

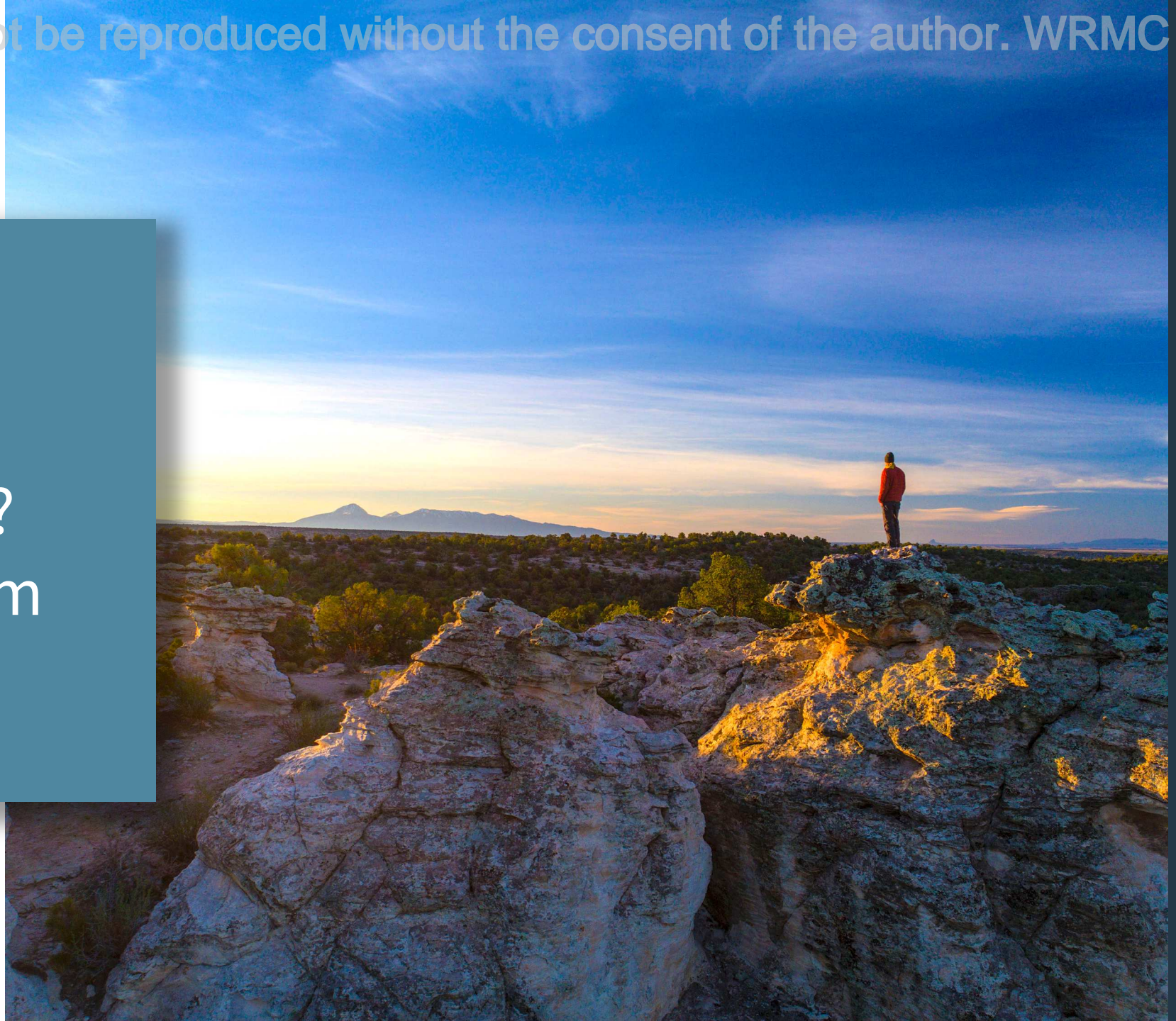


**OPEN SKY**  
WILDERNESS THERAPY

# Behavioral and Mental Health Crisis Management in Wilderness



# Who Are We? Meet the Team





# Coulter Stone

WEMT

Faculty for NOLS Wilderness Medicine  
Assistant Health Director at Open Sky



# Mariah Loftin

MA, LPC

11-Year Therapist

8 – Years Wilderness Therapist

Senior Clinical Therapist at Open Sky





# Norman Elizondo

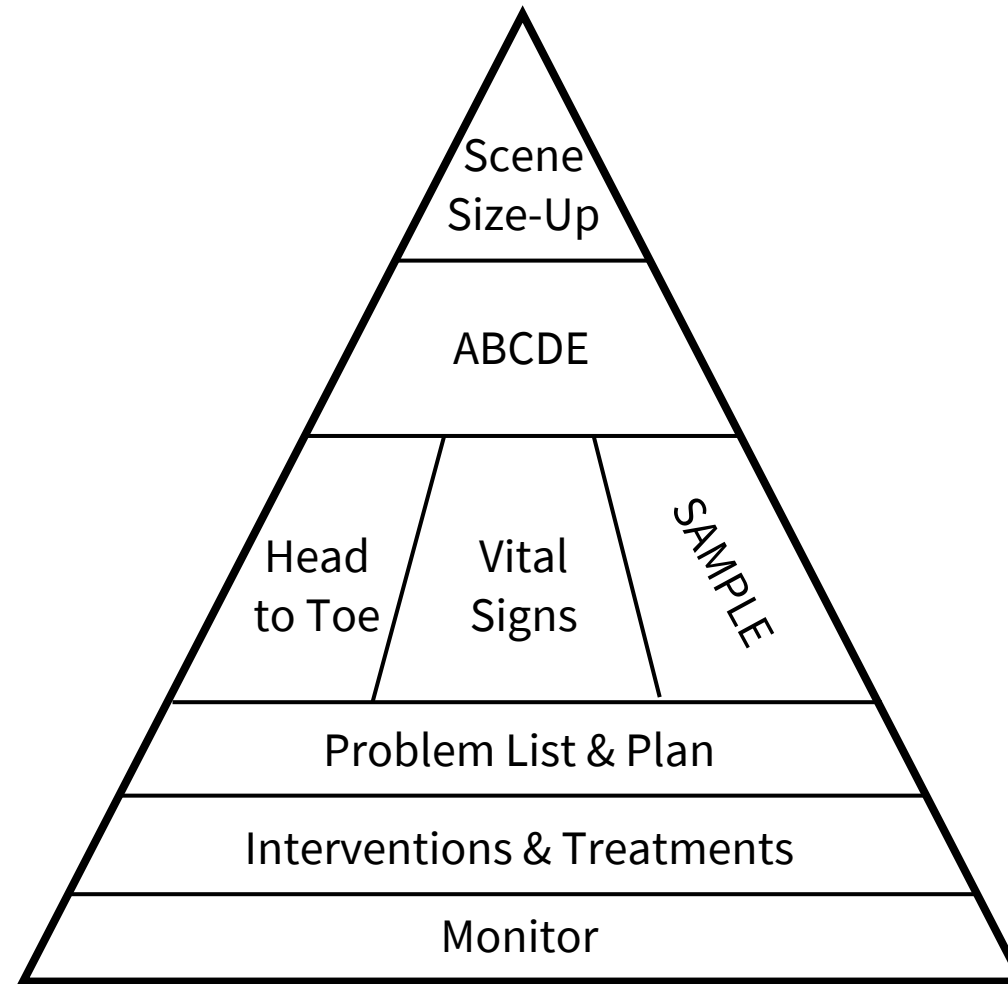
Certified Meditation Teacher with  
the Dharma Ocean Foundation  
Certified Aegis Instructor  
Wellness Counselor at Open Sky



# A Framework for Training Field Staff



# Patient Assessment System





# Emotional Intelligence



What is EI?



Soft skills



Hard skills





## Practical and Realistic Learning Opportunities



Scenarios with staff



Everyday life!



# PAS As a Behavioral and Mental Health Assessment Tool



# Modify Your Scene: Size-Up



Scene safety



MOI



Body substance isolation



# of patients



General impressions





## Emotional Scene Size Up: Self

- ⊛ Self-Awareness/Mindfulness
- ⊛ Regulate and then communicate
- ⊛ “The Horse and the Jockey”
- ⊛ Stay in the saddle

# Emotional Scene Size-Up: Patient



Insularity



Mirroring and matching



Open-ended questions






Initial Assessment  
Stop and Fixes:  
Alignment &  
De-escalation




# Initial Assessment: Alignment & De-escalation

 De-escalate, then communicate

 Insulate

 Validate

 Co-regulate



# Physical Exam



Why do one?





# Physical Exam

## Bedside Manner



Empathy



Compassion &  
professional touch



Mirror and match





# Subjective vs. **Objective Info**



**Subjective – What the patient experiences about themselves**

Sample: Focused Behavioral and Mental Health Exam



**Objective – What the rescuer experiences about the patient**

Vitals, Physical Exam

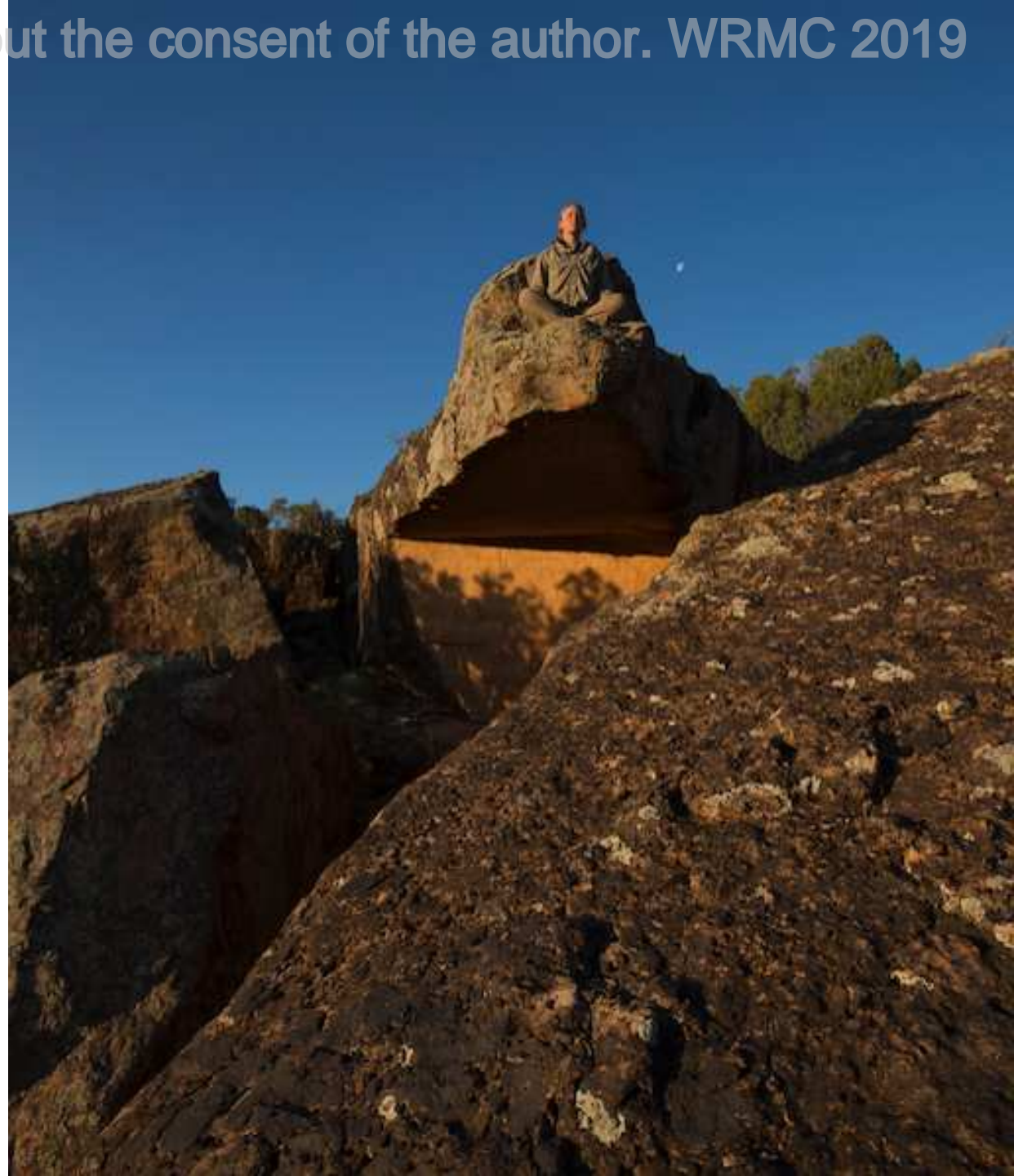
# What Vitals Can Do



Objective indicator of  
the body's status



Grounding exercise





# Focused Behavioral & Mental Health Exam





# Types of Patients



Malingering



Psychosomatic



# Behavior? Mental Health? or Legitimate Medical Issue

## What We See:

- Escalation
- Reporting pain
- Manipulation
- Calm

# Behavior? Mental Health? or Legitimate Medical Issue

## What We Do:

- ⊛ Regulate ourselves first
- ⊛ Designate point person
- ⊛ Consider the rest of the group
- ⊛ Motivational Interviewing –  
strategic questions





## Suicide and Self-Harm Assessment

- ⊛ What questions to ask
- ⊛ Assessing risk
- ⊛ Consultation & documentation



## SCENARIO

- ④ Emotional Scene Size-Up: Self and Patient
  - ④ Initial Assessment: Alignment & De-escalation
  - ④ Physical Exam
  - ④ Vitals
  - ④ SAMPLE
  - ④ Focused Behavioral and Mental Health Exam
- Subjective vs. Objective
- 
- ```
graph LR; PE[Physical Exam] --> SO[Subjective vs. Objective]; V[Vitals] --> SO; S[SAMPLE] --> SO;
```



## Decision Making

What do we do  
with this information?



Is patient appropriate?







Can you manage situation?



Evacuation? Plan?



## Action Steps

-  Identify 1-2 Aspects
-  Practice - Develop Training Schedule
-  Additional Resources
-  P & P



**OPEN SKY**  
WILDERNESS THERAPY

# Behavioral and Mental Health Crisis Management in Wilderness