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February 1<sup>st</sup> 2022

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## From Jim G's desk

*-- By Jim Giffin, Northern Vermont Region Director*

The membership approved the recently proposed by-law changes. The new by-laws allow for electronic voting. The by-laws can be found at:

[http://www.nspnvt.org/downloads/RegionBYLAWS\\_Jan\\_2011.pdf](http://www.nspnvt.org/downloads/RegionBYLAWS_Jan_2011.pdf)

Thanks to the membership for this. I will be working with Dave Carter, our legal advisor, on updating our policies and procedures to reflect the changes in the by-laws and generally give them an overall refresh.

As most of you know by now, the Young Adult Patroller Event scheduled for Smugglers Notch, once again had to be canceled due to the challenges of meeting COVID protocols. The Board has not made a location decision for the 22-23 season.

## From Medical Advisor's Desk

Dr Brillhart continues to represent the NVT Region at regular Eastern Division medical advisor video meetings. These meetings allow our region to engage with, learn from, and provide feedback to other Division medical advisors, as well as Dr. Johe (OEC 6th medical editor) and Dr. Allen (national medical advisor), both of whom also regularly attend.

It was clarified with Dr Levine, VT Health Commissioner, that VT resorts can utilize naloxone (Narcan) as the state allows its administration without prescription. It would be recommended that a resort develop a policy for its emergent use if it is kept available.

Other medications such as epinephrine, however, still require that the patient have their own prescribed medication with them for a patroller to assist them with emergent administration.

Dr. Brillhart remains available as a resource to the NVT Region patrols should questions arise regarding any OEC or medical topic. Feel free to contact him via email.

## COVID UPDATE

The Eastern Division COVID task force has been working on updating the ED Guidelines. Unfortunately, the Federal & State information continues to change at a rapid pace and draft guidelines seem to be out of date before they are issued. Best guidance is to continue to follow Vermont and your Ski Area's policies.

## Awards Advisor

The Division has a new awards advisor, Amy Grover, from Bolton Valley Ski Patrol. An observation is that we could be more proactive in recognizing the achievements of our patrollers. The last Eastern Division newsletter did not have any Northern Vermont awards. It would be great to see some in the next newsletter. There are many awards you can nominate patrollers or patrols for. There are also awards unique to the Eastern Division.

## NSP Eastern Division Scholarship

The memorial scholarship is open to all Eastern Division patrollers who are seeking to further their education. The deadline for application is March 31<sup>st</sup>, 2022. See this link: <https://www.nspeast.org/memorial-scholarship.html>.

## Alumni Advisor

Looking for someone to be a communication lead to Northern Vermont Alumni Advisor (AA) We have just under 100 Alumni registered with NSP.

The AA is assisted on a national level by the efforts of the National Alumni Advisor, the NSP National office Alumni staff and the National Alumni Advisory Committee (NAAC) which is comprised of the Division Alumni Advisors. The AA is responsible for promoting and administering the Alumni Program within the division, which includes supporting the Region Alumni Advisors and Patrol Alumni Liasons in doing likewise efforts of those RAAs (regional alumni advisor job descriptions can be helpful to region directors)

The AA is encouraged to utilize their division's newsletters, website and social media platforms to regularly promote and inform their members about the opportunities and benefits provided by the Alumni program. The AA should work with the RAAs and PALs in planning and promoting annual Alumni events within their division, such as Annual Alumni Appreciation Days, etc.

Let me know if you have any patroller interest in this position and keeping NVT Alumni engaged.

## Safety Committee

The Safety committee has requested I share with you the results of their 2021 Critical Incident Stress Management (CISM) Survey Summary. Below is their report.

### *2021 PD Follow-Up Critical Incident Stress Management (CISM) Survey Summary*

N = 84 / 193

In 2020, responding to demand revealed by our initial Patrol Director survey, the Safety Program Patroller Stress Awareness Team (PSAT) developed stress awareness and injury management resources for all Eastern Division (ED) patrols. These resources included 3 posters for patrol areas, Signs & Symptoms wallet cards, information and robust collateral on [www.nspeast.org](http://www.nspeast.org).

In September 2021, we sent a follow-up survey to assess the effectiveness of those resources, emailed to all Patrol Directors (PDs) via their Regional Directors (RDs)

The 44% (84 PDs) response was comparatively low, with no responses from WAPP, possibly because it was not made available to the PDs or it was not filled out. EPA had the most (13 PDs) For the first time we included the ED Pro "Region" and 6 of their PDs responded.

It's clear that our mailing list needs maintenance because approximately 30-50% reported not receiving some or all of the materials. Mailing addresses were obtained from an existing list and web research. Also, many ski areas were closed and our envelopes never reached the PDs. We continually update our list.

For the 2020--2021 season, 50 PDs reported from 1 to 10 critical incident events; and 29 reported zero. Our data extrapolation shows 240 critical incident events reported by 84 PDs during the season.

We received comments concerning whether our PSA Team was connected with formal CISM organizations, such as the International Critical Incident Stress Foundation (ICISF). While we include contact information for ICISF (and many others), we are not associated with them. All of our material was developed either organically or in conjunction with the Responder Alliance group.

We've learned that some regions, particularly those in more rural settings, don't have access to local CISM groups. Responding to that need, we created and maintain a list of organizations on our website to help fill that void: <https://www.nspeast.org/who-to-call.html>

Our survey indicated that 54 PDs (64%) were unsure if the wallet cards had been helpful. However, 42 of them didn't receive them. Of the 42 PDs who did receive them, only 11 reported they were useful. Perhaps we should include more information on how to use them. We were gratified to see 45 PDs requesting additional wallet cards.

Sixty-three PDs (77%) responded that a short video about Pre-Incident Education for Critical Incident Stress would be helpful.

We anticipated this demand and recently completed production of a short educational video: Stress Injury and Patrollers, available on our website and on youtube.com. This video is easily transferred to each region and patrol for full-out patroller access. Contact us to make that happen for your website.

In 2021, with all resources stretched, we were able to distribute our materials to patrols and post the more robust instructional resources on [www.nspeast.org](http://www.nspeast.org). Yet 40% responded they were unaware of or hadn't seen these website resources. Consequently, we realized the need to improve information delivery to our patrols. To that end, we have done or are working on the following:

◆ PSAT, in partnership with the Outdoor Risk Management (ORM) program has produced a patroller-focused document on Stress Injury and Management for their CISM module. Look for it in the new NSP ORM program.

◆ We are mailing wallet cards and posters to the PDs who requested them – and to those who didn't receive them.

◆ We have developed an OEC Patroller Stress Management scenario using the wallet cards and piloted it at some of the VT ski areas during their OEC and On-Hill refreshers. Stay tuned!

◆ We've designed and printed stickers with our website QR code and a short, impactful message. Watch your mail for enough of these to attach to your toboggans, patrol room, top shack and rest room doors and windows.

The ED Safety Team wishes to acknowledge the tireless hours and incredible expertise of the Patroller Stress Awareness Team (PSAT), without whom none of this could have been accomplished.

Dallas Coffman: PSAT Chair

Oliver Neith, Jesse Remmey, Jeffrey Freedman, Eric Snyder, Mark Parr, Bob Cassello, Bryant Hall, Charlie Epstein, John Brown, Dan Harlow, Pete Davekos, Karen Robos and Melinda Mingus