

iCOVER: Rapid Peer-to-Peer Intervention for Acute Stress

THE OPERATIONAL IMPACT OF ASRs



1 IN 6 SERVICE MEMBERS

Report being so overwhelmed by combat stress that they stop functioning for a period of time



ASRs COMPROMISE UNIT READINESS

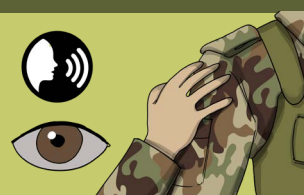
Unmanaged stress reactions jeopardize Service Member safety and mission

IDENTIFY



Determine when a teammate is likely experiencing an Acute Stress Reaction (ASR).

CONNECT



Get their attention using eye contact, voice and touch.

OFFER COMMITMENT



Reassure them that they are not alone.

VERIFY FACTS



Ask simple questions to prompt cognitive functioning.

ESTABLISH ORDER OF EVENTS



Ground them in time and provide situational awareness.

REQUEST ACTION



Provide a direct request for purposeful action.



iCOVER

Developed by WRAIR, iCOVER is a rapid peer-to-peer intervention for acute stress that can restore combat effectiveness. Studies indicate that iCOVER significantly improves Service Member confidence in managing ASRs.

Approved for public release; distribution unlimited

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iCOVER