

Frequently Asked Questions

Medical Response Training for Metis Settlements

November 2023

The **Medical Response Training for Metis Settlements** program is a partnership between the Metis Settlements Health Board and AHS (North Zone Operations with support from North Zone Indigenous Health Program, Indigenous Wellness Core, Innovation Evidence Evaluation & Impact, Emergency Medical Services, and Indigenous Talent Acquisition).

Through the Alberta Boehringer-Ingelheim Collaboration Fund, a partnership between Boehringer Ingelheim Canada Ltd. (BICL), the Government of Alberta, and the University Hospital Foundation (UHF), we are offering training programs at **no cost to Metis Settlement members** of Buffalo Lake, East Prairie, Elizabeth, Fishing Lake, Gift Lake, Kikino, Paddle Prairie and Peavine only.

This training supports the Settlements in bolstering Medical First Response (MFR) partnerships with AHS by having trained community members to assist with emergency responses before, during, and after EMS arrival.

The following courses are being offered:

- [Standard First Aid & CPR](#) – 2 days
- [Psychological First Aid](#) – (Sessions are complete, registration is closed)
- [Psychological First Aid Facilitator Training](#) (Sessions are complete, registration closed)
- [Nonviolent Crisis Intervention](#) (Sessions are complete, registration closed)
- [Emergency Medical Responder](#) (EMR) – 9-12 weeks, Full Time

Standard First Aid & CPR Training

What is Standard First Aid training?

A comprehensive 2-day program designed to teach you essential skills to respond to medical emergencies in the workplace, home, or other setting. The course meets legislative requirements for provincial/territorial worker safety and insurance boards. Certification Achieved: 3-year certification in Standard First Aid and CPR Level C.

Content Covered:

- Preparing to respond
- The EMS (Emergency Medical Services) system
- Check, Call, Care
- Airway emergencies (adult, child, infant)
- Breathing and circulation emergencies
- Automated External Defibrillation (AED)
- First aid for respiratory and cardiac arrest
- Wound care
- Head, neck, and spinal injuries
- Bone, muscle, and joint injuries
- Sudden medical emergencies
- Environmental Illnesses
- Poisons

Frequently Asked Questions

Who is this training for?

- Metis Settlements members, leaders, administration staff and volunteers who can benefit from training to assist with medical response needs in the community.
- Metis Settlement fire and rescue first responders.

When and where is the training?

Location(s) to be determined
Tentative start: Winter 2024

How do I register?

Complete the online [application form](#) and we will contact you when training dates and locations are finalized.

Psychological First Aid for Indigenous Communities (PFAIC) Training

What is PFAIC training?

Psychological First Aid (PFA) is an internationally recognized method of support intended to help people during and immediately after a disaster or emergency. It uses a holistic, community wellness approach to help reduce levels of emotional distress for individuals, families, and communities through practical care, compassion, connection, and support from others. AHS Psychological First Aid for Indigenous Communities teaches disaster responders how to provide inclusive, community-focused psychosocial support essential to disaster response and recovery.

Who is this training for?

Metis Settlements members, leaders, administration staff and volunteers who can benefit from training to address needs in the community.

When and where is the training?

PFA sessions through the Medical Response Training for Metis Settlements project are complete. Sessions were held in August, September, and October 2023

How do I register?

All PFA sessions are complete, registration is closed.

To see a list of upcoming Wellness Exchange workshops provided by AHS that are free and open to the public, visit: <https://public.3.basecamp.com/p/hr3XMSwXe2HG6EKCeVVm2TnQ>

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Psychological First Aid for Indigenous Communities (PFAIC) Facilitator Training

What is PFAIC Facilitator training?

This interactive facilitator workshop is intended to share knowledge, increase confidence, and build the skills needed to provide inclusive, community-focused psychosocial support in a disaster. By the end of this workshop, facilitators will have the resources and tools needed to deliver workshops to professionals, paraprofessionals, first responders, front-line staff, volunteers, and community members. Note: you must take the regular PFA workshop first before taking the facilitator training.

Who is the facilitator training for?

Metis Settlements members, leaders, administration staff and volunteers with group or workshop facilitation skills and experience who will commit to facilitating a minimum of 2 workshops per year over a two-year period using AHS approved materials.

What are the pre-requisites for facilitator training?

- Completion of an AHS Psychological First Aid or AHS Psychological First Aid for Indigenous Communities Workshop (online or in-person) within the last year.
- Indigenous Awareness and Cultural Competency training if you are not Indigenous
- Group or workshop facilitation skills and experience.
- Previous experience in providing disaster response.
- Previous experience in supporting those who have experienced a disaster or emergency.

When and where is the facilitator training?

PFA Facilitator Training through the Medical Response Training for Metis Settlements project is complete. Sessions were held in September, and October 2023.

How do I register?

All PFA Facilitator sessions are complete, registration is closed.

To see a list of upcoming Wellness Exchange workshops provided by AHS that are free and open to the public, visit: <https://public.3.basecamp.com/p/hr3XMSwXe2HG6EKCeVVm2TnQ>

If I complete the facilitator training, can I charge people to take the workshop when I offer it?

No, PFA workshops and materials are offered at no cost. Facilitators shall not charge a fee or accept payment including honorarium or stipend for delivering this workshop.

Please review the facilitator application form carefully for all terms and expectations.

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Nonviolent Crisis Intervention (NCI) Training

What is NCI training? (Note: Registration for NCI training is now closed)

With an emphasis on early intervention and prevention, Nonviolent Crisis Intervention (NCI) is designed to educate on how to best manage a crisis during all levels of escalation, from early anxiety cues up to physical violence. NCI Training is broken down into 10 units that focus on:

- Organizational models in Crisis Development and Verbal Escalation
- Verbal, Non-verbal and Para-verbal communication skills
- Decision Making, Therapeutic Rapport and Postvention approaches
- Managing physical risk behavior through disengagement and/or holding skills.

Who is this training for?

- We recommend this session for Metis Settlement staff, community leaders and volunteers.

When and where is the training?

NCI Training through the Medical Response Training for Metis Settlements project is complete. Session was held in June 2023.

How do I register?

Registration for NCI training is now closed.

Will more NCI sessions be added in the future?

No, there are no more NCI sessions planned for this program.

Emergency Medical Responder (EMR) Training

What is an Emergency Medical Responder (EMR)?

Emergency medical responders (also known as EMRs) are responsible for transporting ill or injured patients from scenes of emergency and/or between facilities. They operate ambulances or other modes of transportation, assess emergency scenes and patients, and provide treatments such as emergency medical care, ventilation or oxygen administration, and cardiopulmonary resuscitation (CPR) and use of automated external defibrillator (AED). They complete and submit required documentation including patient care reports.

EMRs work for provincial, private, and industrial ambulance services. Some firefighters are cross trained as EMRs. Emergency medical responders play a key role as members of the Alberta Health Services inter-professional health care team. In their work, they collaborate with other emergency medical personnel, such as paramedics, physicians, nurses, and other health professionals.

Who is this training for?

- Metis Settlements **members only**, (age 18+) wishing to pursue a career in healthcare.
- Current and prospective Metis Settlement fire and rescue first responders, both professional and community volunteers.

Frequently Asked Questions

When does the EMR training start?

Tentative start: January/February 2024

How long does it take to complete the EMR course?

The course is approximately 9 weeks in length.

Is the training in-person?

Program delivery is half online (instructor led) and half in-person.

What are the locations for the in-person portions?

Tentative Locations: Kikino Community Centre & Peavine Inn, High Prairie

How do I apply?

Complete the online [application form](#) and an advisor will contact you to complete the application process. Limited spots are available.

What are the prerequisites?

- English 30-1 or 30-2 or equivalent
- Math 10 Pure or 20-1 or equivalent or Math 20 Applied or 20-2 or equivalent
- Biology 30 or equivalent

Will I need a copy of my high school transcripts?

Yes, the training institution will need copies of your high school transcripts showing the prerequisite high school courses have been completed. For more information on obtaining your high school transcripts, please visit: [Student information and high school transcripts | Alberta.ca](#)

I don't have all the prerequisites right now; can I still apply?

Yes, if you don't have the prerequisites but feel you may have the equivalent with other training or education you have completed, please complete the [application](#) or email us at MetisTraining@ahs.ca and an advisor will contact you for further discussion.

Can I work as a licensed EMR after completing this training?

Yes, after completing the EMR training students will need to pass the Canadian Organization of Paramedic Regulators (COPR) exam and register with the Alberta College of Paramedics (ACoP) to work in Alberta. The COPR exam and ACoP registration costs are covered with this program.

Can I get a job with AHS after completion?

AHS will support students who complete the Emergency Medical Responder (EMR) training and licensing requirements, to apply for positions with AHS Emergency Medical Services (EMS).

Still have questions? Contact MetisTraining@ahs.ca for any additional information.