

TRiM (Trauma Risk Management)

**Why do it, how might it work and
does it work.....?**

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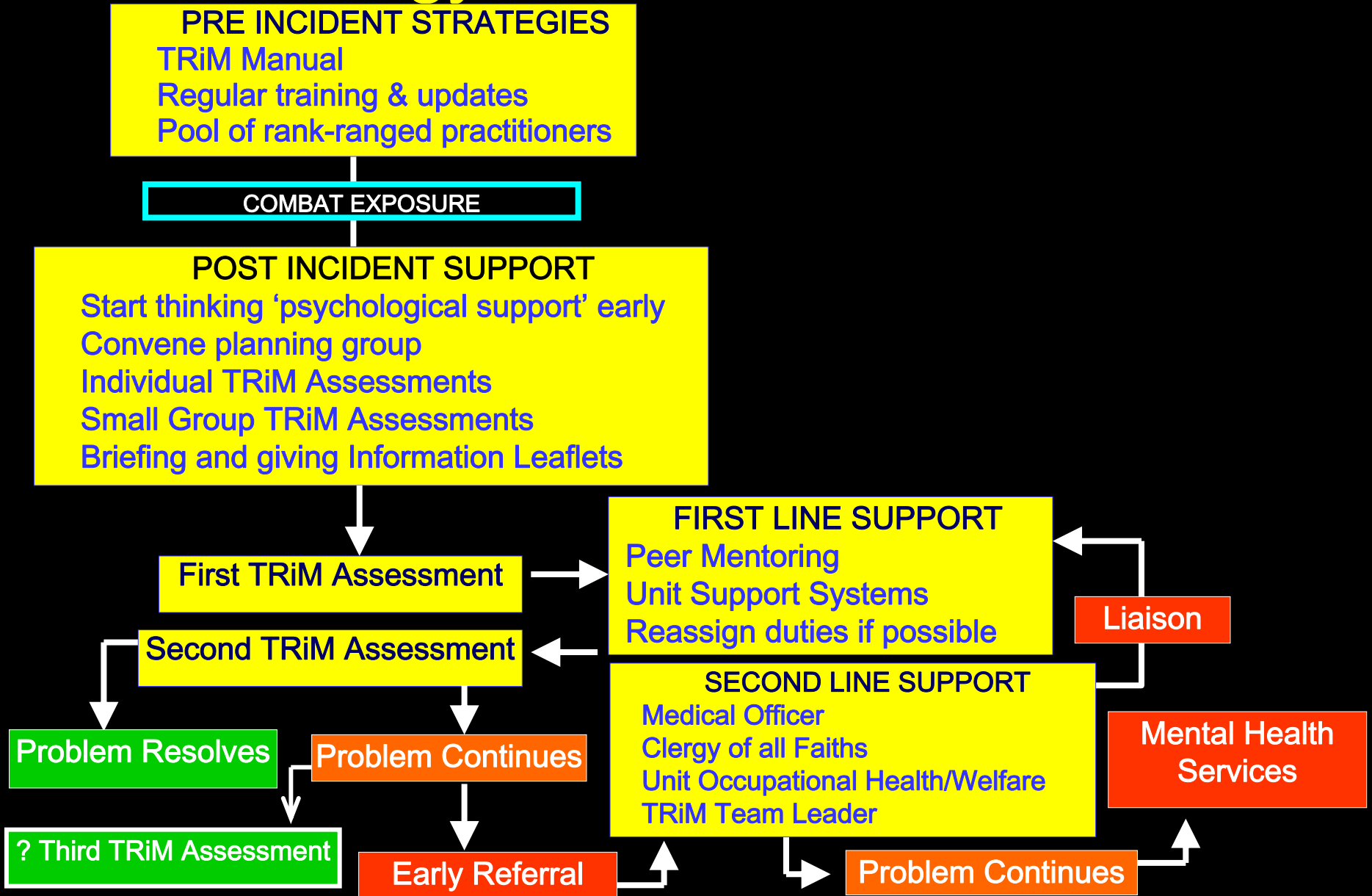
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TRiM

- Why do it? - Duty of Care (legal), Moral Component, Force Multiplier
- How might it work? – Risk Factors for Psychological Injury Cluster Post Exposure – (so, the best time to assess psychological risk?)
- Does it work? – What Evidence for TRiM?

TRiM Strategy Overview

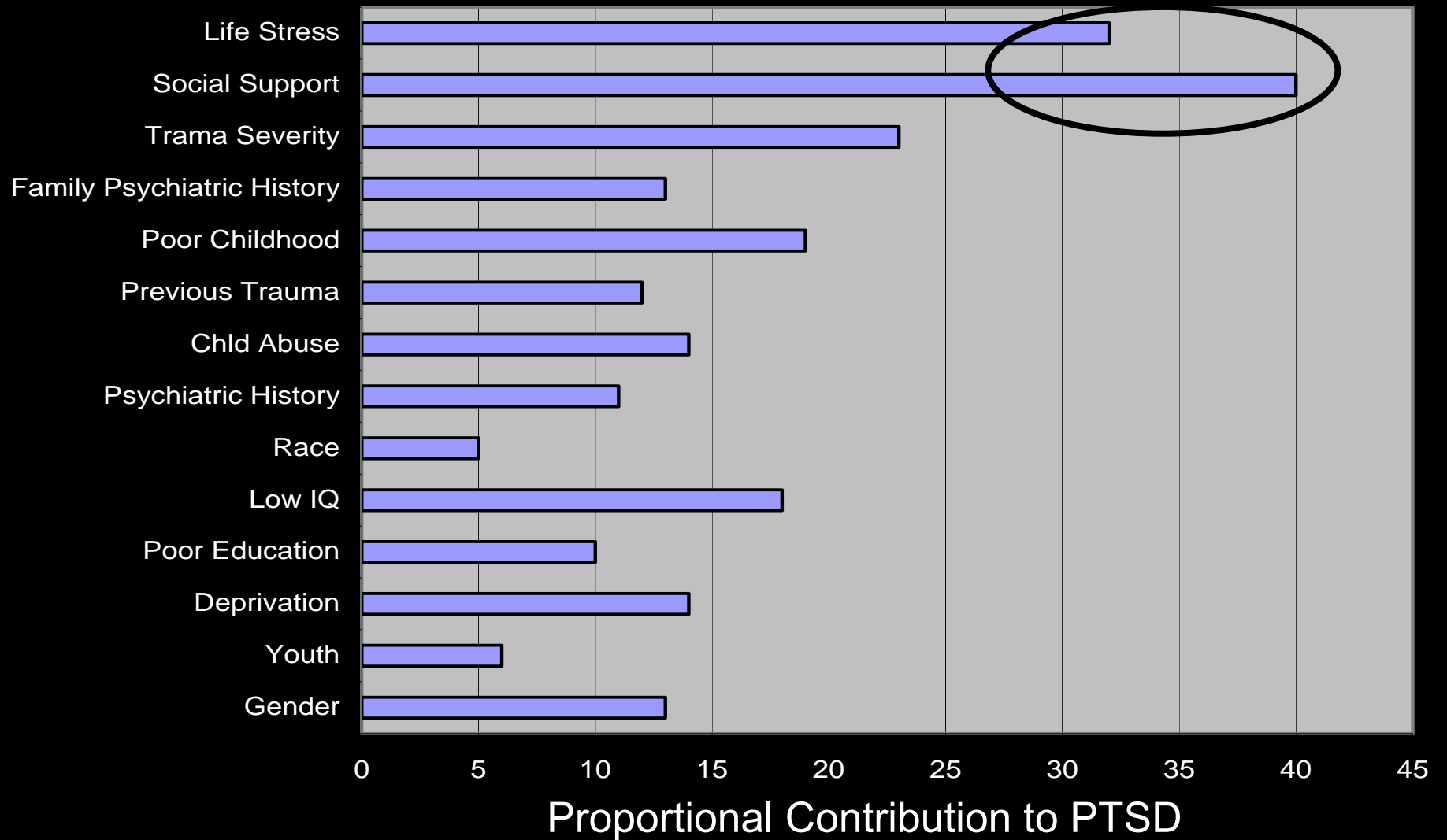


Risk Factors* (TRiM Practitioner assessed)

- n Perceived being out of control during the event
- n Thought that their life was threatened during the event
- n Blames others for some aspect(s) of the event
- n Expresses shame about their behaviour relating to the event
- n Experienced acute stress following the event
- n Experienced substantial general stress since the event such as problems with work, home & health
- n Has had problems with day to day activities.
- n Talks about problems relating to previous traumatic incidents
- n Has problems accessing social support, (Family, Friends, Peer Support)
- n Has been drinking alcohol excessively to cope with their distress

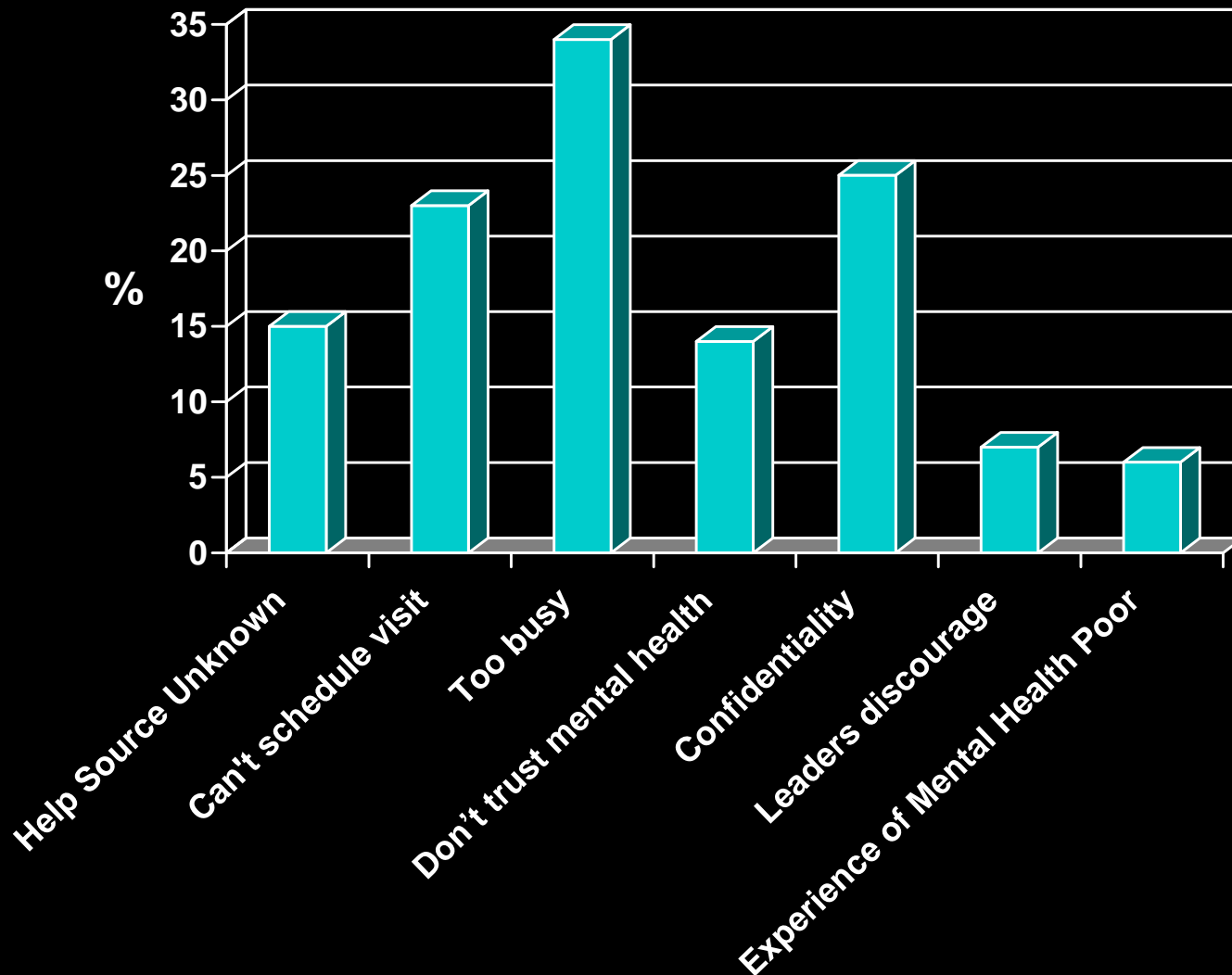
*assessed as not present, partially or fully present

Risk Factors for PTSD



Source – Brewin et al 2000

Barriers to Care on Deployment



Source – ACDMH, OMNHE Study 2009

So, What do we Hope to Achieve?

Social Support:

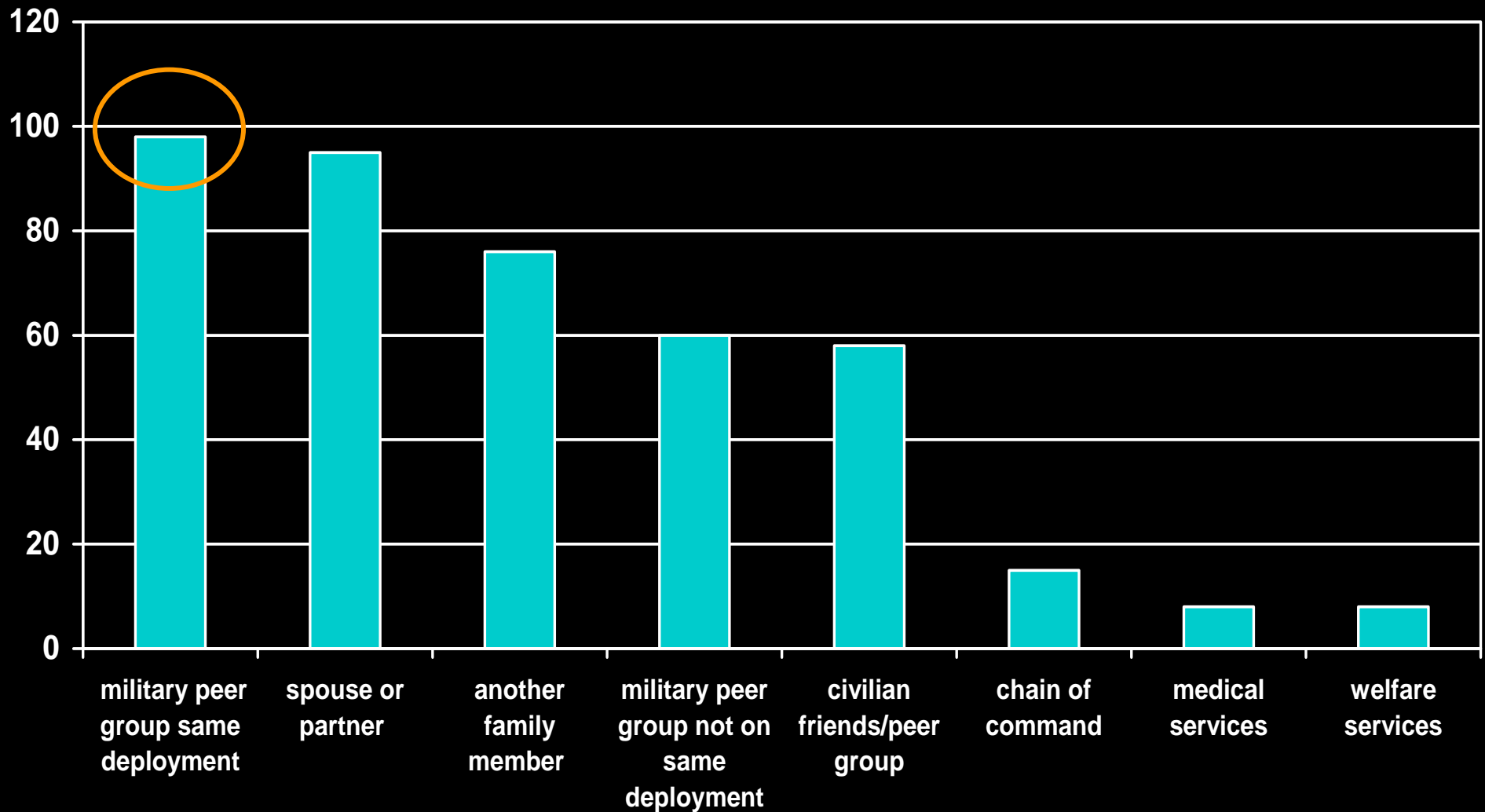
Stress Buffering:

- There when you need it
- Support from those around you

Main effect: There all the time

- Peer pressure
- “resilient organisation”

Who did peacekeepers talk to?



Greenberg et al, 2003

So, why TRiM?

- Peer delivered (increased social support)
- May help reduce barriers to care
- A possible post-incident screen - should identify those who need help
- Evidence based
- Doesn't rely on 're-living' - so should do no harm

What Evidence?...

- TRiM may help to **accurately identify those who develop problems** (compared with the Impact of Events Scale) and may have assisted them in returning to work (Post 9/11, British Foreign Office – small numbers studied)
- TRiM may help with **social support** (Comparative practitioner training study – those trained had better mental health and positive attitudes (post training and follow up) compared with those not trained)
- TRiM may help with organisational functioning (TRiM RCT – reduction in military offences in TRiM trained Royal Navy ships compared with non-TRiM trained)
- TRiM does no harm (TRiM Trial)

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