

Emerging Minds.

National
Workforce
Centre for Child
Mental Health

Supporting children in early learning, primary secondary school following a disaster or community trauma e-learning courses

These three courses are designed to provide educators with a foundational understanding of their role in the recovery process following a natural disaster or community trauma.

They provide a practical framework and tips for supporting children and young people in the immediate aftermath, short and long-term following a traumatic event. They also offer preparedness skills and knowledge educators can use in their daily practice and programs.

Why were these courses developed?

Early learning services and schools play a significant role in supporting children and young people. Following a natural disaster or community trauma, a child's school or learning service remains an important protective environment for supporting their recovery. Additionally, these environments are often where symptoms of mental health issues are first identified, so it is important that educators have the tools to monitor and activate appropriate responses.¹

This can feel overwhelming for educators, as they are required to coordinate a variety of supports and services for children and families – in addition to their regular role within the school or learning service.

However, much of what educators are already doing in their day-to-day practice can help children and young people to recover following a traumatic event. Maintaining awareness of a student's emotions, behaviours and levels of engagement; taking care of the educator's own social and emotional wellbeing; making small adjustments to daily practices where needed; and collaborating with colleagues, parents and children on support strategies will help them to recover and thrive.

1. Australian Government. (2015). *The Mental Health of Children and Adolescents. Report on the second Australian Child and Adolescent Survey of Mental Health and Wellbeing*. Canberra: Department of Health. [Available here](#).



Who are these courses for?

These courses are for early learning, primary and secondary school educators working with children and young people affected by natural disasters (e.g. fires, floods, storms, drought) and community trauma events such as terrorism, critical incidents, community violence and the impacts of pandemics.

Each course has been specifically designed for that cohort of educators, and is based on their experiences.

How were these courses developed?

These courses were developed in collaboration with educators, academics, child mental health experts, families with lived experience of disaster and community trauma, and the Beyond Blue – Be You team.

They are based on the Emerging Minds *Community Trauma Toolkit*, originally co-produced by ANU and Emerging Minds, along with existing strategies and resources available through Be You and the Be You Bushfire Response program.

How long do the courses take?

Each course will take approximately two-and-a-half hours to complete. They include written content, video interviews with educators and other professionals, and reflective activities.

The courses are designed to be undertaken individually but can also be used as a prompt for conversations between colleagues. You can undertake them at your own pace, in one sitting or in several sittings.

Visit the courses at:
emergingminds.com.au/training

This resource was co-produced with:



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