

Trauma Resiliency Model (TRM) Analysis

Trauma Resiliency Model (TRM) Survey Results

The following information was collected from the staff of the Department of Behavioral Health, (DBH) San Bernardino County. The Department of Behavioral Health serves the underserved population with mental health challenges within the largest county in the U.S. The County has invested in a Train the Trainer Program and now have their own TRM trainers. Over 400 of their staff (case managers, social workers, counselors, psychologists, psychiatrists) have been trained. The survey was conducted by the training center of DBH to determine the staff's perceptions of the usefulness and effectiveness of the Trauma Resiliency Model.

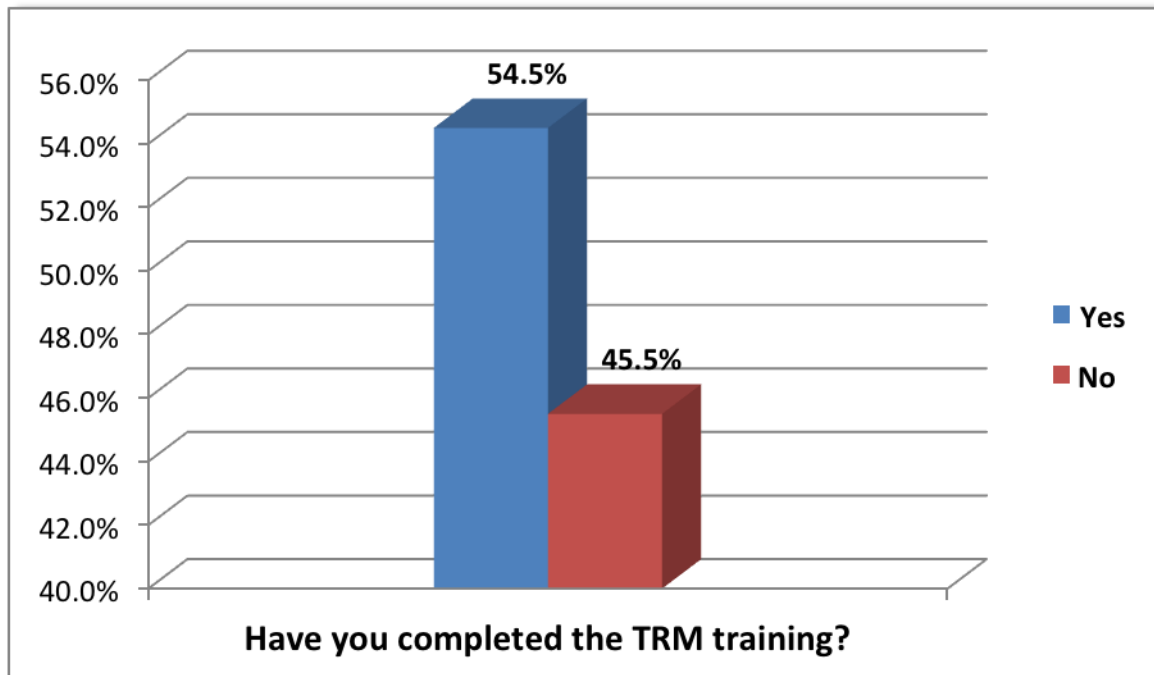
A survey was sent to all DBH staff and contract agencies to assess if previous trainees utilized the principals they learned from TRM and how often they used those techniques. The survey was conducted August 3, 2012 to August 10, 2012. There were 242 respondents to the survey. The survey had 9 questions. The first question directed the respondent to skip questions 2 – 8 and answer question 9 if the respondent answered no.

Questions and Results

Have you completed the TRM training?

Yes N = 54.50% (132)

No N = 45.50% (110)



Do you use the TRM techniques?

Yes N = 83.3% (115)

No N = 16.7% (23)

Do you use TRM at work?

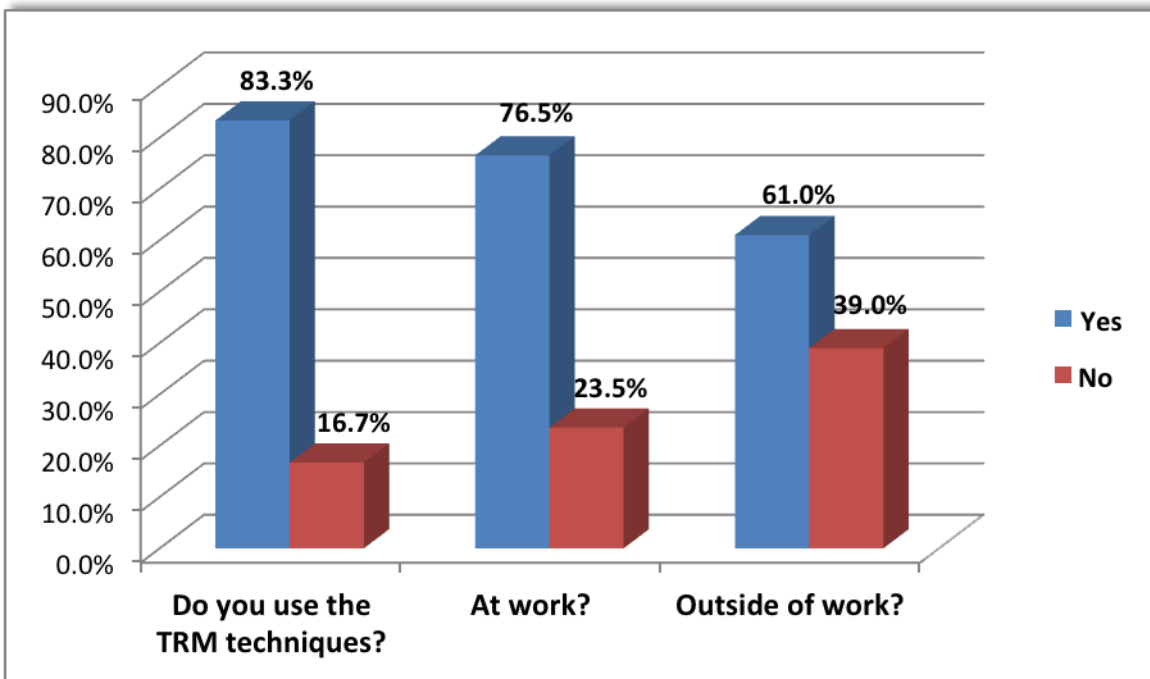
Yes N = 76.5% (104)

No N = 23.5% (32)

Do you use TRM outside of work?

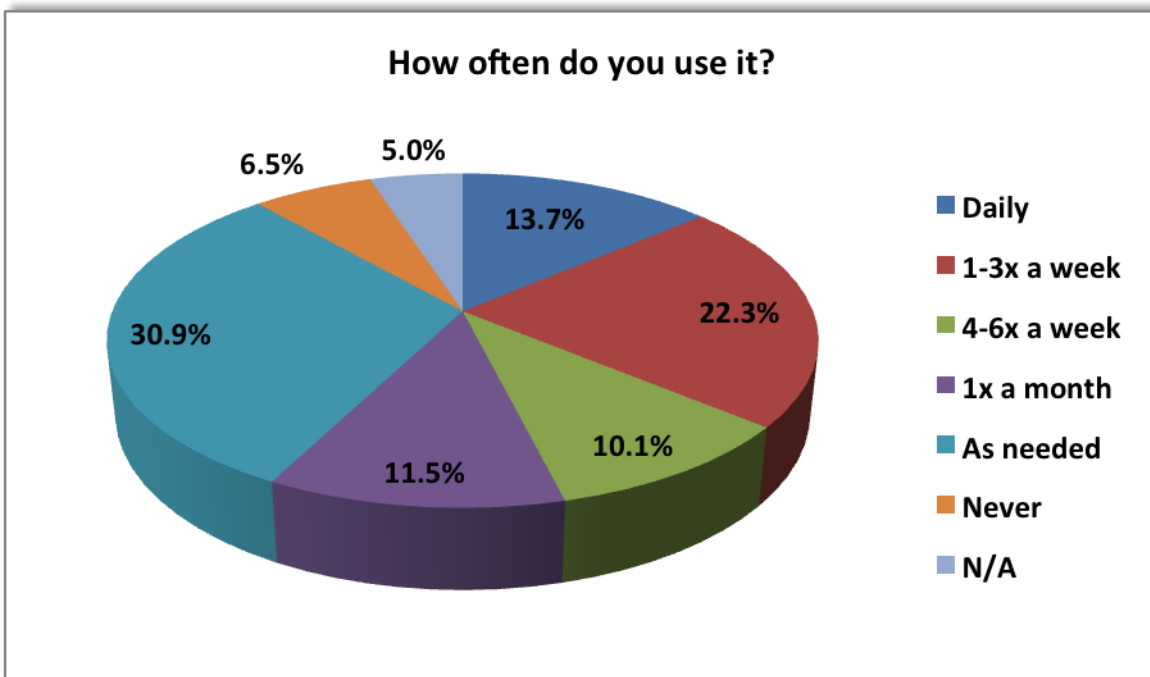
Yes N = 61.0% (83)

No N = 39.0% (53)



How often do you use it?

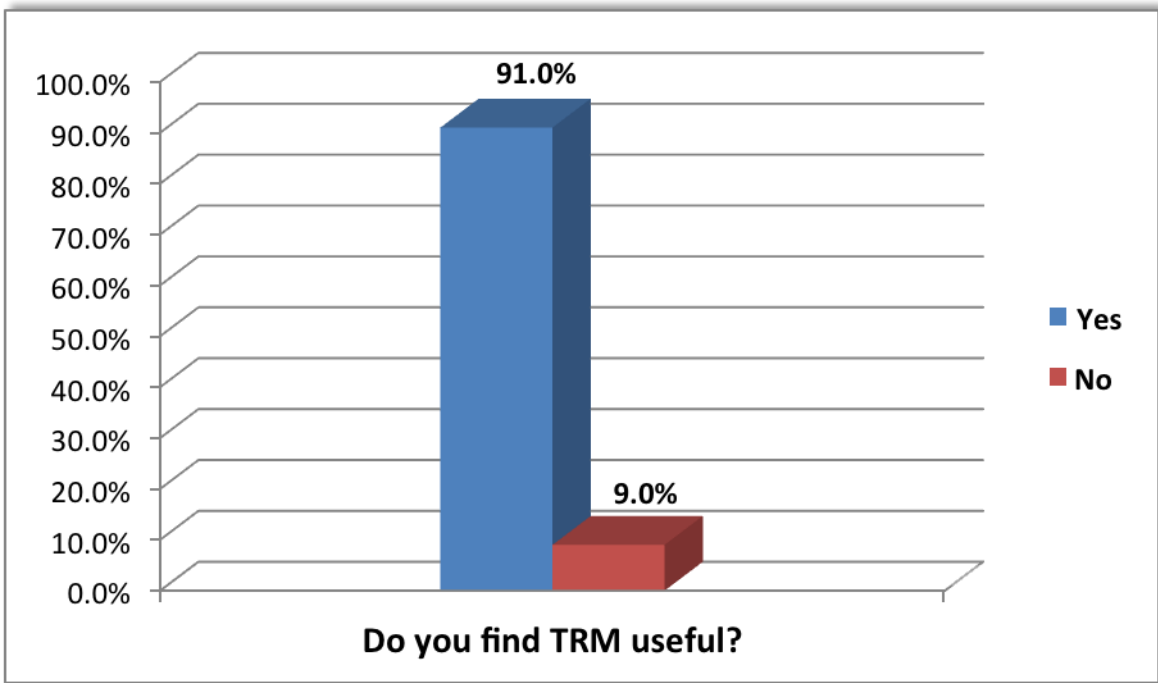
Daily	N = 13.7% (19)
1-3x a week	N = 22.3% (31)
4-6x a week	N = 10.1% (14)
1x a month	N = 11.5% (16)
As needed	N = 30.9% (43)
Never	N = 6.5% (9)
N/A	N = 5.0% (7)



Do you find TRM useful?

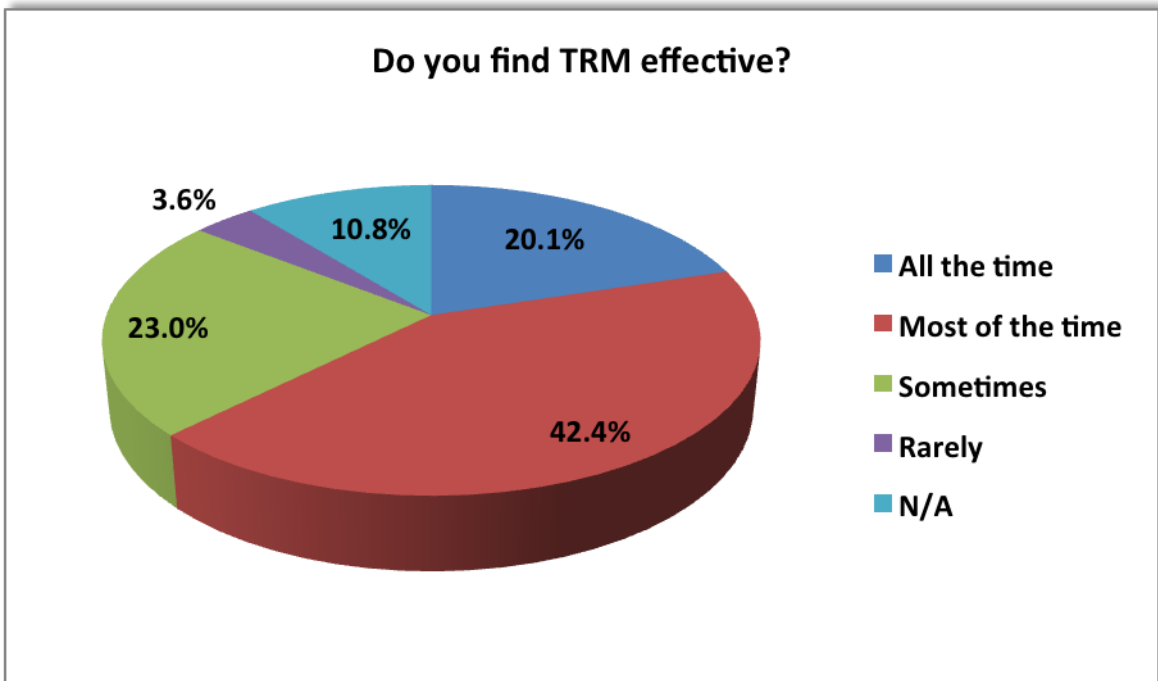
Yes N = 91.0% (122)

No N = 9.0% (12)



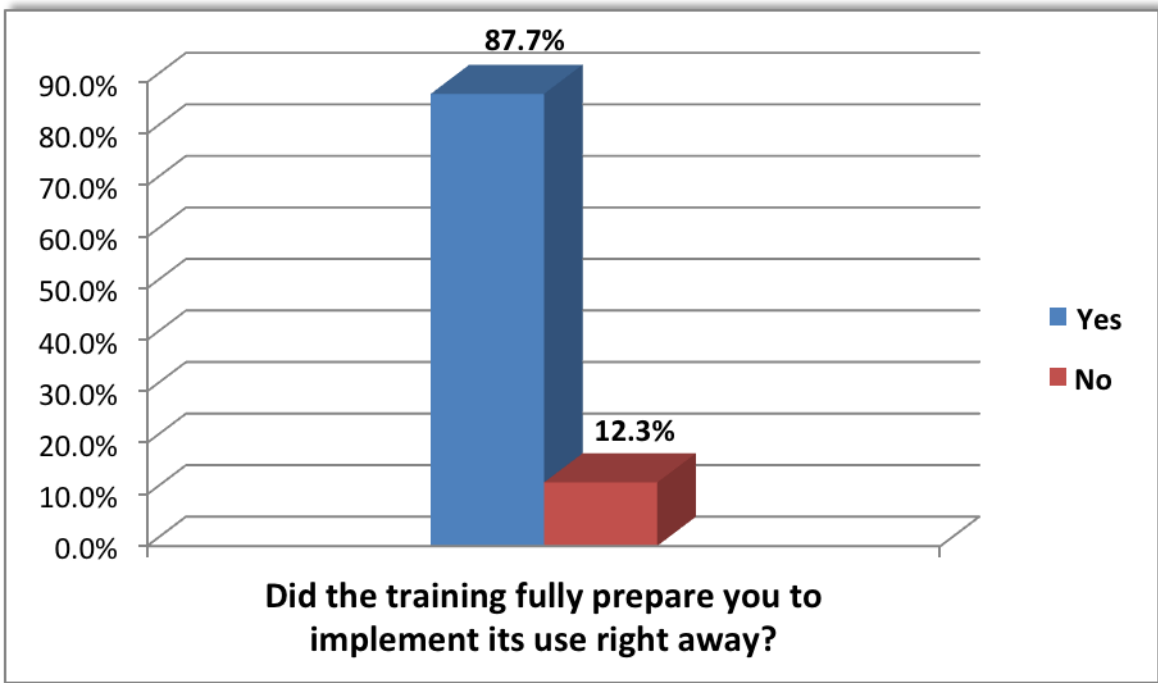
Do you find TRM effective?

All the time	N = 20.1% (28)
Most of the time	N = 42.4% (59)
Sometimes	N = 23.0% (32)
Rarely	N = 3.6% (5)
N/A	N = 10.8% (15)

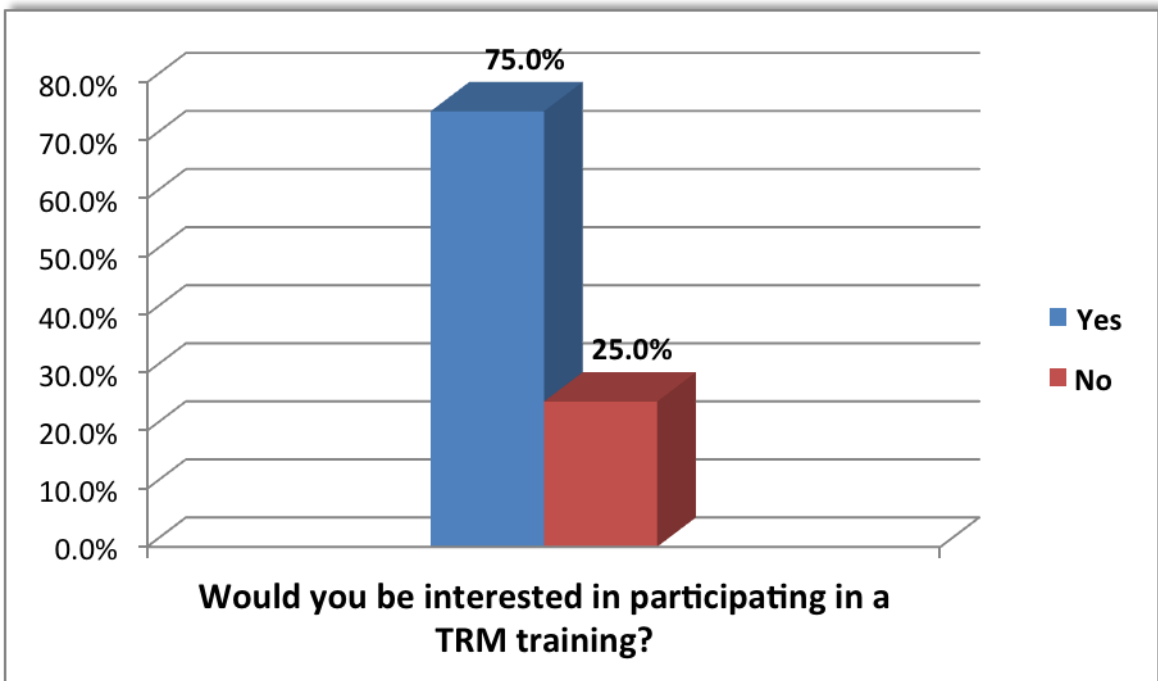


Did the training fully prepare you to implement its use right away?

Yes	N = 87.7% (114)
No	N = 12.3% (16)



ANSWER THIS QUESTION ONLY IF YOU ANSWERED NO ON QUESTION 1: Would you be interested in participating in a TRM training?
 Yes N = 75.0% (93) No N = 25.0% (31)



Findings

Over 83% of the respondents use the TRM techniques they learned. 76.5% of the respondents use the TRM techniques at work. Interestingly, 61% use the TRM techniques outside of work. This would seem to indicate the versatility of TRM techniques in personal settings as well as professional ones.

Nearly 58% of the respondents use TRM techniques as little as once a month to daily. However, another nearly 31% of respondents use TRM techniques as needed, which may be multiple times a day. In total, nearly 90% use TRM techniques which points to the usefulness of the model.

When the respondents were asked if they found TRM useful, 91% responded yes. Moreover, when asked if they found TRM effective 20% answered all the time and nearly 43% answered most of the time. Another 23% responded sometimes. Taking the responses as a whole, 85.5% of the respondents find TRM effective.

Approximately 88% of the respondents were able to implement the TRM techniques learned in class right away.

Listed below are key themes of responses to questions posed post-TRM Training:

1. How will this course help you?

- I believe it will be useful in the field to help clients de-escalate and sustain longer periods without hospitalization.
- It will help me de-escalate teenagers more effectively in a short amount of time.
- It will be helpful with self-care, including prevention of burnout as well as improvement in skills.
- As a new way of communication with clients that is quick and to the point.
- It can help teach the client to identify problem areas of stress in the family and what resources they have to stay positive when in crisis.
- It will help me in working with adolescents who have suffered trauma and those clients who have difficulty verbalizing feelings.
- This course will be extremely useful with the current population that I'm working with due to the high occurrence of trauma they've experienced.

2. Which aspects of the course did you find most helpful?

- The experiential components with facilitators to guide and help actually do the skill vs. just cognitive learning.
- All of the interactive exercises helped further the information I received and increased my comfort level to use these strategies when working with others.
- The process of helping a person to be able to look at a stressful situation with less negative emotional arousal.
- The ability to utilize the client's awareness of body stressors and identify the positive resources to reduce activation of stressors.
- It was educational, experiential and pragmatic. I long to know more and look forward to facilitating and teaching.
- I found grounding the most helpful. It is the most basic yet the one technique that can relax someone.
- The instructor knowledge, experience, professionalism and personality (including facilitators).

3. Which aspects of the course did you find least helpful?

- Three days of training only touch the surface.
- I would have liked more applications of an actual process in a group setting.
- I would have liked more interaction with the reading of the PowerPoint's.

4. Comments/Suggestions:

- I would recommend this course to the staff that I work with.
- Have a refresher course during the year.
- Clinic supervisors and all treatment staff should encourage staff to attend the training.
- Good method – a lot of potential to use in many settings.
- I appreciate the level of dedication and commitment to this effort by trainers. It is clear they believe in this modality.
- I loved this course! Thank you for allowing me to attend. I feel honored.

