanced Trauma Informed Care" class.

DATE: March 2, 2023 AND March 9, 2023 (participants must attend on both dates to receive CEUs)

TIME: 6:00M-8:00PM

WHERE: Virtual

CEUs: 4

SIGN UP: http://reg.learningstream.com/reg/event_page.aspx?ek=0087-0004-c78b0245217b40adbe78eba878665ab6

If you have any questions, please reach out to 5MinToHelp@doh.nj.gov.