

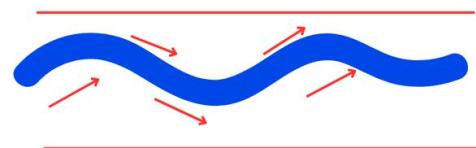
# Trauma and Resiliency Informed Model (TRIM)

The Commission takes seriously the impact past experiences have had on those coming forward for investigations. To equip the Commission to support Requesting Individuals in a way that lessens the impacts of retraumatisation and increases wellbeing through connection to individual resilience, staff are trained in the Community Resiliency Model® wellbeing skills as taught by the Trauma Resource Institute in California. Fidelity to the Community Resiliency Model® is ensured by oversight within the Commission and by the Trauma Resource Institute. You can read more about the Community Resiliency Model® here: [www.traumaresourceinstitute.com](http://www.traumaresourceinstitute.com).

The Community Resiliency Model® is core to the Commission's TRIM approach. Using the 6 wellbeing skills of the Community Resiliency Model®, the Commission has developed various aspects of our work by taking the skills, training staff to use them in our context and developing ways of applying them. The focus is on listening and noticing – listening to you as you speak and engage with us and noticing any signs of how engagement is affecting you and bringing the skills into play to help

balance how you are feeling. Our aim is to ensure your engagements with us are wellbeing focused and personal to your needs.

THE OKAY ZONE OR RESILIENT ZONE



YOU CAN WIDEN YOUR OKAY ZONE  
BY PRACTICING SKILLS

Our development work and training include:

- Case Support conversational wellbeing skills
- Investigators use of the wellbeing skills when taking formal accounts of past events
- a specialised team of Case Support Workers and investigators who will use the wellbeing skills when you want to make a personal statement and offer you training so you can use the skills for yourself
- the Findings Team who will use them when discussing your report with you.

# Trauma and Resiliency Informed Model (TRIM)

Learning from trauma informed and resiliency focused practice informs how our Reports are written and how our information is published. We continue to learn and apply that learning using the TRIM approach as we progress our work and review process and practice. This makes TRIM a living response to what we learn from you as you engage with us.

TRIM also provides staff with wellbeing supports for themselves and the skills to support each other so they can support those engaging with the Commission. You can read more about our [Framework for Implementing the Trauma and Resiliency Informed Model](#) on the ICRIR website.

TRIM aims to provide people with the skills to remain in, or come back into, their resilient zone. Daily practice of the 6 wellbeing skills can widen the resilient zone, increasing wellbeing and decreasing the point at which individuals begin to experience retraumatisation. Your Case Support Worker can tell you more about TRIM, help you learn the wellbeing skills for yourself and share information with you about how trauma continues to impact us. They can also assist you to

understand how continued stress and deep grief affect your wellbeing and how the same wellbeing skills can assist you to remain balanced, feeling more able to cope with the experience of engaging with the Commission.



iChill is a free app that teaches 6 wellness skills from the Trauma Resiliency Model (TRM)® and Community Resiliency Model (CRM)® to help you manage sensations associated with trauma and stress, enhancing your well-being.