MASP Psychological First Aid - Sequential Rollout - 2021

September 2021 -

- **Inward Facing:**
    - Build MASP specific Stress Continuum Model (SCM).
    - Build a critical incident buddy check-in list using the 3-3-3 rule
        - Each patroller has two buddies they check-in with at set post incident intervals: 3 days, 3 weeks, and 3 months.
    - Create post-incident "All Clear" ritual, including food and healthy drinks to be served in a neutral space: PR, lodge, etc. Should be onsite.
    - Create daily check-in procedure - colored cards in accordance with MASP specific SCM, secure dropbox, longitudinal tracking spreadsheet, and plan for who will catalog daily.

October:

- **Inward Facing:**
    - Prepare more in depth PFA refresher for annual OEC refresher - check with Responder Alliance Ski Patrol Taskforce for specific OEC refresher material - Kacy.

- **Outward Facing:**
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November 2021 - Patrol Meeting ?

- **Outward Facing:**
    - Refresher from 2019 - Powerpoint Overview of Psychological First Aid (PFA), including MASP specific SCM.
    - Share Rollout plan
    - Teachout daily check-in procedure

December 2021 - Patrol Meeting

- **Inward Facing:**
    - Depletion vs. recharge modalities for each patroller - survey?
    - Develop a calendar of regular patrol get-to-gethers outside of patrolling to be implemented during and post season.

- **Outward Facing:**
    - MASP SCM survey to MASP?
    - Refresh patrollers on daily check-in procedure.

January 2022 -

- **Inward Facing:**

- **Outward Facing:**
    - Survey patrol to see if daily SCM check-in is of beefit.
    - Host PFA refresher training at monthly meeting - review self-care practices and offer to meet with individuals one-on-one as needed.
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- **Inward Facing:**
    - Continue to monitor daily SCM check-ins

February 2022 -

- **Inward Facing:**
- **Outward Facing:**

March 2022 -

- **Inward Facing:**
- **Outward Facing:**

April 2022 -

- **Inward Facing:**
- **Outward Facing:**