

Psychological First Aid is now well recognised as a small but important part in the overall management of every search & rescue event

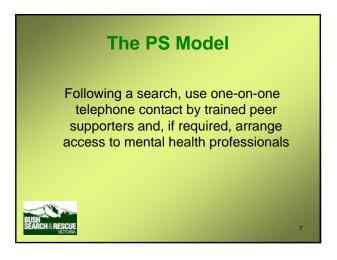




BSAR Members BSAR trained members (~200) are volunteers drawn from the wider bushwalking community and are spread right across Victoria. BSAR members rarely meet together as a group The only time many of the members may ever meet is on a specific search.

Question: How to deliver peer support to members scattered all across Victoria?

• What Model would work?
• Sought specialist professional advice
• Developed a workable solution



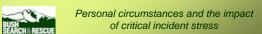


PS Activation Process

- For each activation:
- · a specific PS Team
- · await searchers return home
- · allow searcher physical recovery time
- make telephone contact
- if appropriate, further follow up
- · Mental health professional support, if required
- Internal (confidential) PS activation report
- Confirm PS activation complete to BSAR

A searcher cannot also be a peer supporter for a given search

Phone Contact · One-on-one · Convenient time Confidential · Personal not operational issues Normal responses to critical incident stress · Coping strategies



· Further contact, if required

Ongoing Admin Challenges

- · Not able to contact a searcher
- Timeliness of peer support delivery
- Having sufficient Peer Supporters for large searches
- Refreshing peer supporters skills
- Ongoing PS education of all BSAR personnel
- · Ongoing periodic reviews



Peer Support

- · Well accepted by members who appreciate being called
- · As changes in post traumatic stress management and PS occur it is important to maintain ongoing best practice

A unique solution that continues to meet the specific BSAR need



www.bsar.org