

CLIMB: Connect. Leverage. Interrupt. Move. Build.

A Tactical Trauma Reset Protocol – Deployed by SCURD

Problem Statement

First responders, veterans, and trauma-exposed professionals face chronic burnout, unresolved trauma, and functional dysregulation. Traditional mental health approaches often miss the mark for these populations — overly clinical, talk-heavy, and disconnected from the environments where trauma takes root. Many are left untreated, misunderstood, or in silent crisis.

The Solution: CLIMB Protocol

CLIMB is a 3-tier trauma reset protocol built for **immediate impact, long-term restoration, and functional reentry**. It is deployed by **SCURD** (Southern Continental Unified Response Division), a fictional public safety agency with a real-world mission: **reset the system, restore purpose, and rebuild the disaster workforce from the inside out**.

CLIMB is licensed through **Challenger Point Practice PLLC** and is clinically grounded, peer-led, and somatically informed. All participants are evaluated for medical necessity, receive individualized planning, and are treated under HIPAA protections.

CLIMB Tiers of Reset

- ♦ **Tier 1: Ground Team (Decon & Defuse)**

- Mobile reset tents at disaster zones and staging areas
- Peer-led nervous system regulation
- VR, sound therapy, cold immersion, weighted blankets
- Certified therapy dogs
- Trauma-informed lighting, hydration, breathwork
- Functional screening for Tier 2 or Tier 3 referral

Psychological First Aid — reimagined and embodied. Accessible, fast, field-ready.

♦ **Tier 2: Reset Station (Reclaim & Rebuild)**

- Mobile PHP-modeled care, hosted at resort/retreat spaces
- 5–8 hrs/day of structured programming: movement, therapy, integration
- Group & individual therapy, MD/DO oversight
- Functional movement (rolling, dance, martial arts, qi gong)
- Massage, acupuncture, journaling, somatic regulation
- Animal-assisted resetting, meals, lodging, transportation
- Typically 5–14 days with clear reentry mapping

- Funded through disaster/public/behavioral health partnerships

This isn't a vacation. It's mission recovery through structured reset.

▲ Tier 3: Immersion Reset (Rise & Re-Enter)

- Mobile PHP/IRT-level care
- 2–6 week immersive trauma reset
- Clinician + medical team on site
- Lodging, meals, daily therapy, hygiene & gear included
- Coordination for FMLA, workers comp, disability
- Employer/family reintegration, long-range discharge plan
- Optional Peer Specialist Certification Path

CLIMB is not the end of the road — it's the rebuild phase.

SCURD Peer Specialist Pathway

Many peer supporters start as CLIMB participants and rise through the ranks to become SCURD-deployed trauma reset leaders.

The Process:

1. Apply to Join SCURD

- Age 18+, HS diploma/GED, valid DL, U.S. citizen or work authorized

2. Preliminary Screening

- Functional fitness test
- Background check (no convictions, probation, substance use issues in past 5 years)
- Drug screening
- Certification review (EMT, Fire, LEO, etc.)
- Resume + oral interview + Chief's interview
- Psychological & medical evaluation

3. Probationary Period

- Assigned to Tier 1 field deployment
- Supervised by clinician or certified peer
- Paired with CLIMB partner ("battle buddy")
- Hours documented toward certification

4. Peer Support Training

- 40-hour basic training (IACP, IAFF, NAADAC, SAMHSA aligned)

- Modified option for those with qualifying 40-hr peer cert < 5 years
- Written exam + 500 supervised hours required

5. Ongoing Support & CEUs

- Monthly 1-hour supervision
- Annual 8-hour ethics + clinical integration CE

CLIMB isn't just care. It's capacity-building.

Animal-Assisted Reset

Certified therapy dogs are integrated into all tiers.

Optional classes on animal-assisted regulating techniques are available. These dogs aren't props — they're peer regulators with real training and real impact.

Research + IRB Plan

CLIMB will collect longitudinal data and trauma recovery metrics. A formal **Institutional Review Board (IRB)** will be developed for research design and implementation. Every tier includes documentation, consent, and outcomes tracking for clinical and field-based research.

Call to Action

CLIMB is how we rebuild the responder workforce — from the inside out.

If you are a responder, funder, mental health professional, agency leader, or trauma-exposed community member:

- **Host a CLIMB Reset Station**
- **Deploy a Tier 1 Tent at Your Incident Command**
- **Nominate a Participant**
- **Fund a SCURD Team**
- **Apply to Join SCURD**

Visit: www.challenger-point.com/climb

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All clinical services are delivered under HIPAA confidentiality protections.



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