



Trauma Resource Institute

www.traumaresourceinstitute.com

www.communityresiliencymodel.com

Supporting Community Members Post Hurricane Florence One Intervention: Community Resiliency Model®

Written by Elaine Miller-Karas of the Trauma Resource Institute

TRAUMA RESOURCE
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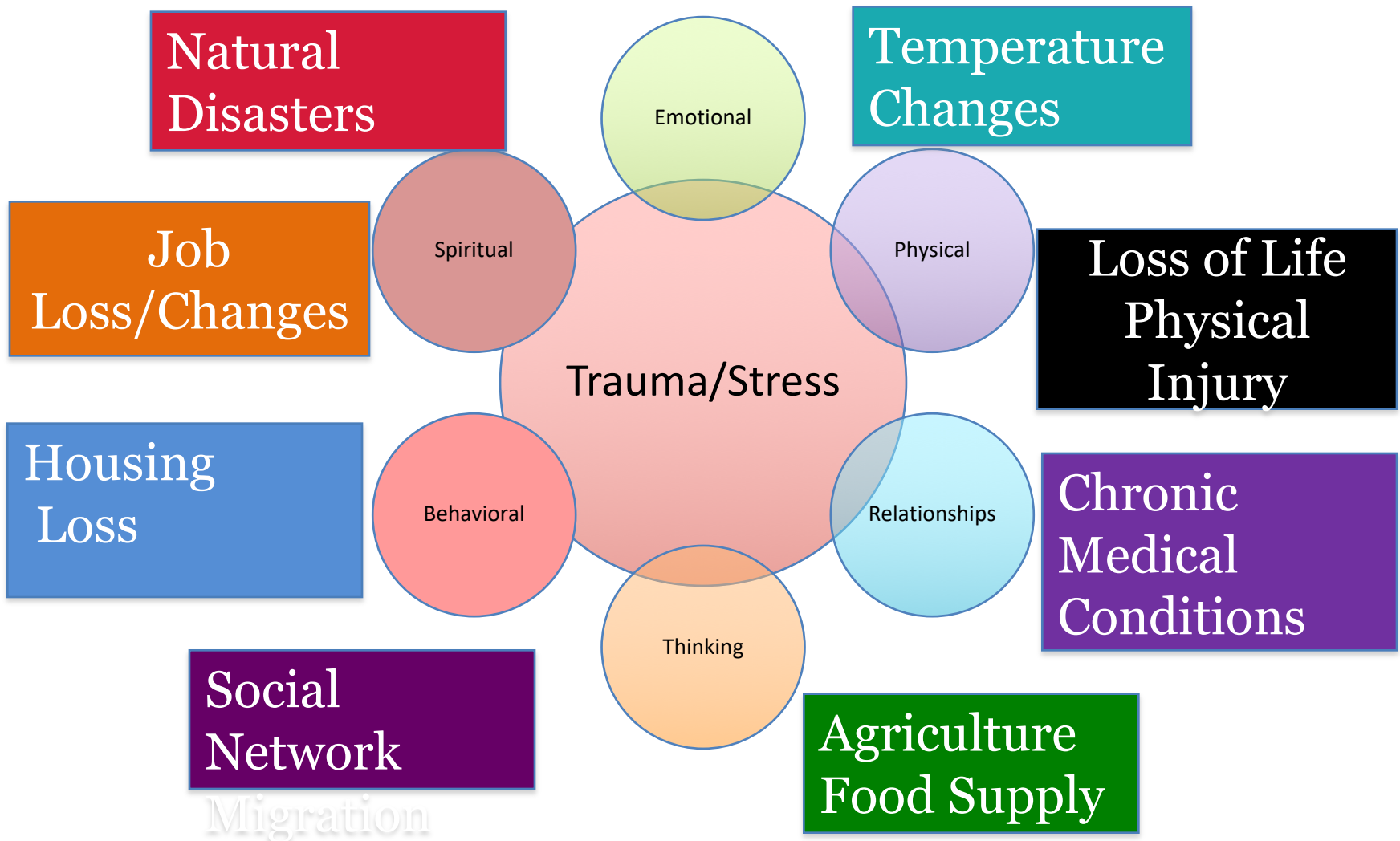
CRM Skills Teacher Trainings



Teacher Trainings
Charlotte, Asheville, Durham, Raleigh, Shelby
Carolina Health Care
Benchmark
Wake Co. School District
Duke University
MAHEC Asheville
General Public

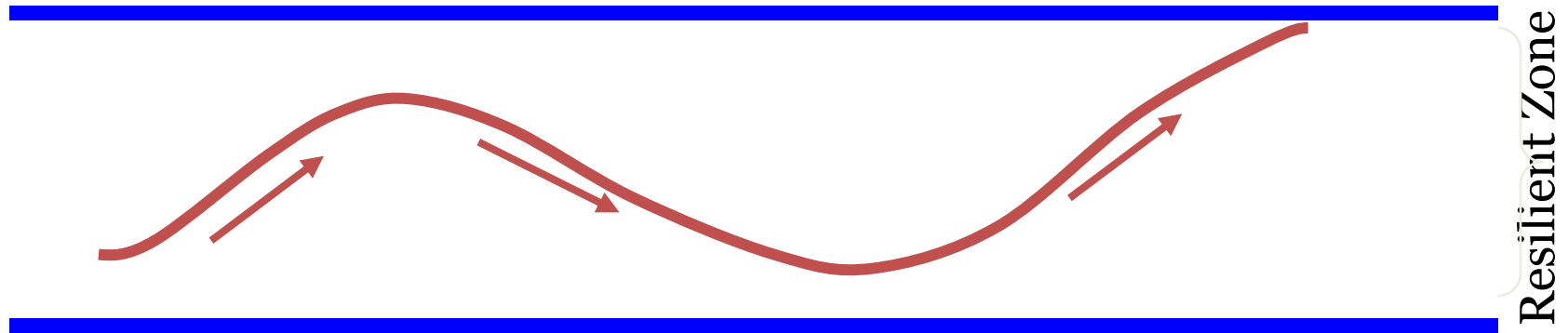
The Costs of Climate Change

Why Resiliency Skills are Critical



What is the Resilient Zone?

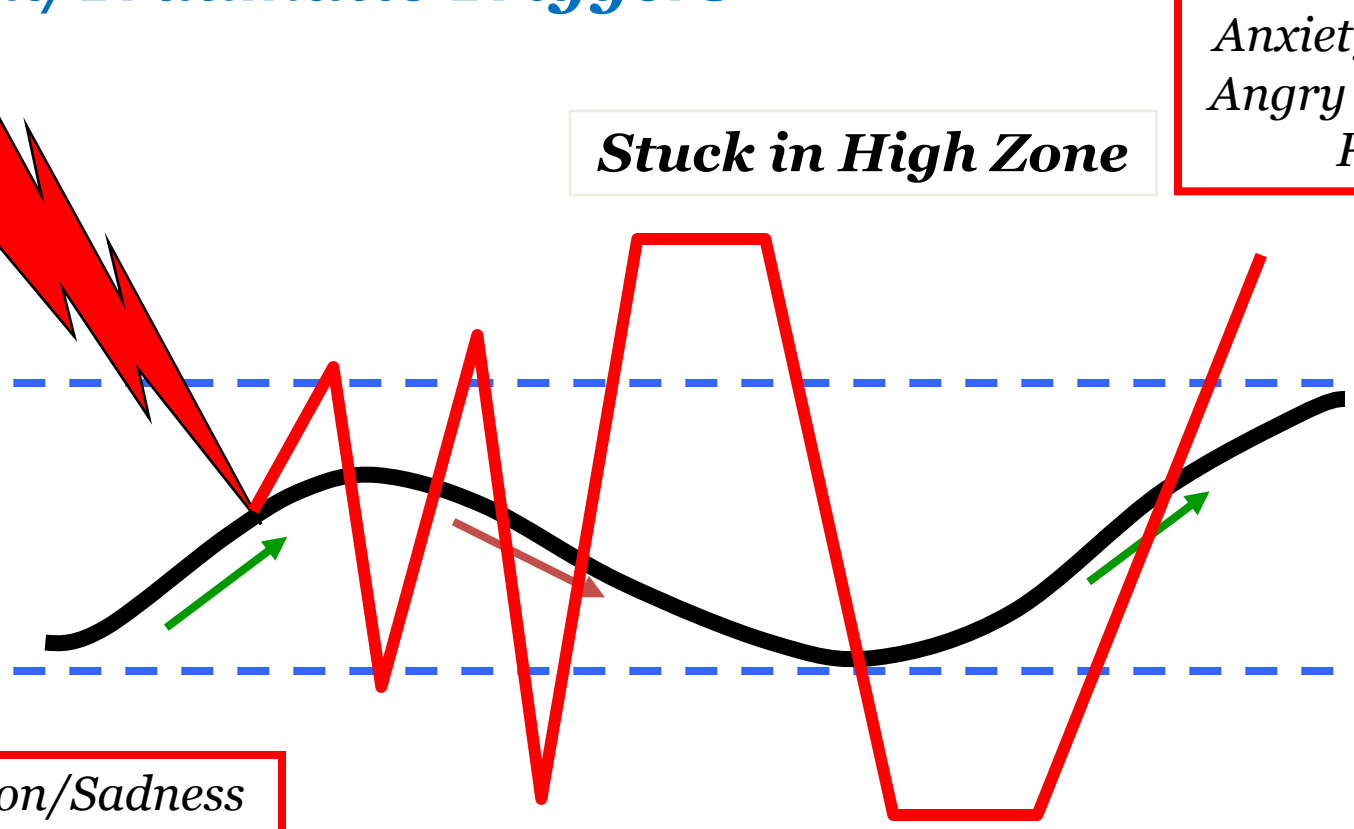
- ❖ A state of well-being in mind, body and spirit
- ❖ When in the Resilient Zone one is able to handle the stresses of life
 - ❖ You can be annoyed or even angry but do not feel like you will lose your head
 - ❖ You can be sad but not feel like you will be washed away by the river of sorrows



Traumatic/Stressful Event or Stressful/Traumatic Triggers

*Edgy
Irritable
Mania
Anxiety & Panic
Angry outbursts
Pain*

Stuck in High Zone



Resilient Zone

*Depression/Sadness
Isolated
Exhaustion/Fatigue
Numbness*

Stuck in Low Zone

Perspectives from the aftermath of Natural Disasters

Individuals who can access their Resilient Zones

- ❖ engage in self-care and care of their families
- ❖ help rebuild their communities
- ❖ are more open to new ways of creating better communities to meet the challenges from the past, present and future

- ❖ Many individuals around the world are not psychologically oriented.

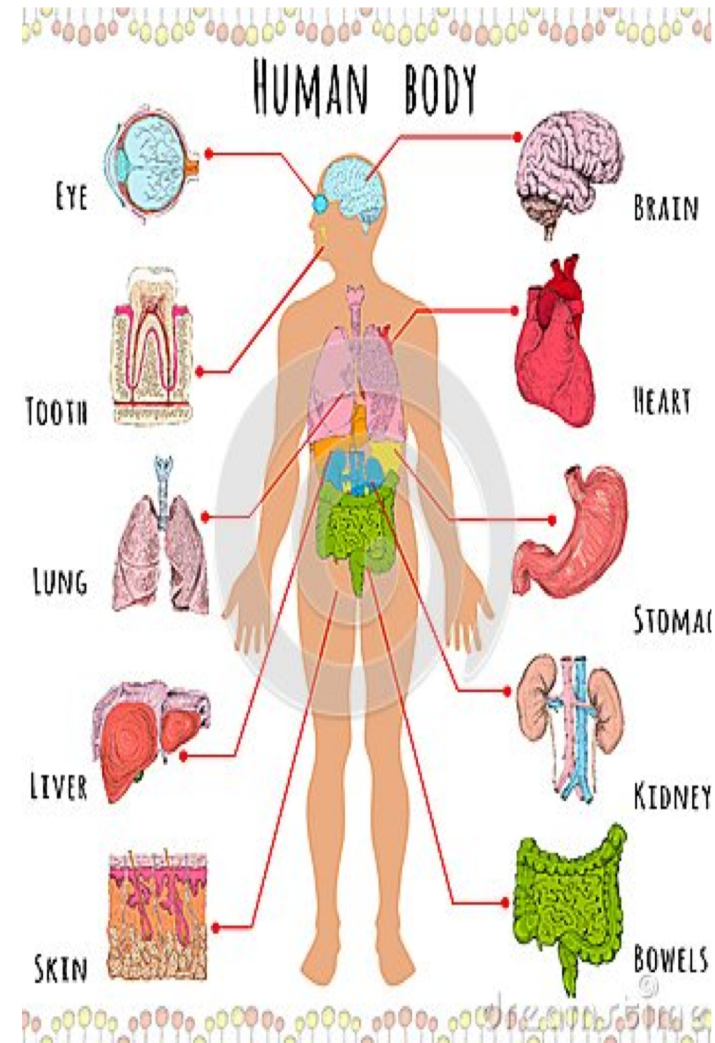
- ❖ Thinking outside the box and offering menu choices of skills that increase resiliency can positively impact individuals, families and communities



Primary Focus of CRM

Biology vs. Mental Weakness

- ❖ CRM's focus is on the biology of the human nervous system.
- ❖ There are common human reactions to stressful/traumatic events that effect the mind, body and spirit.
- ❖ CRM helps individuals and communities shift perspectives from human weakness or pathology to biology
- ❖ This vista makes interventions more accessible to those who are not “psychologically-oriented”.



Biological Lens

Physiological Distress

- ❖ Some individuals exhibit acute physiological distress after a traumatic event:
 - ❖ Elevated heart rate and respiration rate.
- ❖ Acute physiological reactions measured during or immediately after a traumatic event have been shown to predict the later development of PTSD. (Bryant, et al 2008)
- ❖ Highly distressed individuals are more likely to react unfavorably to cognitive-based early intervention that focus on retelling the trauma story than non-distressed individuals. (Mayou 2000)

What if we were already front-loaded with the ability to reset the nervous system by bringing attention to sensations of well being?

Who can CRM help?

- ❖ Individuals & Community
- ❖ For Self-Care



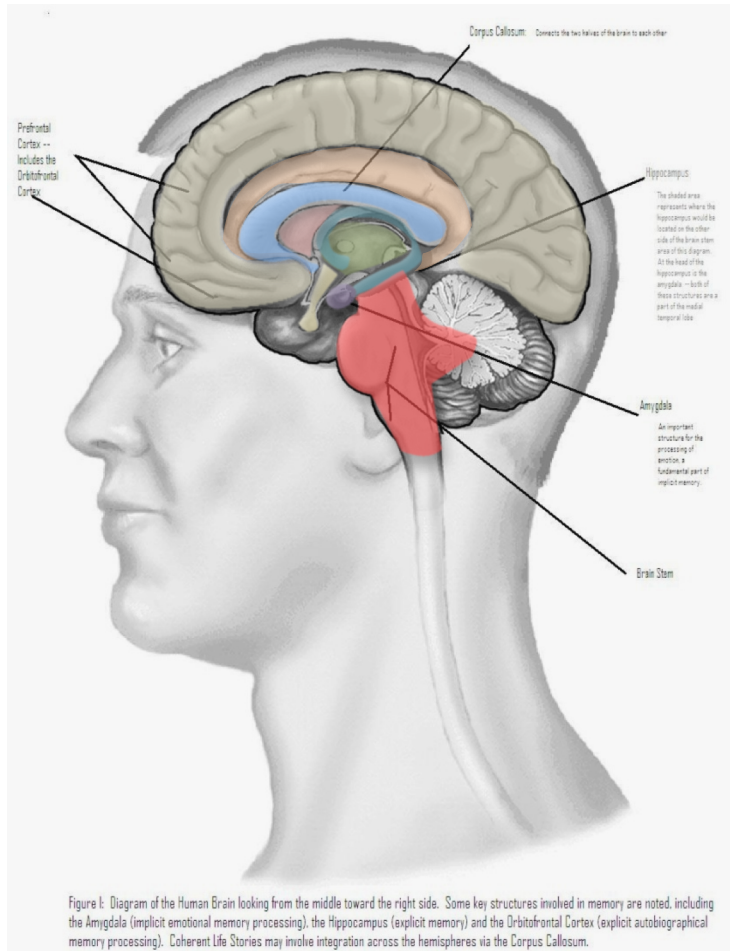
Interventions Are Easy To Learn

- ❖ A set of six wellness skills taught to members of the community that bring the body and mind back into balance.
 - ❖ You don't have to talk about the past
 - ❖ Even if reading and writing are difficult
 - ❖ Useful for people of different cultures and ethnic backgrounds
 - ❖ Can be used with different ages
- ❖ Educational materials have been developed (iChill App, wristbands, resiliency pens) that reinforce the wellness skills
- ❖ www.ichillapp.com on the web.



Organizing Principle: Three Parts of The Brain

Education about how the body and brain work



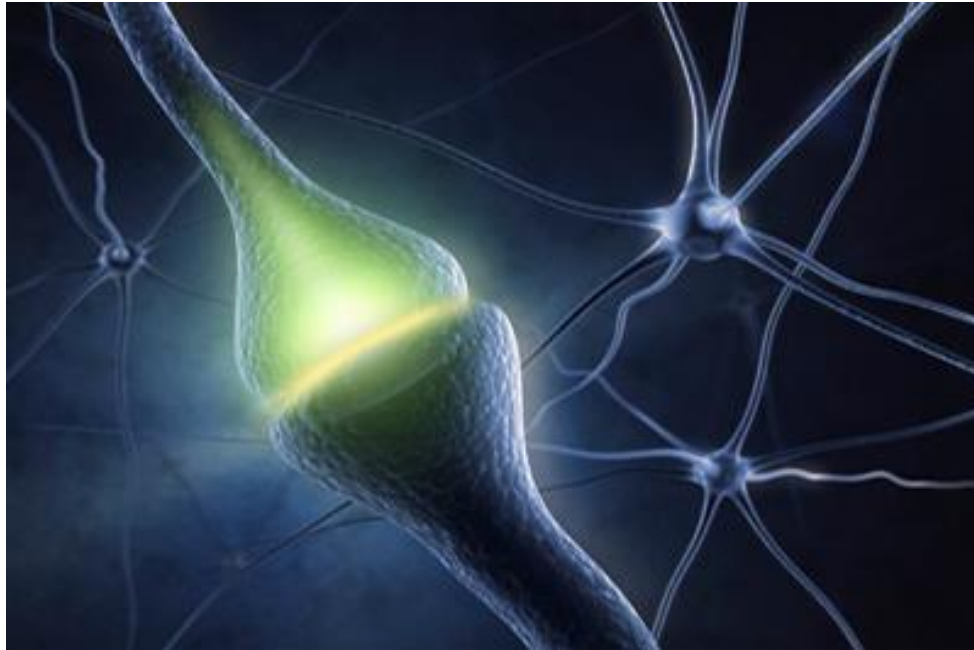
Cortex: Thinking
Integrates input from all 3 parts.
Cognition, beliefs, language, thought, speech.

Limbic Area: Emotional
Assesses risk.
Expression and mediation of emotions and feelings, including emotions linked to attachment.

Survival Brain: Instinctual
Carries out "fight, flight, & freeze."
Unconscious.
Digestion, reproduction, circulation, breathing - responds to sensation.

*We Pay Attention to Sensations
of Well Being because
What we pay Attention to Grows*

**Brain cells that fire together
wire together!** Carla Schatz



THE BRAIN CAN CHANGE



Neuroplasticity: The brain can change!

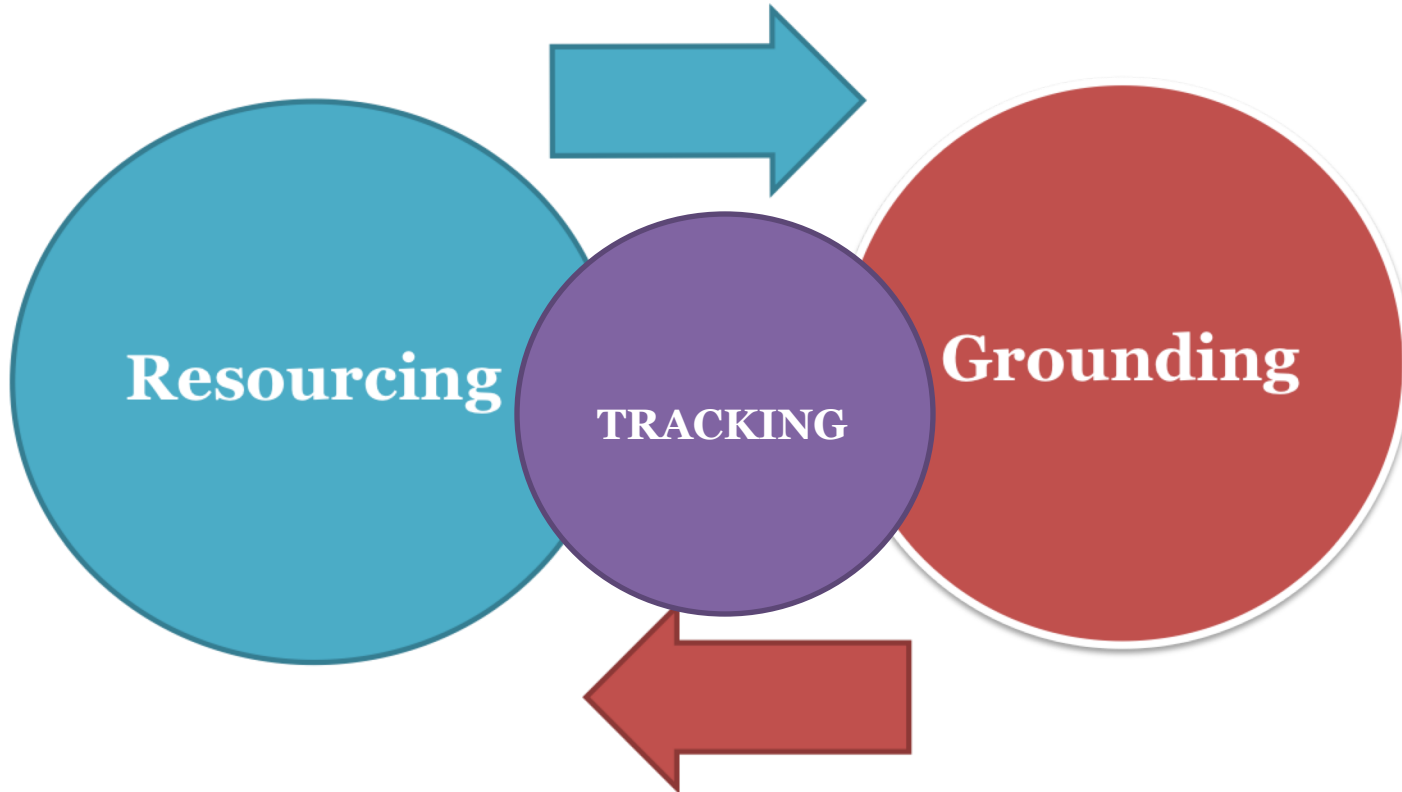
***This is Hope!
We can build new
more resilient
pathways!***



CRM Skills

The Skills of CRM

The Basic Three



THE KEY CONCEPT

- To read the nervous system so a person can tell the difference between sensations of distress and sensations of well being
- When a person is able to read the NS, there is then a choice of what to pay attention to: sensations of distress or sensations of well being



Skill 1
Tracking:
Reading the Nervous System

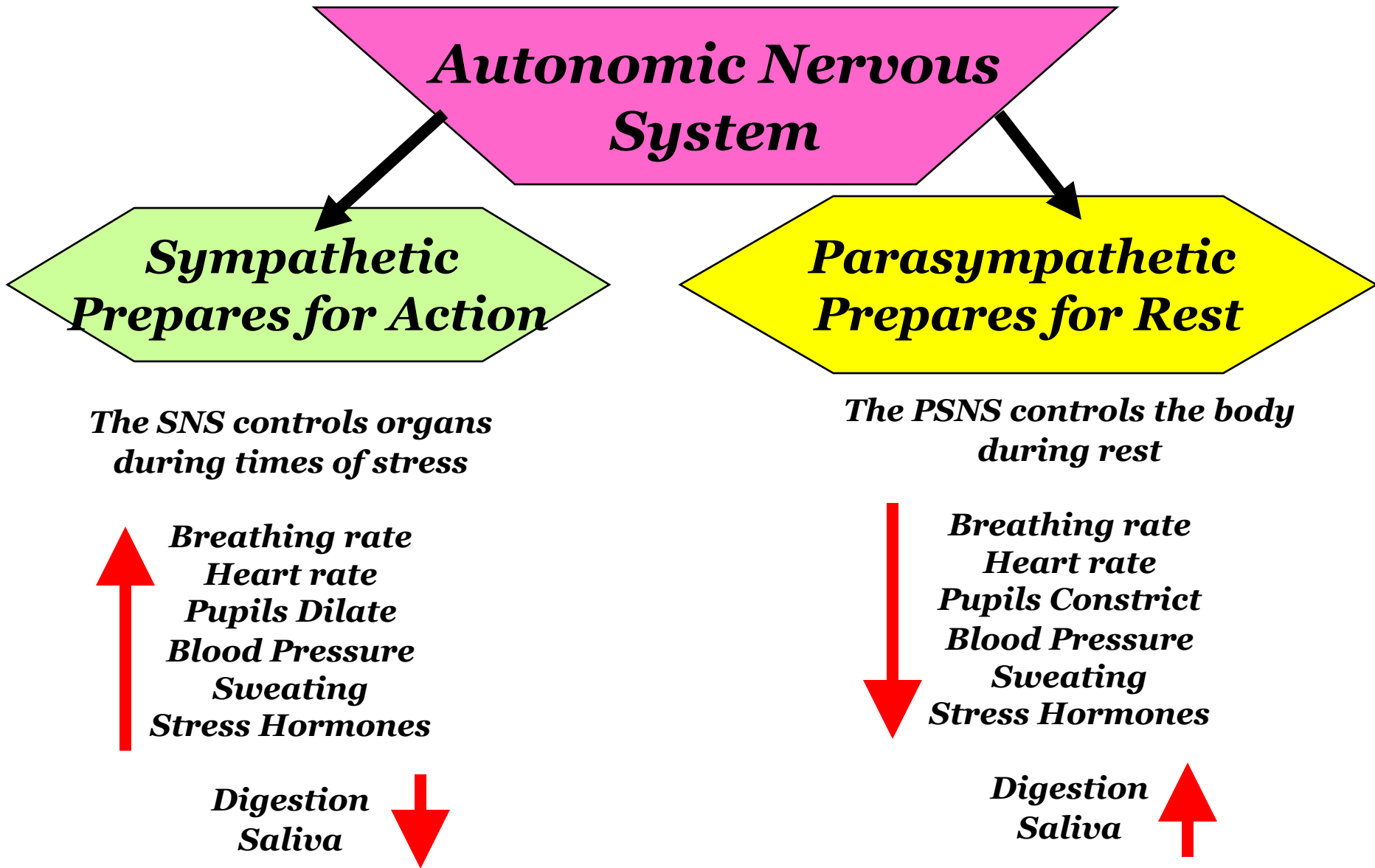
Skill 1: Tracking

Tracking refers to
paying attention to sensations

- ❖ Tracking is the foundation for helping stabilize the nervous system.
- ❖ Tracking helps children and adults learn to tell the difference between sensations of distress and upset and sensations of balance and well-being within the nervous system.
- ❖ Exploring sensations connected to well-being is key to helping one feel better in mind, body and spirit.
- ❖ Tracking is used with all the skills.



Tracking the Autonomic Nervous System



Sensations

Stress & Trauma	Resiliency	Release
Shallow Breath	Deeper Breath	Shaking
Rapid Heart Rate	Slower heart rate	Trembling
Tense Muscles	Relaxed Muscles	Burping
Pain	Grounded	Yawning
Cold/chill	Calm	Heat/warmth
Numbness		Vibration/tingling

- ❖ For some people, even sensing pleasant or neutral sensations can trigger unpleasant, even painful sensations
- ❖ If you find yourself sensing uncomfortable sensations, you can try to bring your attention to pleasant or neutral sensations
- ❖ If this is too difficult, you can stop

Skill 2: Resourcing

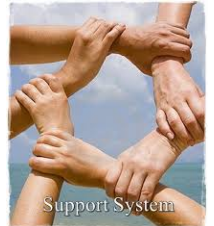
What uplifts you, gives you strength, joy or peace?

- ❖ Person
- ❖ Place
- ❖ Activity
- ❖ Faith
- ❖ Strengths



Skill 2: Resourcing

Con conversationally, we ask about the resiliency story by integrating survival and coping questions in our intervention. We call this Resourcing.



“Do you remember when help arrived?” or “Do you remember the moment you knew you had survived?” or “Do you remember the moment that your friend/family member survived?”

“When you have had hard times in the past, what or who helped you get through?”

“Who or what is helping you the most now?”

CRM Nugget



Conversational Resourcing and Tracking

CRM Guides may interweave skills in a conversational way when talking to someone who may be in a state of distress, we call this CONVERSATIONAL CRMMING

The CRM Guide may ask:

❖ What or who is helping you the most right now?

OR

❖ Can you tell me when you knew you had survived?



Creating Resource with Kids

a resource can be anything that gives comfort, calm, or joy



- ✧ Ask about a specific resource
- ✧ It can be real or imagined



“Can you tell me about a favorite toy, activity, friend, person, experience or place?”



BE SURE TO ASK FOR DETAILS ABOUT THE RESOURCE!



Draw the resource!!!

Skill 1: Tracking and Resourcing Exercise

Paying attention to sensations of well being while thinking about a personal resource.

- Step 1: Can you bring to mind something or someone that gives you hope, peace or helps you get through tough times.
- Step 2: While thinking of this resource, fill in the details about this resource. For a few seconds think about all the reasons why this gives you hope, peace or helps you through tough times.
- Step 3: If you can bring an image of this resource to your mind. Bring in the details.
- Step 4: As you think about this resource, bring your awareness to sensations connected to this resource that are pleasant or neutral.

Skill 3

Grounding

Skill 3: Grounding

The direct contact of the body or part of the body with something that provides support in the present moment



You can ground through your hands, feet, and whole body!



Sitting on a chair or couch or the ground



Standing against a wall or hard surface



Sensing our feet making contact with the ground



Lying on
○ the floor,
○ bed,
○ ground



Being supported by a surface



Grounding Exercise

- Find a comfortable position, take your time...
- Bring your attention to how your body is making contact with the chair, sofa, floor, wall, bed, etc...
- Bring your attention to sensations that are pleasant or neutral...
- Notice which part of your body is most supported. As you do so, notice your breathing...heart rate...muscle tone...notice your back making contact with the chair, sofa, floor, wall bed, slowly bring your awareness to your feet and notice how your feet are making contact with the ground...notice what happens on the inside...
- If you become aware of uncomfortable sensations, bring attention to places that feel neutral or better. Notice the change...
- Slowly scan your body and bring your attention to all sensations that are pleasant or neutral as we get ready to end...
- When you are ready bring your attention back to the room.

Skill 5: Help Now!

Sometimes people are so overwhelmed or disconnected, they can't or do not want to talk. When all of our choices have been taken away, it is important to give choices.

So inviting people to bring their awareness to the present moment by trying one of the Help Now! Strategies can help.



Skill 5: Help Now!

- Would it be helpful to go for a walk together?
- Sometimes it helps to get the energy of anxiousness out by pushing against the wall with our hands or pushing our back against the wall. Do you want to do it with me?
- Can I get you a drink of water?
- Sometimes it can help to look around the room, and see what catches your attention? Is there a color you like for example?
- When I am not feeling like my best self, I have found it helpful to remember a time in my life that was better than this moment.
- If I am really anxious, sometimes it helps me to count down from 20, would you like to try it with me?
- I found this app called iChill and I listen to it when I am down or too anxious. You might want to think about using it when you are stressed or down.



iChill



www.ichillapp.com

www.traumaresourceinstitute.com

Research

RESEARCH:

International Outcomes – Loma Linda U

**339 individuals trained internationally
7 Countries: Philippines, Trinidad, St.
Vincent, Japan, Nepal, Kiev, & Sierra
Leone**

*Increased ability to manage stress, post-traumatic
dysregulation, and resiliency among high-risk recipients at a
statistically significant level.*

FIRST GENERATION SUCCESS

Sierra Leone Study

Trained 22 CRM Skills Trainers, 19 were certified

First Generation Trainers had similar outcomes in their students - reductions in symptoms of PTSD and increase in Resiliency as CRM Skills Trainers trained by CRM Master Trainers from the US

DBH-State of California Mental Health Services Act 2013

- ❖ The goal of the project is to bring biologically based intervention training to seven marginalized groups in a large county in Southern California.
- ❖ Training 32 hours & Student Teaching – 8 hours
 - ❖ Follow-up Consultations
- ❖ Approximately 60% of the participants were female and 40% were male
- ❖ The age of the participants ranged from 22-75 years
- ❖ Participants were from a wide community:
 - ❖ African-American, Latino, Pacific Islanders-Asian, LGBTQ, Native American and High Risk Youth, Veterans

Statistical Significance

- ❖ Statistically significant decreases in:
 - ❖ the average number of depression, hostility, anxiety, and somatic symptoms
- ❖ Statistically significant increases in the average number of symptoms related to:
 - ❖ relaxed, contented, somatic well-being, and friendly indicators

3-6 Month Follow-up

- ❖ 3-6 month follow-up data received from 57 trainees across the underserved groups indicated that over 90% either completely or somewhat agree that the CRM skills were useful in:
 - ❖ managing stress (95%)
 - ❖ having better self control (96%)
 - ❖ helping get through hard times (92%)
- ❖ All used the skills frequently, with 93% reporting they were using the CRM skills daily, and 7% indicating a few times a week.

CRM Building Blocks



Outcomes/Goals

Improved Physical & Mental Health

Individual & Community Supports

Awareness & Stigma Reduction

Preparedness & Resiliency

Research Underway

- ❖ Loma Linda University, California
- ❖ Emory University, School of Nursing
- ❖ University of Kigali, Rwanda
- ❖ Cal State, Dominguez Hills, California
- ❖ Fairfield University, Connecticut
- ❖ Michigan State University

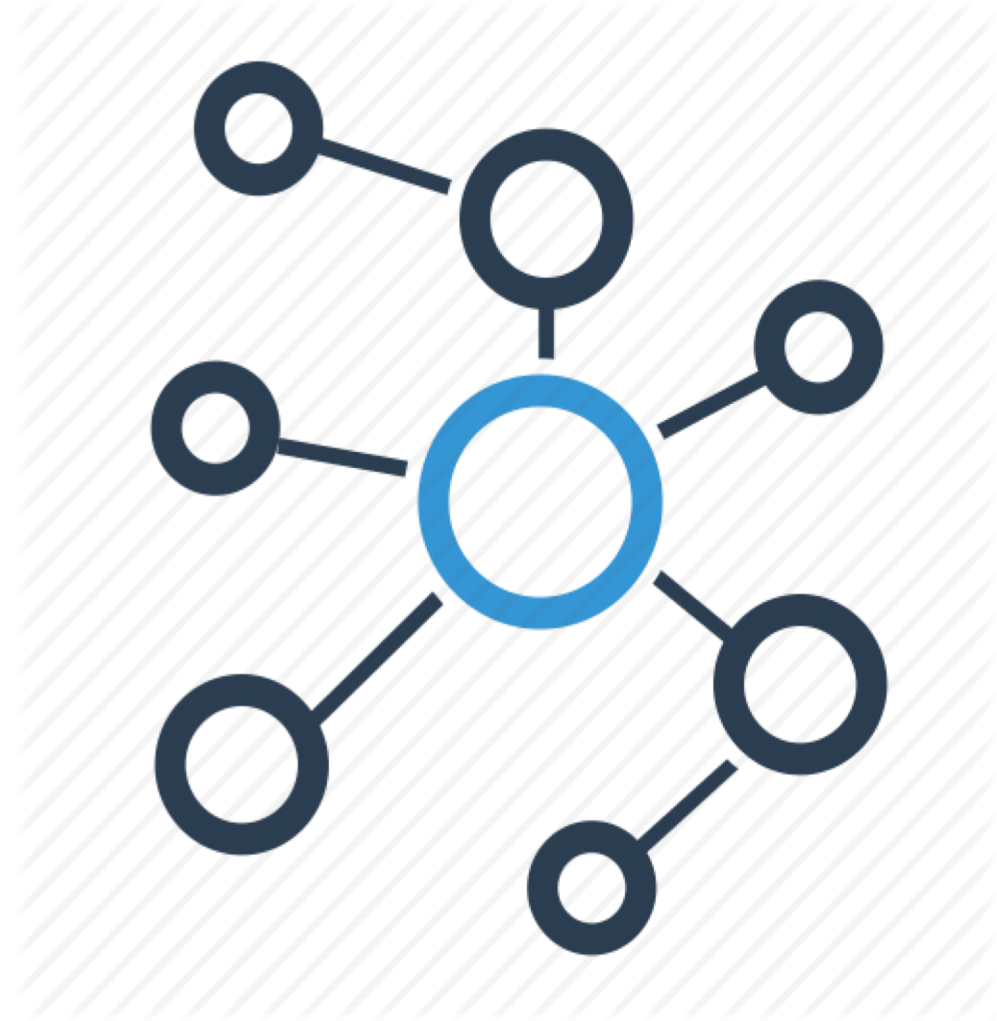
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