PFA MOBILE OVERVIEW

PFA Mobile is a mobile phone application for mental health providers and other response workers who provide Psychological First Aid (PFA) shortly after disasters and emergencies to affected children, families, and adults. It represents a collaborative effort between the Department of Veterans Affairs’ National Center for PTSD (NCPTSD), the National Child Traumatic Stress Network (NCTSN), and the Department of Defense’s National Center for Telehealth & Technology (T2).

Successful disaster response is challenging, as the often chaotic environment that exists after a disaster makes it difficult to assess survivors’ needs, and the availability of qualified providers may be limited. PFA Mobile was crafted to meet the real-world implementation challenges associated with provision of high quality psychological care immediately following an emergency. It provides a compact yet comprehensive tool for providers who need to connect survivors with services.

Materials in this application are adapted from the Psychological First Aid Field Operations Guide (2nd Edition), which was created by the NCTSN and NCPTSD and has been used for successful disaster response around the world over the past 6 years. World-leading experts and trainers participated in the design of the application, focusing on the actual implementation challenges faced by first responders.

PFA Mobile offers multiple functions including:

- Reminders of PFA fundamentals to strengthen the providers’ knowledge of the guiding principles of PFA, and to connect this information with readily accessible examples and intervention suggestions.

- Guidance for intervention strategies that respond to specific concerns and needs of survivors. This includes tailored information on how to address survivor distress such as anger, parenting concerns, and sleep issues for all age groups.

- Mentor tips describing how to implement PFA in real world situations.

- A self-assessment so that responders can determine their own readiness to conduct PFA based on a variety of contextual and personal variables.

- Assessment and tracking of survivors’ needs to allow for simplified data collection and easy referrals.

This application is not intended to replace training in PFA. It is meant to be used to supplement to other resources that trained individuals utilize before, during, and after a disaster response.

PFA Mobile is currently available for mobile Apple devices (iPhone, iPod Touch, and iPad) and Android phones and tablets.

For more information about Psychological First Aid, see [http://www.ptsd.va.gov](http://www.ptsd.va.gov) or [www.nctsn.org](http://www.nctsn.org).