



STATE OF WASHINGTON  
DEPARTMENT OF SOCIAL AND HEALTH SERVICES  
*Aging and Long-Term Support Administration*  
*PO Box 45600, Olympia, Washington 98504-5600*

March 3, 2021

AL TSA: AFH #2021-016  
AL TSA: ALF #2021-014  
AL TSA: CCRSS #2010-013  
AL TSA: ESF #2021-014  
AL TSA: ICF/IID #2021-013  
AL TSA: NH #2021-021

**LONG-TERM CARE RESILIENCE TRAINING OPPORTUNITY**

Dear Administrator/Provider/Superintendent:

Since March 2020, the Department of Health's COVID-19 Behavioral Health Group has worked to address the behavioral health impacts of COVID-19 by leading the statewide behavioral health response efforts. The group provides situational awareness on behavioral health impacts and capacity, works to build capacity to support long-term behavioral health needs, and provides tools and subject matter expertise on disaster behavioral health principles to promote emotional wellbeing.

The Department of Health's Behavioral Health Group is offering March trainings for PsySTART Responder (PsySTART-R). This is an evidence-based method for healthcare workers, first responders, and healthcare systems to build resilience, anticipate and track stressors, and develop individualized coping plans during critical incidents. After training, individuals set up their personal PsySTART account, allowing them to track and graph their exposure to certain events that are more predictive of psychological risk, and set up a personal coping plan to address the risks. Only the individual can see and access their triage information.

Additionally, providers can access **de-identified**, aggregated information on how their staff are doing and their risk levels. This information can be tracked to identify trends in real time, allowing the organization to modify levels of support and offer early intervention as needed.

The Behavioral Health Group is providing this program at no cost to your or your organization. It is taught by professionals with disaster response expertise, is held virtually in Zoom, and takes no more than 30 minutes to complete. To register, please click on one of the dates below:

[Tuesday, Mar 9, 8:00 a.m. to 8:30 a.m.](#)

[Tuesday, Mar 9, 12:30 p.m. to 1:00 p.m.](#)

[Tuesday, Mar 23, 8:00 a.m. to 8:30 a.m.](#)

[Tuesday, Mar 23, 12:30 p.m. to 1:00 p.m.](#)

Thank you for your continued commitment to resident health and safety. If you have any questions, please contact the RCS Policy Unit at [RCSPolicy@dshs.wa.gov](mailto:RCSPolicy@dshs.wa.gov).

Sincerely,

Mike Anbesse, Director  
Residential Care Services

DSHS: "Transforming Lives"