



THE VETERANS'
MENTAL HEALTH
CHARITY



Supporting Reservists

Presentation to
Moray Firm Base
Working Group
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Categories of Reservists

- Regular Reservists (all are “Veterans”)
 - Royal Navy/Royal Marines - 16,000
 - Army - 35,000
 - RAF - 6,000
- Volunteer Reservists



Volunteer Reservists

- Maritime Reserves

 - Royal Naval Reserve (RNR - Approx 2,000)

 - Royal Marines Reserve (RMR - Approx 600)



- Territorial Army (TA - Approx 20,000)

 - (Soon to be renamed the Army Reserve)



- Royal Auxiliary Air Force (RAuxAF - Approx 1,180)



Future of the Reserve Forces

- Redundancy from the Regular Armed Forces
- MOD intends to increase size and role of the Volunteer Reserve Forces (Future Reserves 2020)



Current 2012

Reserve trained strength

Royal Navy (RNR/RMR)



Army (TA)



Royal Air Force (RAuxAF)



Total: 23,080

There are around 36,000 members of the Reserve Forces of which 23,080 are trained to Phase 1 level.

Future 2018

Reserve trained strength

Royal Navy (RNR/RMR)



Army (TA)



Royal Air Force (RAuxAF)



Total: 34,900

Defence to increase UK Reserve Forces trained strength (trained to Phase 1, Phase 2 and where applicable, to phase 3 levels) to 34,900 by 2018.

Source: Ministry of Defence, Future Reserves 2020 Review (July 2011) and Reservists Statistics (30 April 2012).

Kings Centre for Military Health Research Study May 2011.

Coming Home: Social functioning and the Mental Health of UK Reservists on Return From Deployment to Iraq or Afghanistan)

- **“Empirical studies based in both the US and UK have demonstrated that, compared with Regular military personnel, Reservists have an increased prevalence of mental illness post deployment.”**
- **“Conclusion: Many Reservists find the transition from military life to civilian life difficult. Differences in post deployment experiences may explain some of the increased rates of mental ill health among Reservists.”**



Kings Centre for Military Health Research Study May 2010.

What are the consequences of deployment to Iraq & Afghanistan on the mental health of the UK Armed Forces? A cohort study.

- **“Probable post traumatic stress disorder was significantly associated with being a deployed Reservist, and alcohol misuse was significantly associated with being a deployed regular.”**
- **“....both reservists, and combat personnel have more mental health problems after deployment.”**

TA & RF Mental Health

- **Approx 30,000 TA&RF Telic/Herrick mobilisations since 2003.**
- **Research suggests that up to 20% of Reservists returning from deployments will develop some form of MH problem. (5% likely to develop PTSD).**
- **Since 2003 this potentially equates to approx 5,500 personnel (perhaps over 1000 with PTSD)**
- **MOD RMHP has assessed/referred just 158 Reservists and ex Reservists for MOD treatment since establishment in 2006.**
- **A further 317 screened by MHTs at RTMC since 2003.**
- **Combat Stress currently has just 180 active TA and RF clients.**
- **This might leave approx 4,800 – where are they?**
- **Even if assumed that half in receipt NHS treatment this might leave perhaps 2,400 requiring help.**

Why should Reservists consider Combat Stress as an option?

When not mobilized,
off duty and in civilian
life a Reservist is
entitled to seek physical
or mental health

Treatment from any organization.

Combat Stress is one option.



Why should Reservists seek help from Combat Stress?

- Confidential, professional help delivered within NICE guidelines of clinical governance.
- Combat Stress is endorsed, and partly funded, by the NHS
- Local assistance and, if necessary, treatment .
- Many find the NHS a challenge.
- Because without Combat Stress many will get no help and their conditions will deteriorate.
- Early intervention is key.
- Might help save their TA/Reserves career.



How can you help us?

- **Help influence Armed Forces Champions/Networks groups.**
- **Help influence Medical Practices and GP Consortia etc.**
- **Help inform Veterans and Reservists' employers.**
- **Help inform Veterans welfare charities and groups etc.**
- **Help signpost Veterans and Reservists with mental health problems to us.**

www.combatstress.org.uk

Any Questions?

