Bios:

Laura McGladrey has instructed for the NOLS Wilderness Medicine for the past 20 years and is a Nurse Practitioner with dual certification, practicing both emergency medicine and psychiatry across the lifespan. She currently works in the Emergency Department and the Stress Trauma Adversity Research and Treatment (START) Center at University of Colorado. She has a background in international relief work, continues to teach courses in wilderness medicine to providers, and also lectures nationally on Psychological First Aid and Stress Injuries. She is a Stress and Resilience advisor for Portland Mountain Rescue, Colorado Outward Bound and Eldora Ski Patrol. Recent contributions include 3 educational modules for the Mountain Rescue Association: Stress Injuries; Psychological First Aid; and Accidents in North American Mountaineering, WEMS. She was featured on the Sharp End podcast, Episode 34, on Psychological First Aid. Laura works with Yosemite Search and Rescue, and many SARs around the country, on organizational vitality, critical incident response, psychological first aid, and support of traumatic stress in climbing guides and rescuers.

Philip Johnson has performed search and rescue for the NPS since 2002. He is currently a Supervisory Law Enforcement Ranger in the Valley District of Yosemite National Park and a senior member on the Yosemite Helicopter Rescue Team. He has participated in over 300 SAR missions to include over 50 helicopter rescues. He is a two time recipient of the Department of Interior Valor Award. Philip spent the bulk of his college career rock climbing which prepared him for his 3 years volunteering for YOSAR from 2002-2004.

Abstract:

This year, Yosemite Search and Rescue (YoSAR) undertook a pilot to initiate new practices in pre-incident support and near miss support by training for Psychological Aid and the stress continuum, a tool used by other rescue teams for increased situational awareness and resilience practices. This presentation will teach the concepts of psychological first aid using real life examples in technical rescue developed with YoSAR.