



Preventing Suicide by
Engaging Elite Military
Forces in Mental Healthcare
through a Grassroots
Developed and Command-
Led Mental Health Initiative

Lt Mo Morris

What is REGAIN?



REGAIN is a Mental Health (MH) Initiative of Marines, by Marines, for Marines to increase MH awareness and reduce barriers to treatment.

Aim



The aim of REGAIN is to improve MH awareness within the RM and the RM family, allowing all ranks to receive a basic education in MH symptoms and streamlined access to MH services, through credible delivery of the message.



Background

Method



- Focus groups were held with Royal Marines from the United Kingdom's 3 Commando Brigade.
- A total of 15 RM ranks all undergoing treatment.
- Focus Gp was used to design the project from the ground up.
- The philosophy of “of Marines, by Marines, for Marines” was followed throughout.

Method Cont...



- This philosophy has remained the backbone of the project.
- Content endorsed by Royal Navy Mental Health Services.
- Project endorsed and owned by RM senior Command.

Focus Group Results



Themes identified:

- The message must be credibly delivered.
- Command must support and endorse help-seeking.
- Education on the symptoms of mental health disorders.
- Contain an indication on what the likely outcome would be if you do not seek help.
- It must deal with stigma and then present the realities of seeking help.
- Include detailed information on how to seek help and the process of treatment.
- Must include a simple system for **self-referral**.

Rolling Out the Initiative



- Must be credible at the point of delivery.
- 1* Approval. Issued the implementation order.
- Education to RM Chain of Command.
- Project commenced in Jan 17.
- 16 Referrals so far with 11 assessed.

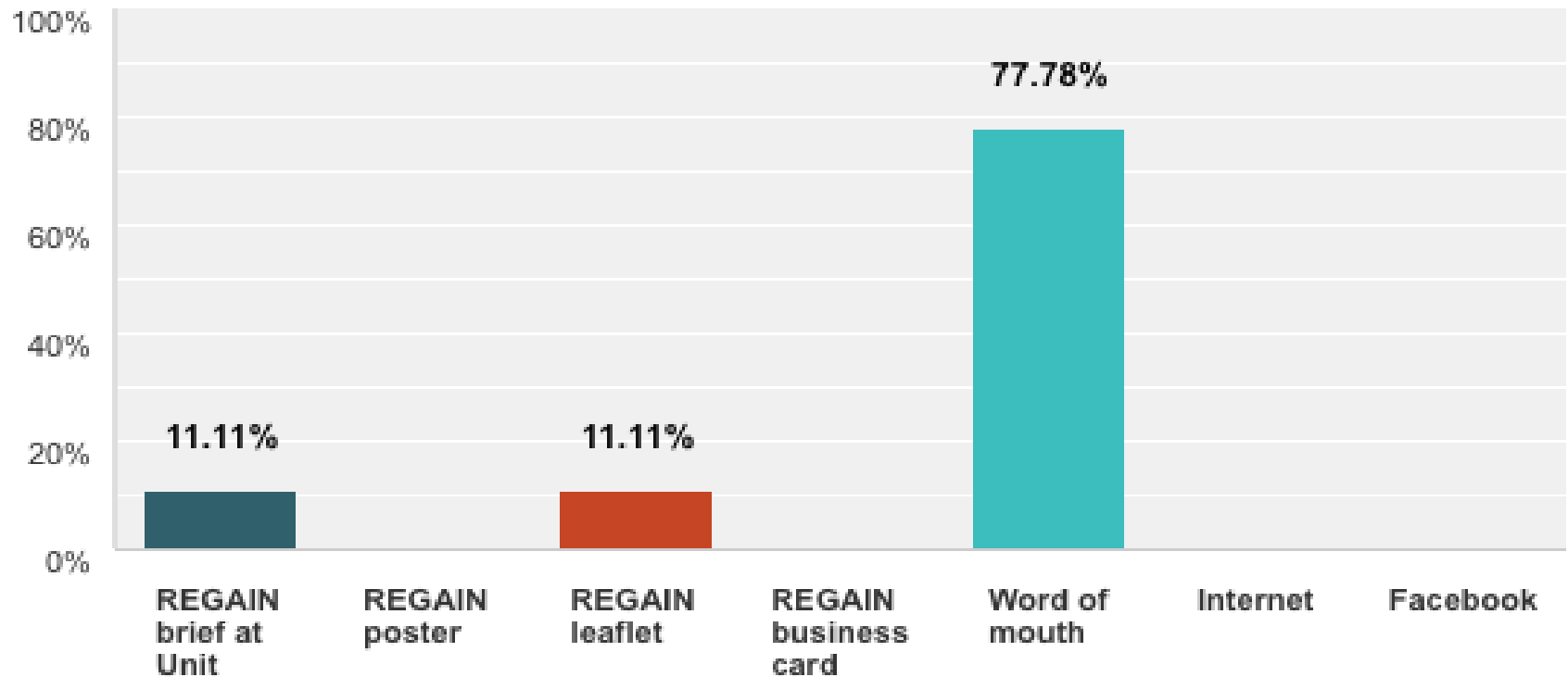


Results



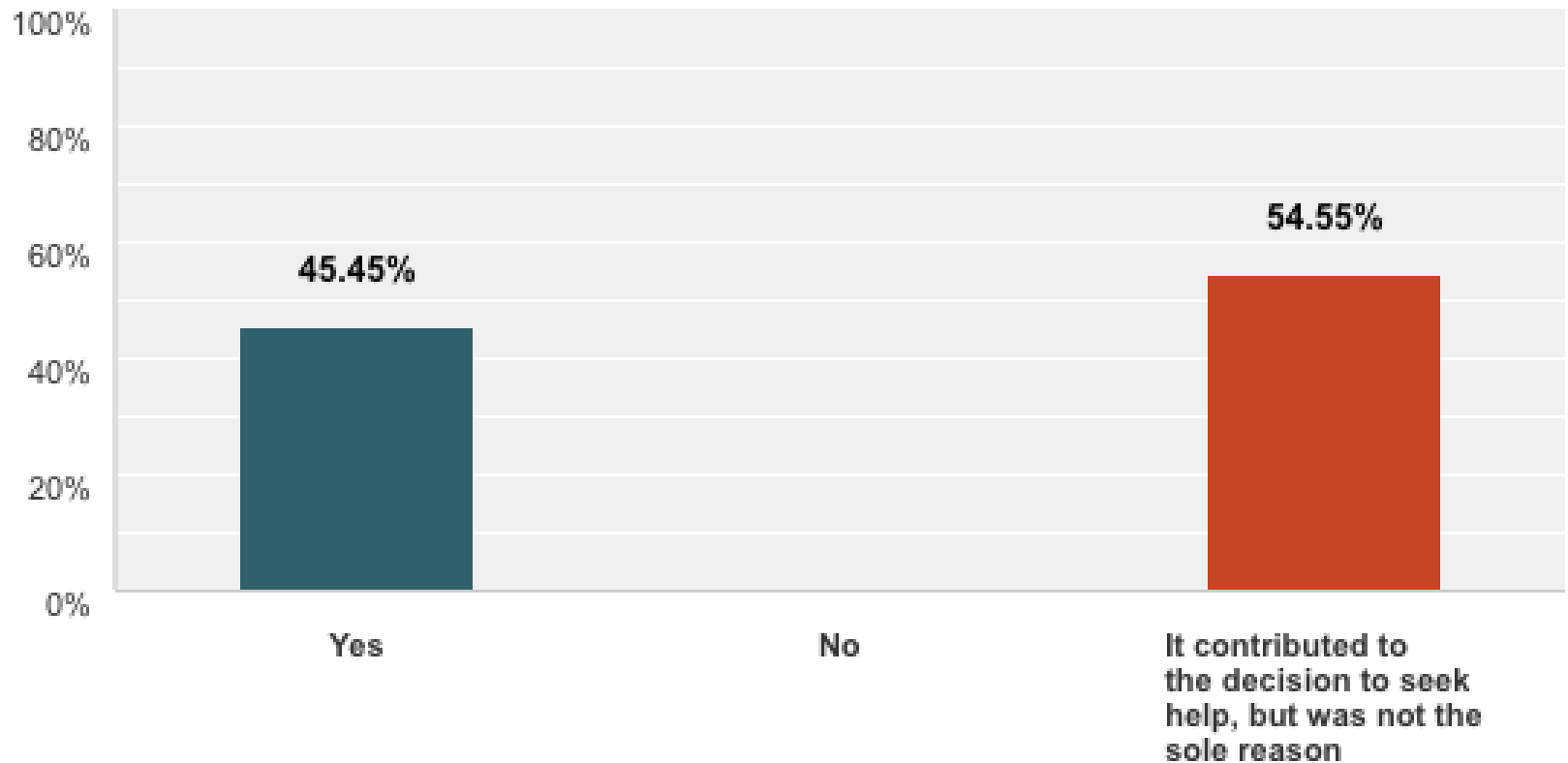
How did the patient find out about self-referral? More than one answer possible.

Answered: 9 Skipped: 2



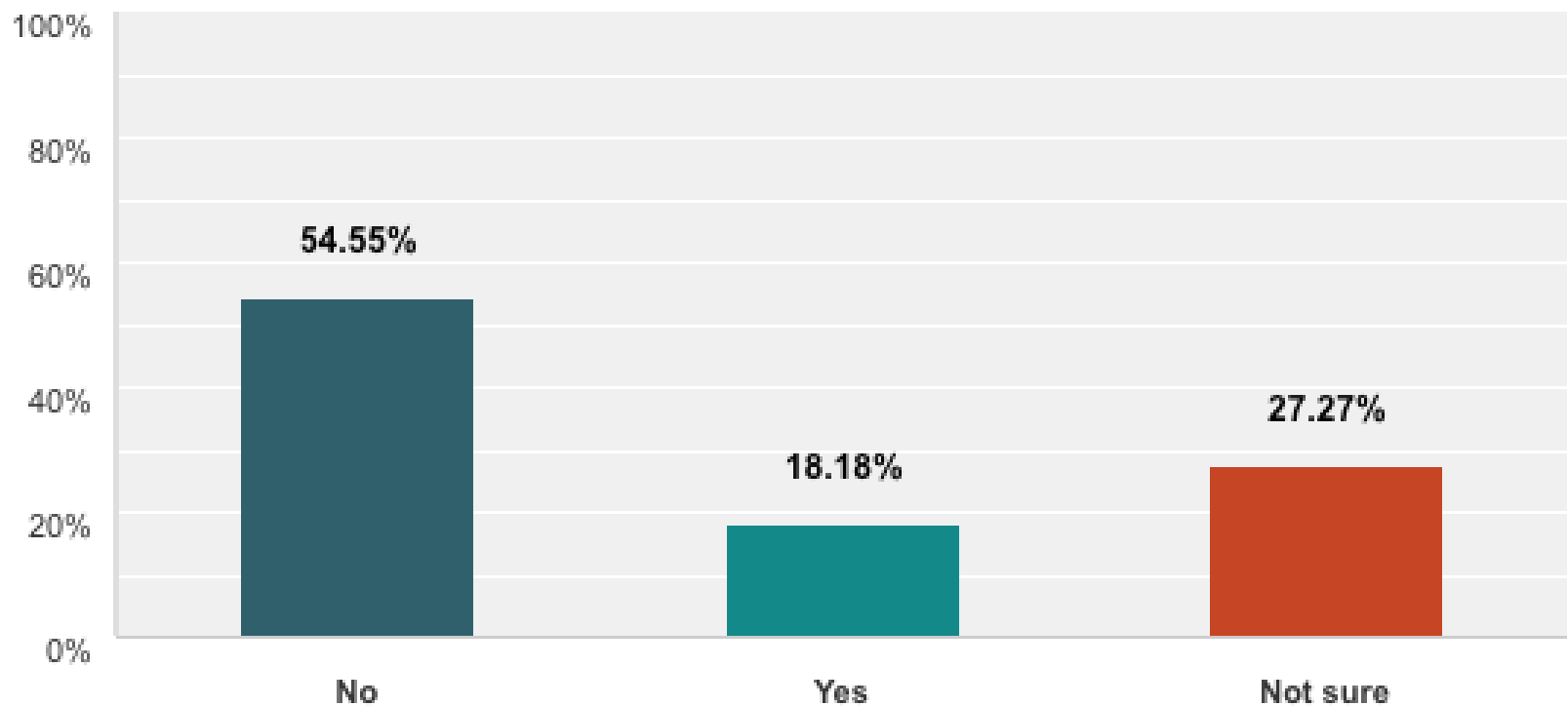
Did the REGAIN program prompt the patient to seek help?

Answered: 11 Skipped: 0



If self-referral was not an option for the patient, would they have sought help from their GP?

Answered: 11 Skipped: 0



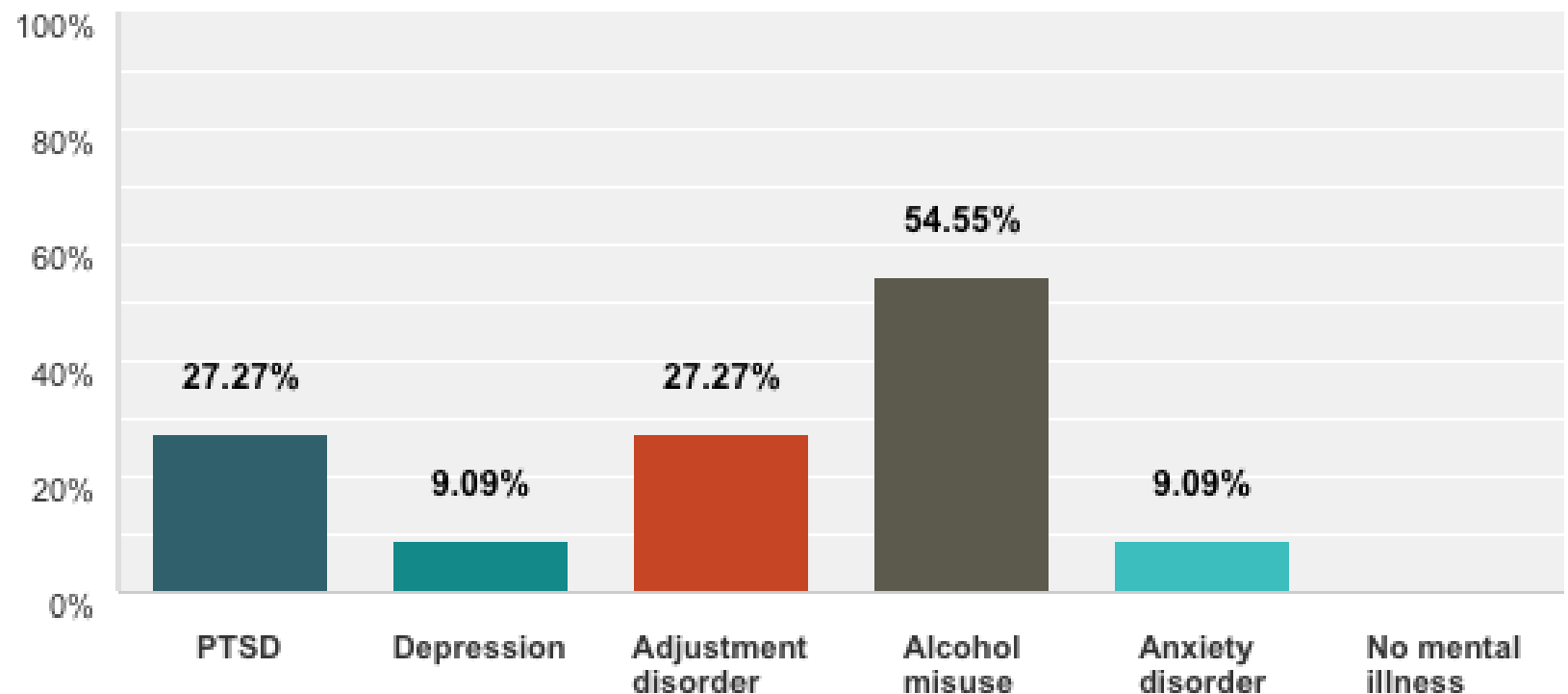
What stopped the patient from seeking help for their mental health problems sooner (defined as within 3 months)? More than one answer possible.

Answered: 11 Skipped: 0



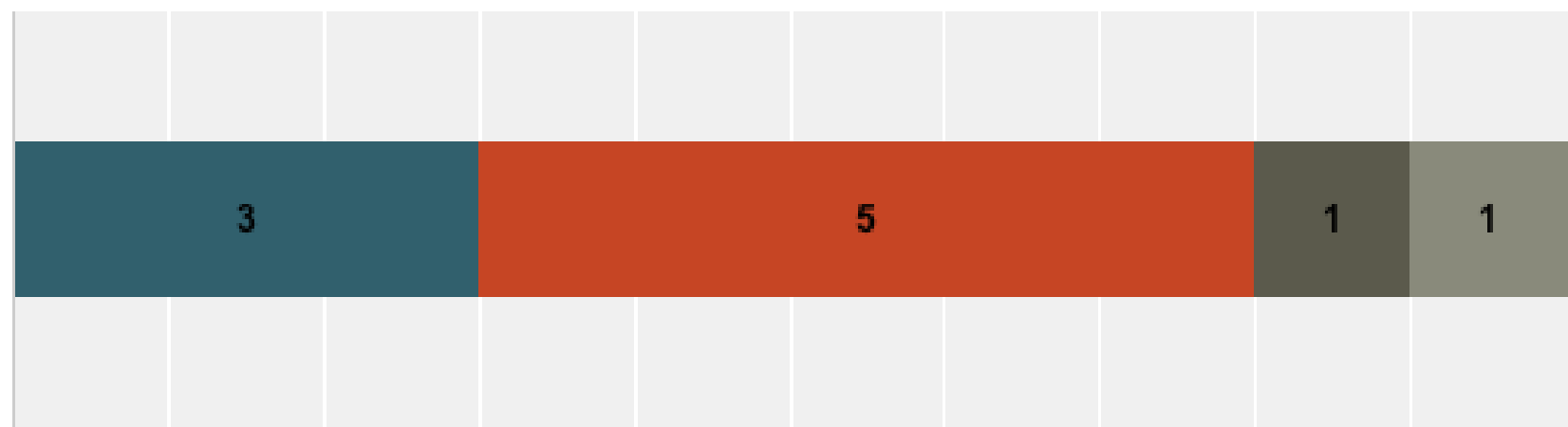
What was your provisional nursing diagnosis at assessment? (more than one answer possible)

Answered: 11 Skipped: 0



What did you offer the patient or agreed to discuss with the MDT? (more than one answer possible)

Answered: 8 Skipped: 3



0 1 2 3 4 5 6 7 8 9 10

- EMDR
- tf-CBT
- Low Intensity CBT
- High Intensity CBT
- Clinical Psychology
- MBARC
- No intervention needed from DCMH
- Signposted to other services
- Watch and wait with follow-up



Summary



Questions?