

## 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.

**Marcel Rodriguez** is a Search & Rescue Team Member, Board Member and Rope Team Leader with Pacific Northwest Search and Rescue in Portland, Oregon, as well as a member of Björgunarsveitin Suðurnes in Keflavik, Iceland (a member team of the Icelandic Association of Search and Rescue). Marcel currently holds qualifications as an EMT, NOLS WEMT, and Technical Rope Rescue Instructor for Rescue3 and speaks and instructs around the world. When not engaged in teaching and SAR activities, Marcel works in Mergers & Acquisitions for an international software company

## Abstracts:

**Stress Injuries and Innovations in Rescue Culture** Rescuers are often exposed to difficult emotionally difficult rescues and recoveries, such as suicides, fellow climbers, pediatric calls and contact with grieving family members. There is growing recognition of the impact of traumatic stress and wear and tear on the rescuer and the family of the rescuer, as well as the operational capacity of the rescuer to remain rescue ready and situationally aware. Many Rescue teams nationally are taking steps to recognize, support and mitigate the effect of this type of exposure and the resulting injuries such as PTSD, often referred to as operational stress injuries. This workshop will highlight the national conversation, nomenclature, understanding of stress formation and innovations and best practices to support traumatic stress in rescue as it occurs.

**Psychological First Aid and Critical Incident Support in SAR** Psychological first aid is a modular, tool based approach to support of those who experience the psychological trauma of events such as being lost, avalanche, falls, or watching significant injury occur or almost occur to loved ones. While physical injuries have been traditionally recognized and supported on scene, psychological injuries are often deferred to experts. This work shop presents a look at how traumatic stress causes injury, and how it can be mitigated by rescuer interventions on scene and throughout the rescue. Finally, best practice in psychological first aid will be applied to critical incident and near-miss support for the rescuer and the rescue team following impactful events.