

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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