



For more information, email:
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ABOUT STRESS FIRST AID (SFA)

Background

Many types of workers (e.g. Harm Reduction, Community Health and Peer Support Workers) are on the frontlines of the overdose crisis, providing essential services to those affected by substance use. Their vital roles expose them to high levels of stress.

Mission

SFA is a framework designed to support recovery from stress reactions. The researchers behind TxCOPE have collaborated with the harm reduction community to adapt this framework to their unique needs. This research project is an opportunity for harm reduction workers to explore, test, and share insights on this tailored program, ensuring its effectiveness and relevance to their important work.

Benefits

This intervention has been proven to help workers increase their resilience, recognize stress and employ stress first aid strategies to mitigate the negative effects of stress, as well as recognize and reduce unnecessary stressors in the workplace so they can function at their best.

RESEARCH COMPONENTS

Treatment Intervention

- 2-Hour SFA Training
- 30-Minute Monthly Learning Collaboratives

Participation

Participants will complete a brief baseline questionnaire, two follow-up questionnaires at 2 and 6 months after the training. Participants may also be invited to participate in an interview or focus group on the implementation of SFA, which would be a separate study.

Compensation

Participants will be compensated \$25 for the time spent on each completed questionnaires, for a total of \$75.

PARTNERSHIPS

We will offer this 6 month research study starting in Central Texas starting December 2025, with plans to expand across TX, LA, AR, OK, NM and tribal areas. We invite all organizations, leaders, and workers supporting harm reduction for persons who use drugs to participate in this study. If randomly assigned to the control group, your organization will be offered the opportunity to be trained in SFA/HRW at the conclusion of the study.

**If you are interested in
joining our study, please
use the QR code to enroll!**

