POST TRAUMATIC STRESS AND MOUNTAIN RESCUE

TWO CASE STUDIES
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CASE #1

“BRANDON”

• Lives in Southeastern U.S.
• Volunteers on a Cave and Cliff Rescue Team
• Quit his job as a paramedic and member of a paid fire department after stopping CPR and “zoning out” during a call
• Started second career doing rope access
CASE #2

“ROBERT”

• Lives in Western U.S.
• Former U.S. Marine, Combat Veteran
• Volunteered on a Mountain Rescue Team for 3 years
• First 5 Search and Rescue Missions were all recoveries
• Quits SAR after combat related PTSD was triggered by SAR recoveries
• Now works as a Registered Nurse in a Veteran’s hospital
IN CONCLUSION

• Many cases do NOT have these happy endings: Suicide becoming more common
• Volunteer SAR personnel do not get as many resources allocated for PTSD awareness as do their paid counterparts
• PTS doesn’t always result in a disorder
• No stigma should be attached to those who acknowledge being affected by trauma
• Education is key
QUESTIONS?

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