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Community Resiliency Model (CRM)

Developed by:
Elaine Miller-Karas, MSW, LCSW



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RESILIENCY QUESTIONS

What or who is helping you the most right now?
What or who has helped you get through hard times in the past?

Resiliency Pauses can help bring mind, body and spirit back into balance.
During these unprecedented times, it is critical to cultivate our Resiliency to remember
WHAT ELSE IS TRUE?





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“Resiliency is an individual’s and community’s ability to identify and use individual and collective strengths in living fully with compassion in the present moment, and to thrive while managing the activities of daily living.”

~Miller-Karas (2020)





Perspective Shift

Conventional

- People are bad.
- People need to be punished.
- People just don't care.
- We need to stop making excuses for people.
- **What is wrong with you?**

Trauma-Informed

- People are suffering.
- People need an effective intervention.
- Many people care but lack understanding and skills.
- We need to learn how trauma impacts a child's and adult's development.
- **What happened to you?**

Resiliency-Informed

- People are resilient.
- People need our compassion as they learn new skills.
- Any person can learn self-regulation skills based on science
- We need to learn how skills of well-being can reduce suffering.
- **What is right with you? What are your strengths?**



Goals for Individuals and Communities

For Children and Adults:

- ❖ To learn wellness skills for self help based upon biology

For Communities:

- ❖ To create a common simple language which is trauma-informed and resiliency-focused
- ❖ To provide a structure to further strengthen resilience so communities can respond to events with strength and compassion
- ❖ To create a cadre of Community Resiliency Model Teachers made up of professional and natural leaders of communities

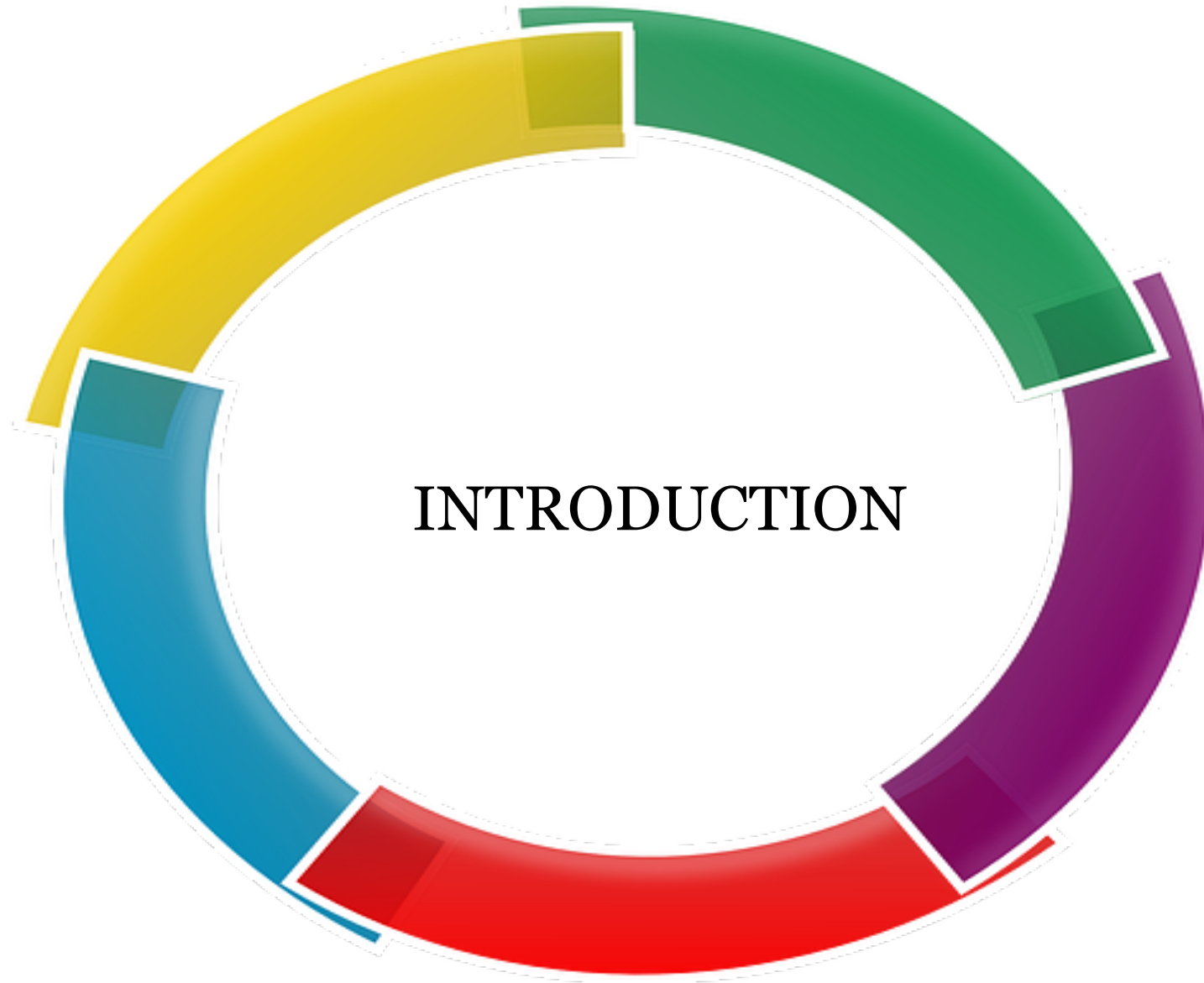
Purpose:
Bringing the lens
of the Community
Resiliency Model
to creating safer
spaces for
dialogue
regarding our
differences,
honoring our
lived experiences
and
remembering
what binds us as a
world community.



Core Values:
Service
Social Justice
Dignity
Respect
Worth of every
person, family and
community



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THE COMMUNITY RESILIENCY MODEL

A SET OF SIX WELLNESS SKILLS

Community Resiliency Model can be used:

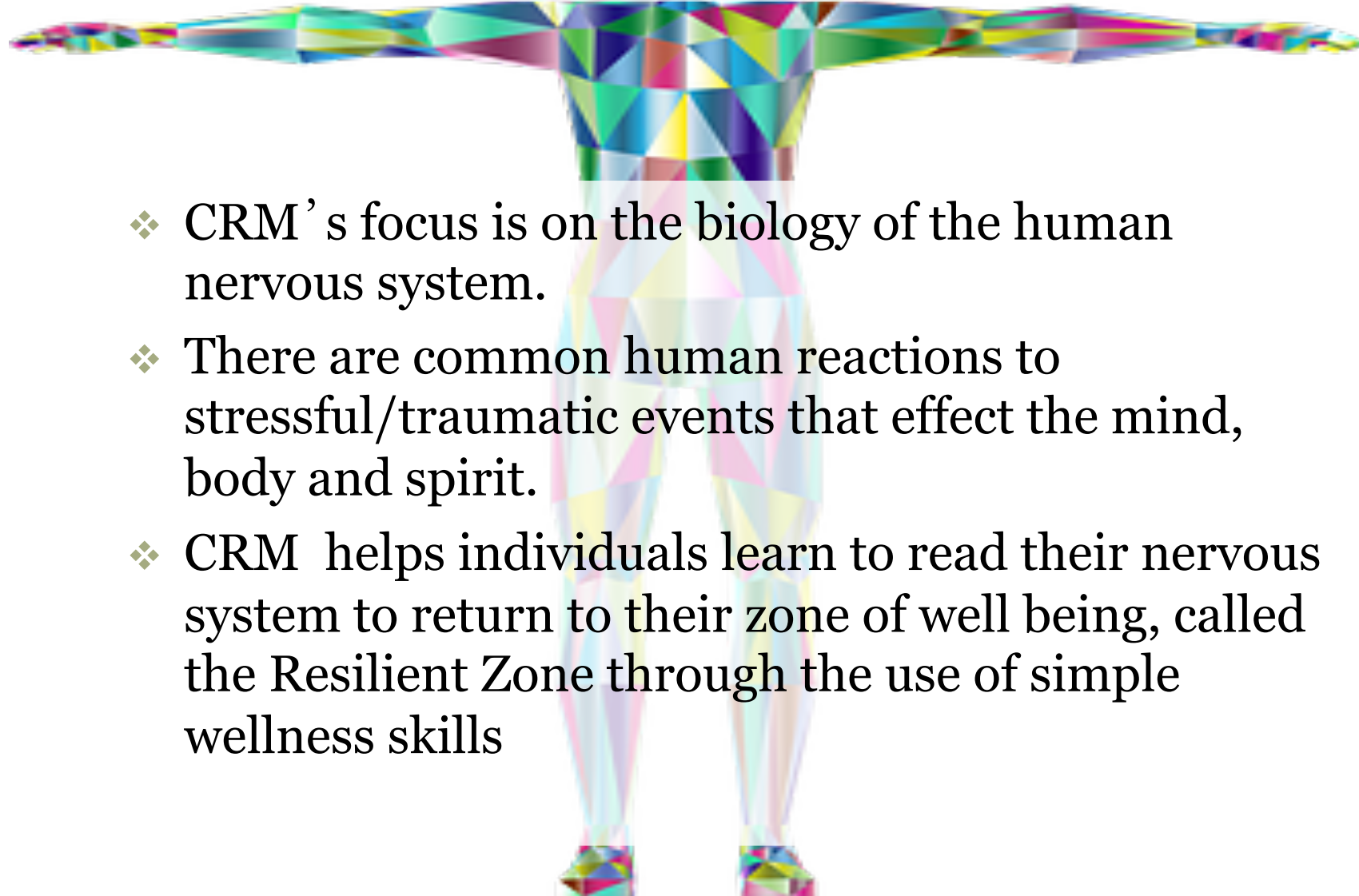
- across the lifespan
- across cultures
- with different literacy abilities





We all have *access* to the language of our biology and a framework to help understand the human experience

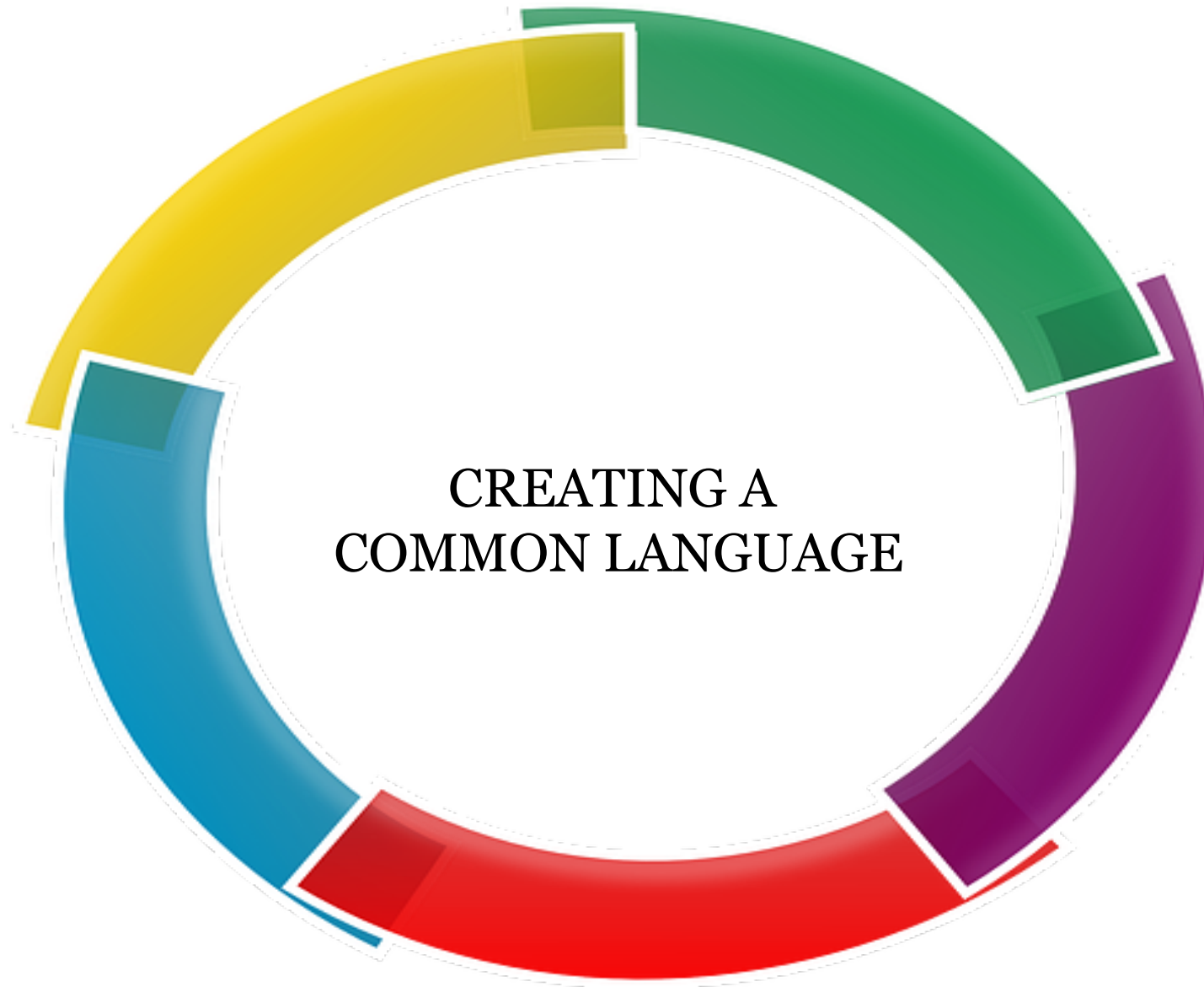
Biology vs. Mental Weakness



- ❖ 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 learn to read their nervous system to return to their zone of well being, called the Resilient Zone through the use of simple wellness skills

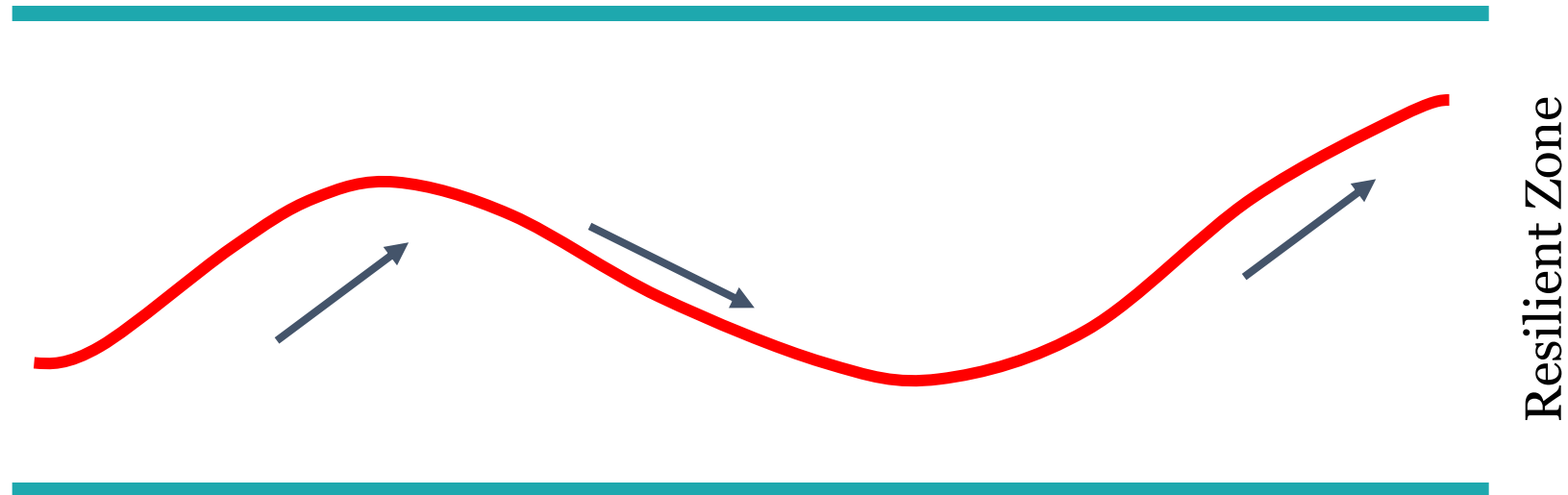


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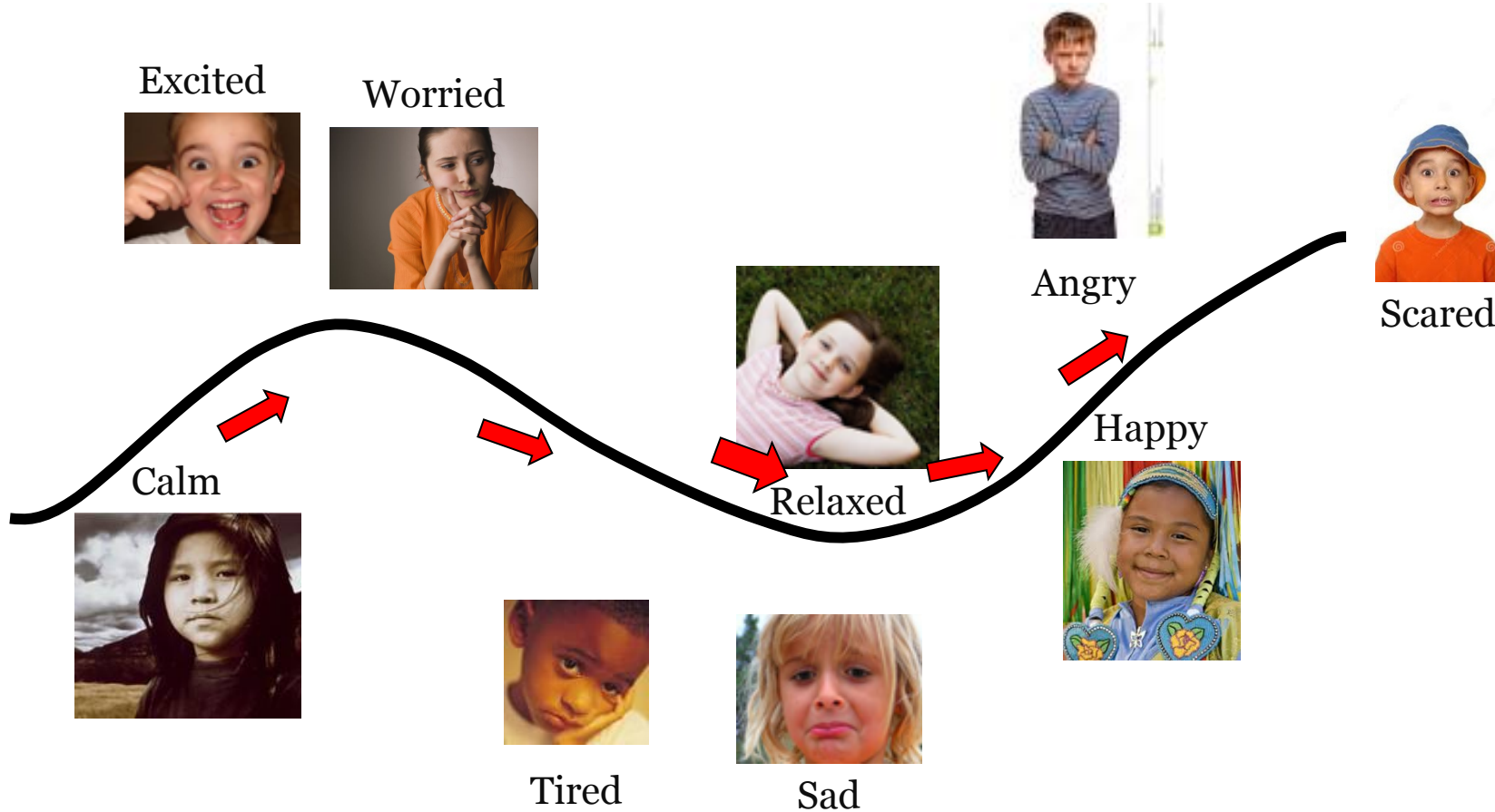
CREATING A
COMMON LANGUAGE

The Resilient Zone- “OK” Zone



GOAL: TO WIDEN YOUR RESILIENCY ZONE

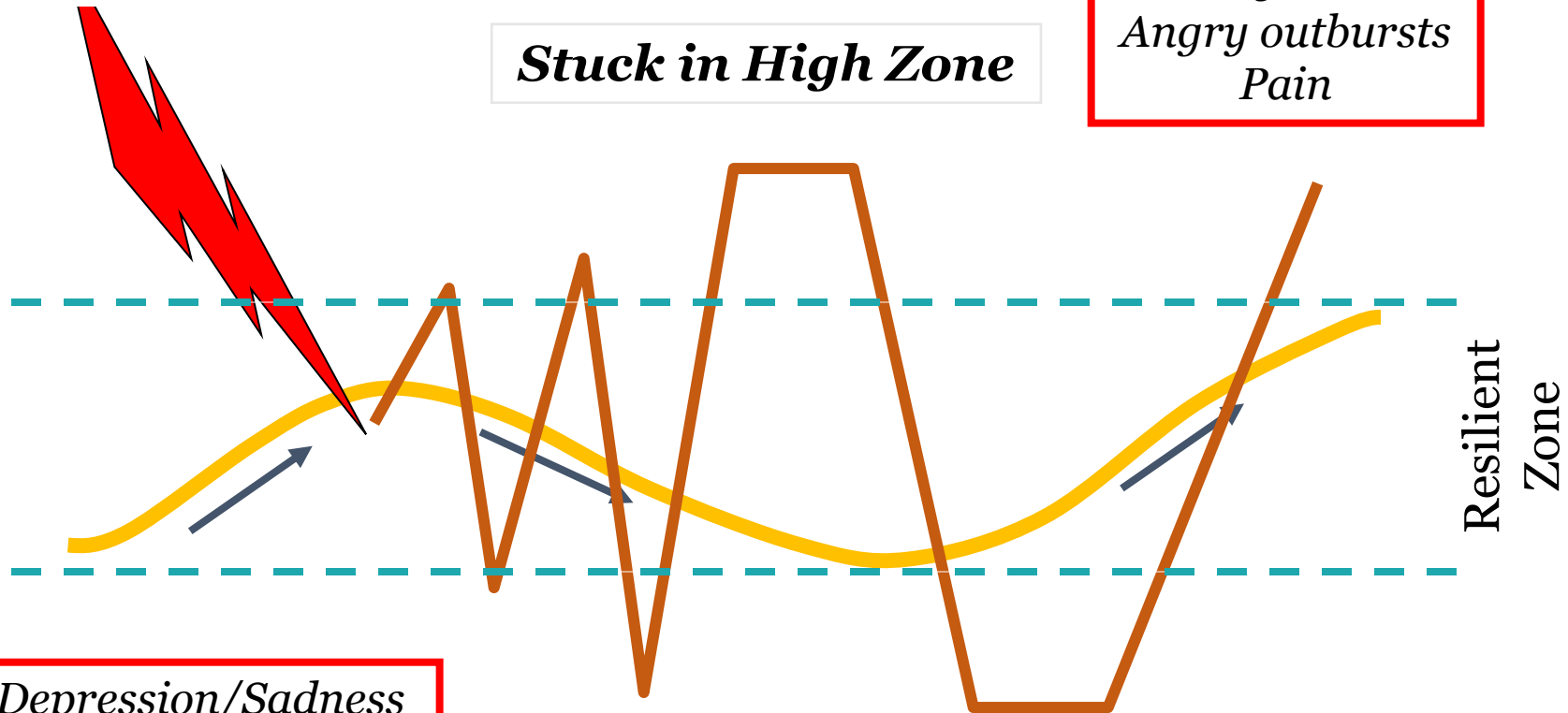
Things happen in life and our thoughts, feelings and reactions move around in the OK ZONE



**Traumatic/Stressful Event
or
Stressful/Traumatic
Reminders**

Stuck in High Zone

*Edgy
Irritable
Mania
Anxiety & Panic
Angry outbursts
Pain*



*Depression/Sadness
Isolated
Exhaustion/Fatigue
Numbness*

Stuck in Low Zone

Tracking the Autonomic Nervous System

*Sympathetic
Prepares for Action*

*The SNS controls organs
during times of stress*

*Breathing rate
Heart rate
Pupils Dilate
Blood Pressure
Sweating
Stress Hormones*

*Digestion
Saliva*

*Parasympathetic
Prepares for Rest*

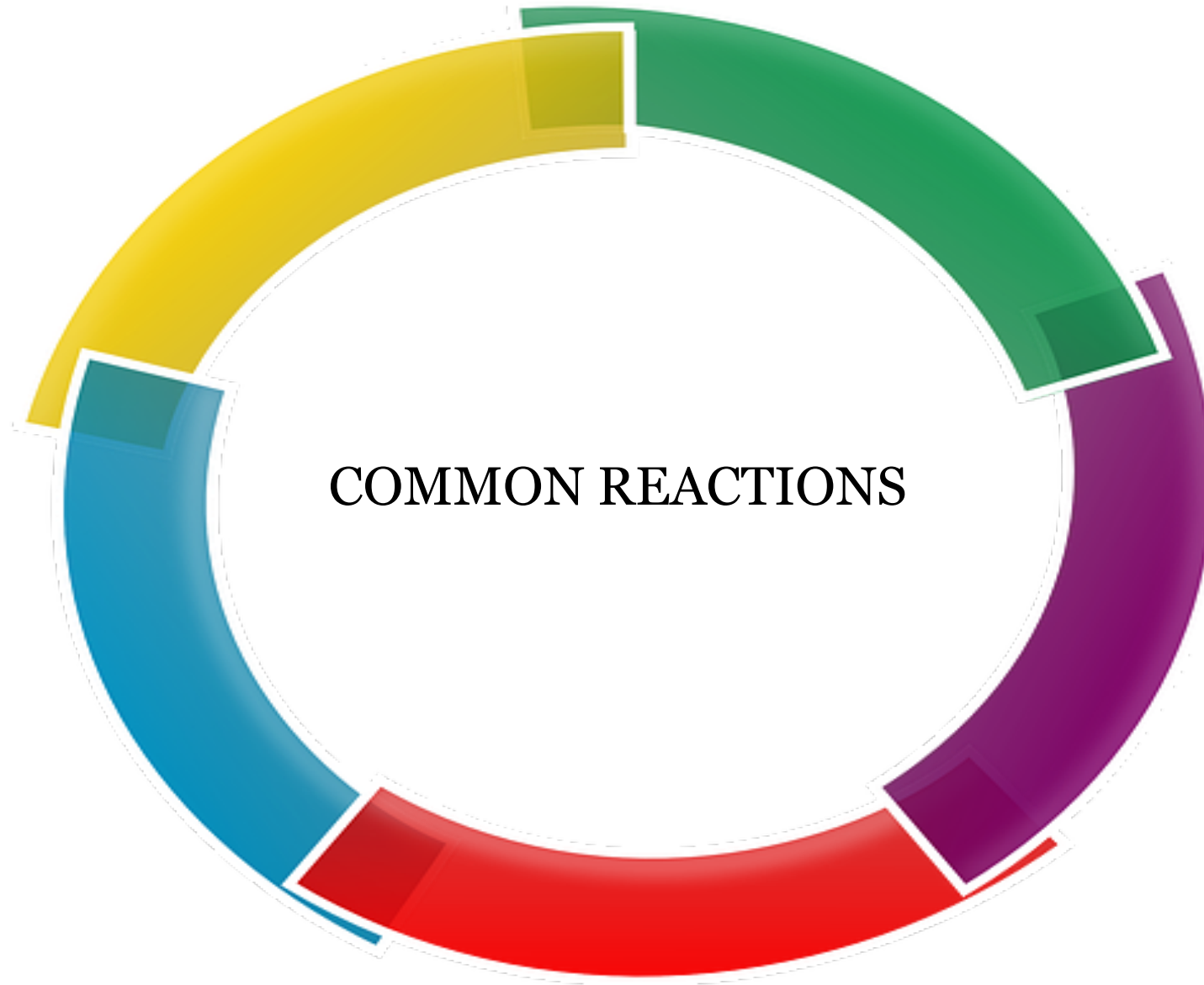
*The PNS controls the body
during rest*

*Breathing rate
Heart rate
Pupils Constrict
Blood Pressure
Sweating
Stress Hormones*

*Digestion
Saliva*



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*Stuck in
High
Zone*



Common Reactions

*Stuck in
the Low
Zone*



Thinking

Paranoid
Nightmares
Dissociation
Forgetfulness
Poor Decisions
Distorted Thoughts
Suicidal/Homicidal

Physical

Numb/Fatigue
Physical Pain
Rapid heart rate
Rapid breathing
Tight Muscles
Sleep Problems
Stomach Upset
Hypervigilance
Trembling

Spiritual

Hopelessness
Loss of Faith
Increase in Faith
Deconstruction of Self
Guilt
Doubt

Emotional

Rage/Fear
Nightmares/Night Terrors
Avoidance
Depression
Grief
Guilt
Shame
Anxiety

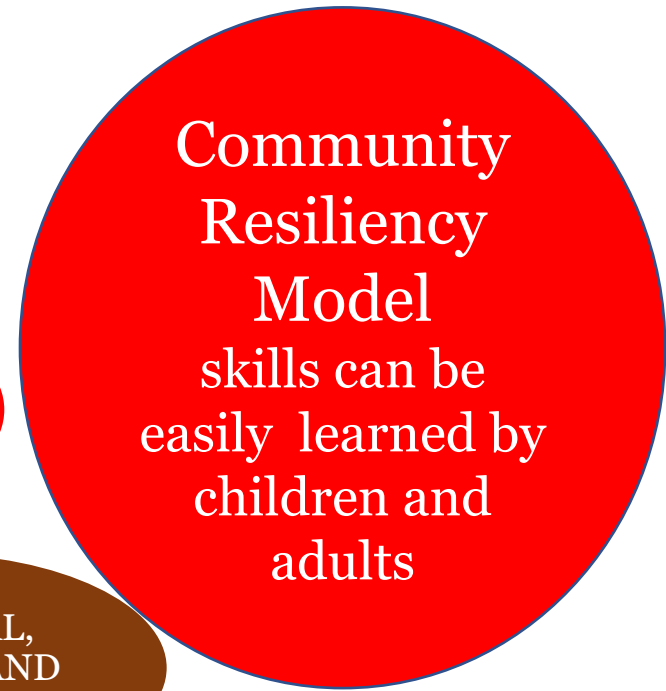
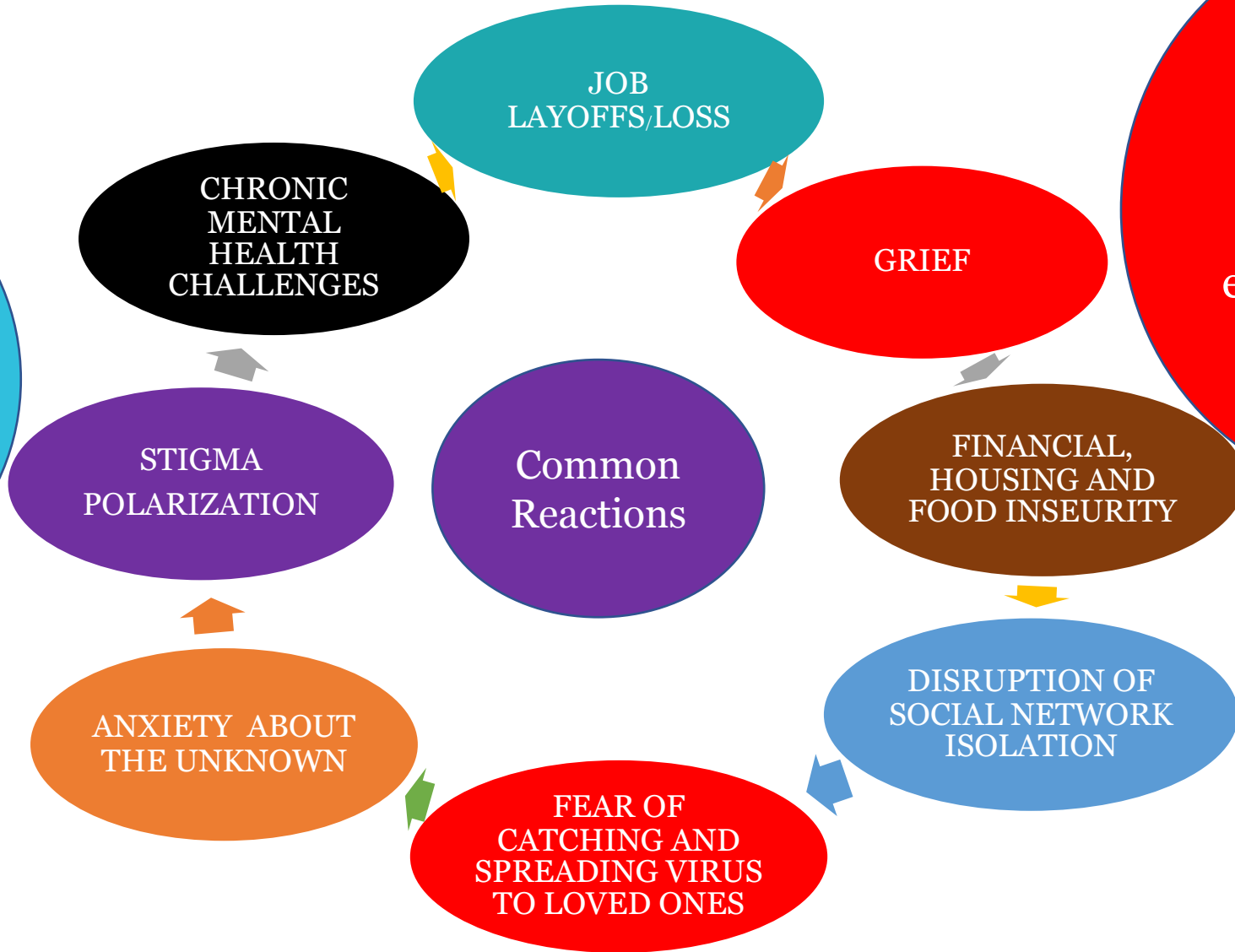
Relationships

Angry at others
Isolation
Missing work
Overly Dependent
Irritability
Clinging
Regressive

Behavior

Isolation
Tantrums
Self-Injury
Violent behaviors
Addictions
Eating Disorders
Abusive Behaviors







COMMON REACTIONS CONNECTED TO OUR WELL BEING

Strength and Courage

*Coming together with a joint
purpose*

Gratitude

Advocate

Appreciation of loved ones

Hope & Faith

Wisdom

Compassion for self and others





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KEY CONCEPTS

Laws of Nature

The natural rhythms in nature also exist within the human nervous system.



We do not have to be trapped by the storms of our body: sensations of discomfort and pain.
We can draw our attention to sensations of well-being and transform our experience.

Scientific Research About the Brain

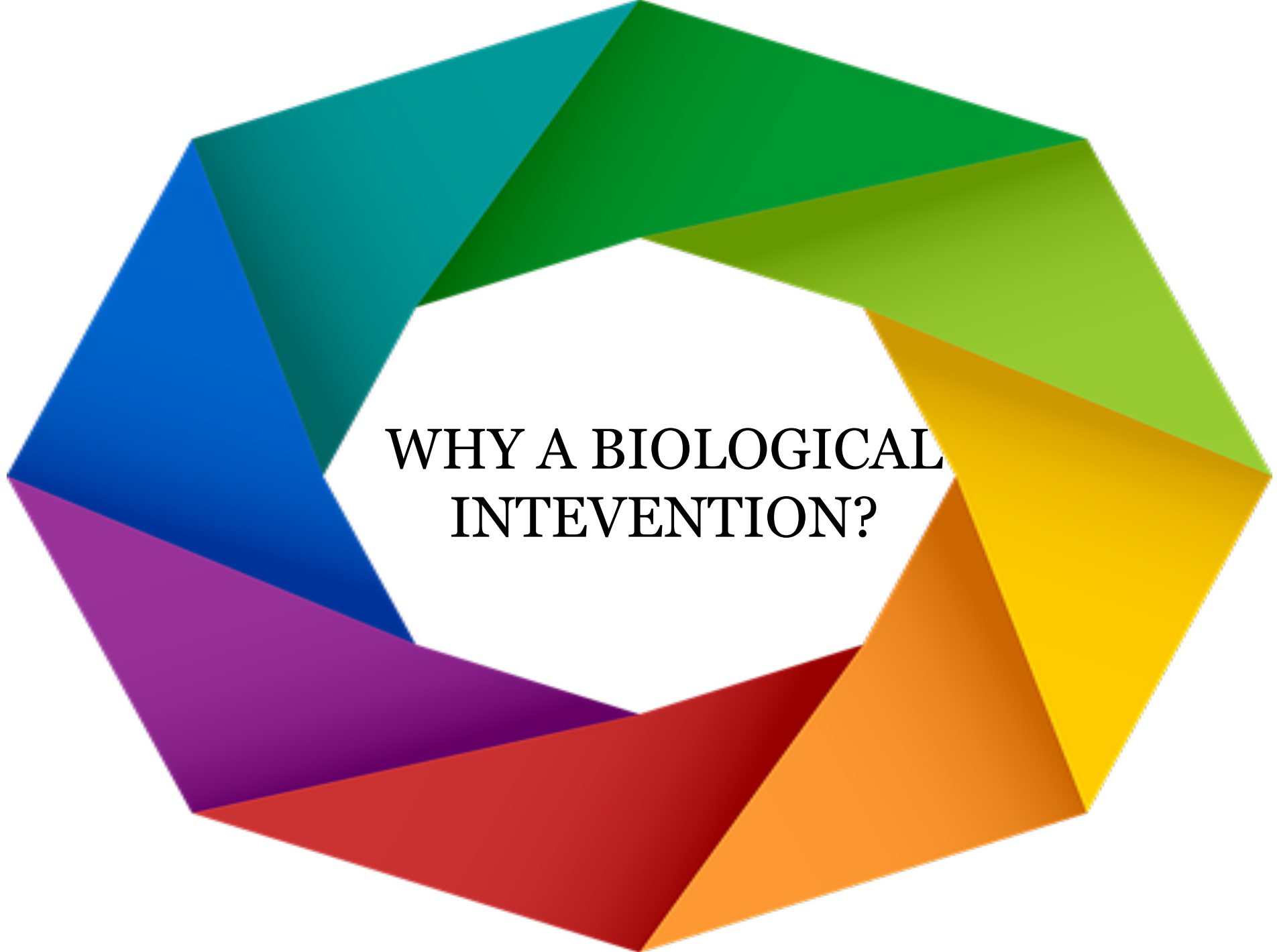
“Neuroplasticity” - the lifelong capacity of the brain to change and rewire itself in response to the stimulation of learning and experience...Hope!



Neurogenesis is the ability to create new neurons and connections between neurons throughout a lifetime.” (Goldberg, 2013)



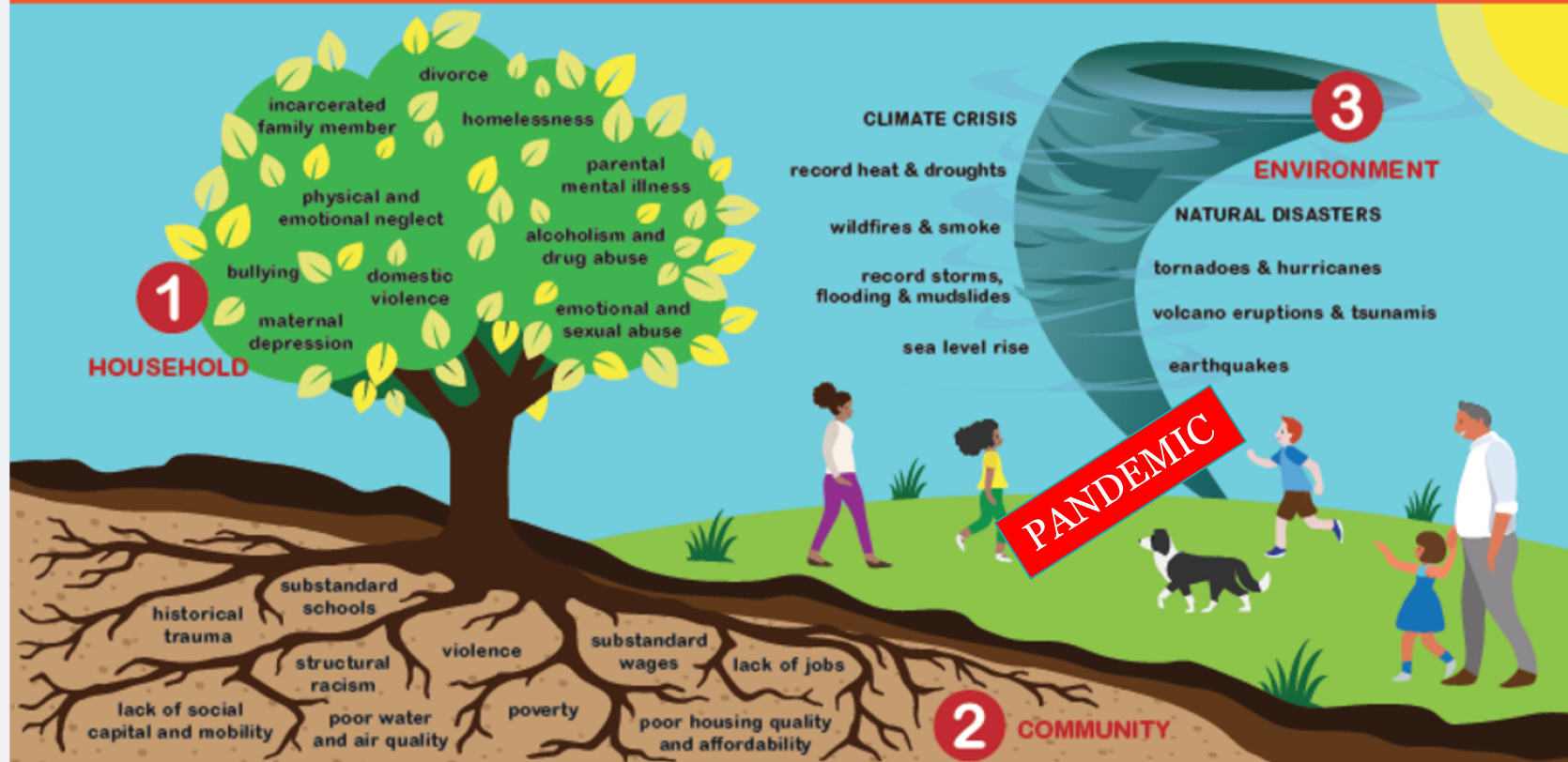
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WHY A BIOLOGICAL INTEVENTION?

3 Realms of ACEs

ACEs Connection accelerates the global movement to prevent and heal adverse childhood experiences (ACEs), and supports communities to work collaboratively to solve our most intractable problems. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. The ACEs in these three realms intertwine throughout people's lives, and affect the viability of organizations, systems and communities.





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TOXIC STRESS



TOO
MUCH
TOO
FAST\

TOO
LITTLE
FOR TOO
LONG

TOO
MUCH
FOR TOO
LONG

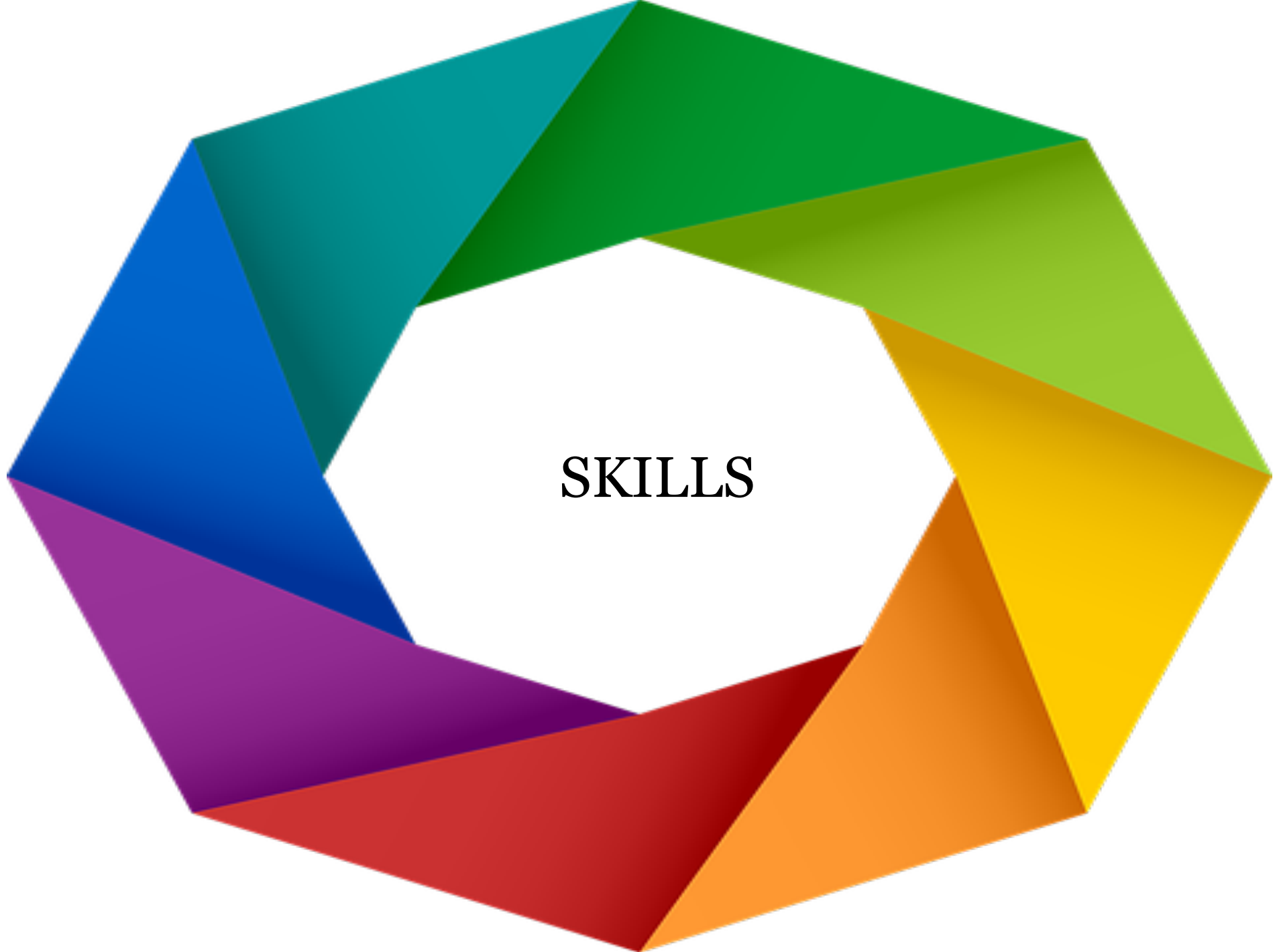


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*ADVERSITY
IS NOT
DESTINY*



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SKILLS



The Six Skills

The Community Resiliency Model





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HELP NOW!

ESPAÑOL



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iCHILL OVERVIEW

RESILIENT ZONE
BEFORE

SKILLS

RESILIENT ZONE
AFTER

RESILIENCY IMAGES

iChillapp.com

iChill



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SKILL 1 - TRACKING

READING SENSATIONS



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DOORWAYS OF EXPANDING WELL BEING



THINKING



SENSING



FEELING



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Tracking is the foundation for helping stabilize the nervous system

Tracking is noticing or paying attention to sensations - to what is happening inside the body in the present moment



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*What we pay
attention to
grows*





Tracking Nervous System Release

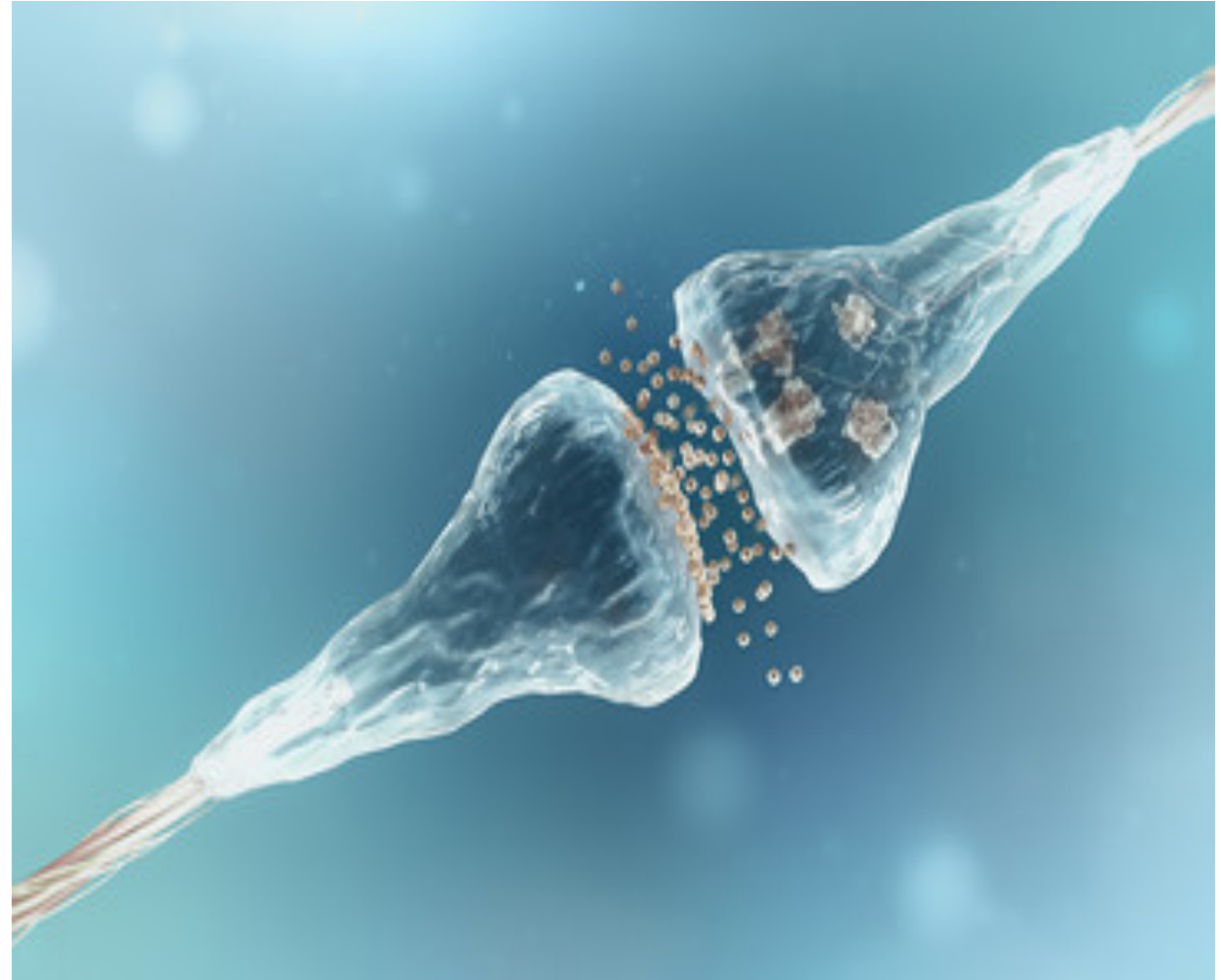
- A biological process that happens automatically when the body releases stress energy and comes back into balance.
- Sensations can include trembling, tingling, yawning, stomach gurgling, burping, warmth, cooling down.
- Paying attention to release sensations can help the body return to the Resilient Zone.



Scientific Research About Building Resiliency

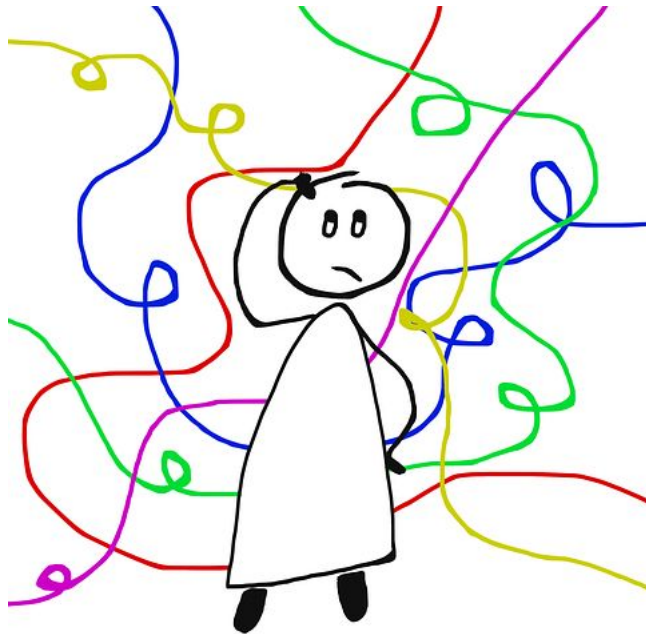
Brain cells that fire together
wire together!

Carla Schatz



When we learn to discern the differences between sensations of distress and well being

We begin to have CHOICE of what to pay attention to on the inside



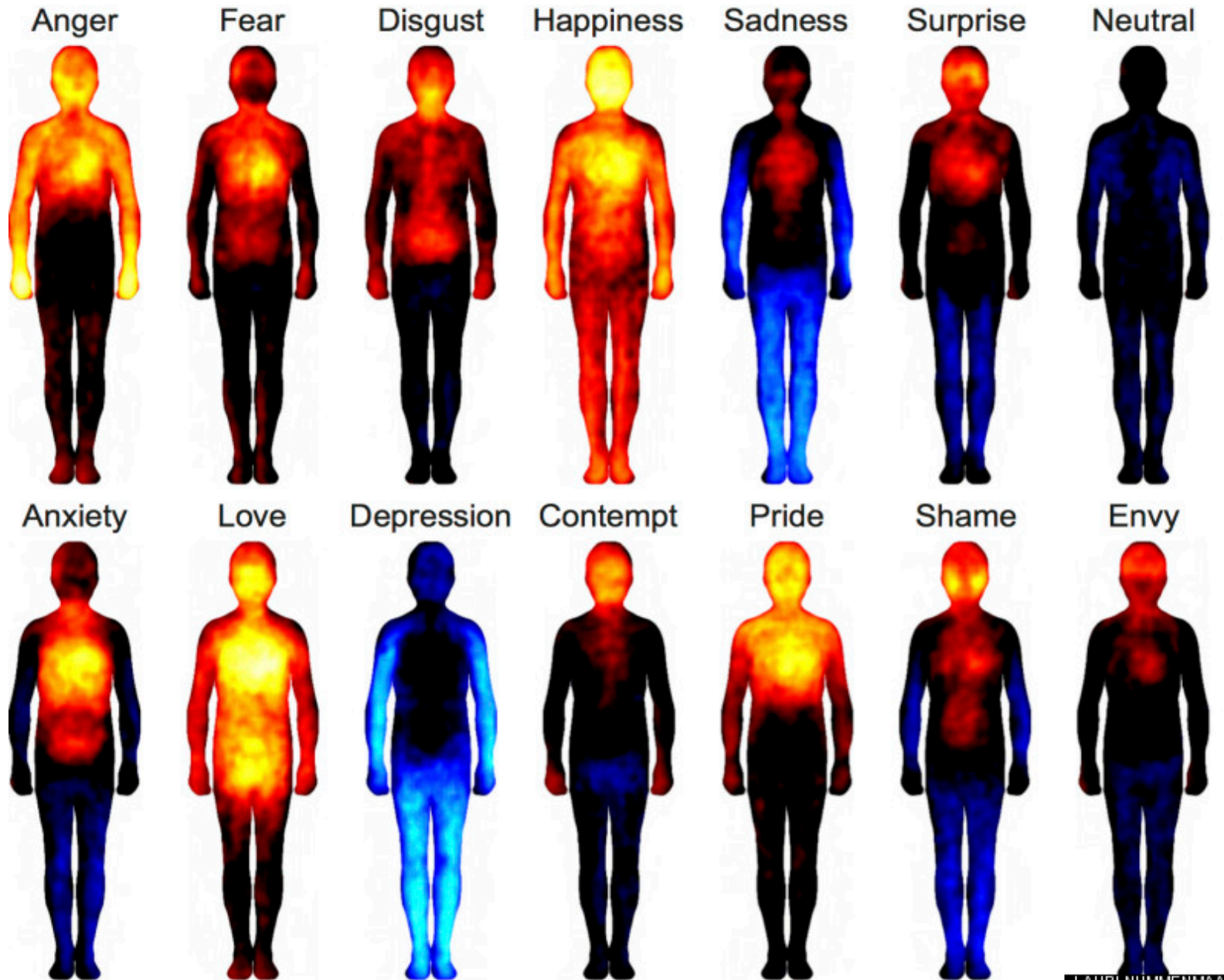
Tracking is noticing or paying attention to what is happening inside your body at the present moment



Determining if the sensation is **pleasant**, **unpleasant** or neutral

Sitting or staying with sensations that are pleasant or neutral

Curiosity questions:
What do you notice on the inside?
Are the sensations pleasant, unpleasant or neutral?



A sensation is a *physical experience* in the body.

Sensation originates in billions of receptors distributed in every part of the body.

Life experiences, including our thoughts and feelings, have a corresponding sensation within the body.

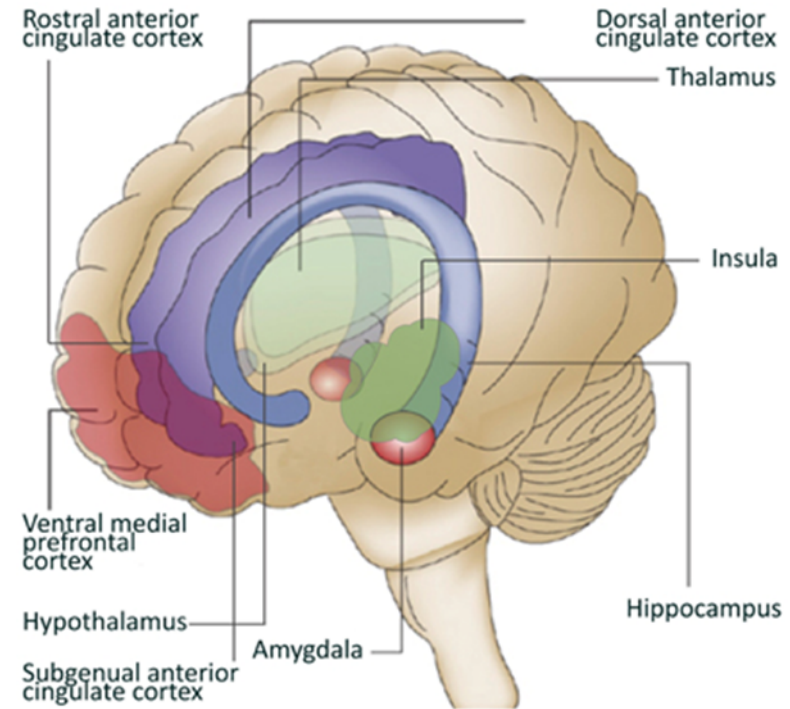
Yellow shows regions of increased sensation while blue areas represent decreased feeling in these composite images. Image created by LAURI NUMMENMAA/AALTO UNIVERSITY

Interoception & the Insula

*Our ability to observe body sensations
in response to how we think, feel and move*

- The insula is a part of the brain that helps body and mind communicate to one another.
- It reads physical states of the body (sensations) like pain, an itch, temperature
- It communicates to the medial prefrontal cortex (thinking brain) to take action to keep the body in a state of internal balance
- Body awareness can reduce impulsivity and promote emotion regulation and clearer thinking.

Paulus, et al (2010)



van der Werff, 2013



Learning Sensation Words

VIBRATION

SHAKING
TWITCHING
TREMBLING
FAST/SLOW

SIZE/POSITION

SMALL
MEDIUM
LARGE
UP/DOWN
CENTER

TEMPERATURE

COLD
HOT
WARM
NEUTRAL

PAIN

INTENSE
MEDIUM
MILD
THROBBING
STABBING

MUSCLES

TIGHT
LOOSE
CALM
RIGID

BREATHING

RAPID
DEEP
SHALLOW
LIGHT

HEART

FAST
SLOW
RHYTHMIC
FLUTTERS
JITTERY

TASTE

SPICY
SWEET
SOUR
JUICY
BLAND

DENSITY

ROUGH
SMOOTH
THICK
THIN

WEIGHT

HEAVY
LIGHT
FIRM
GENTLE

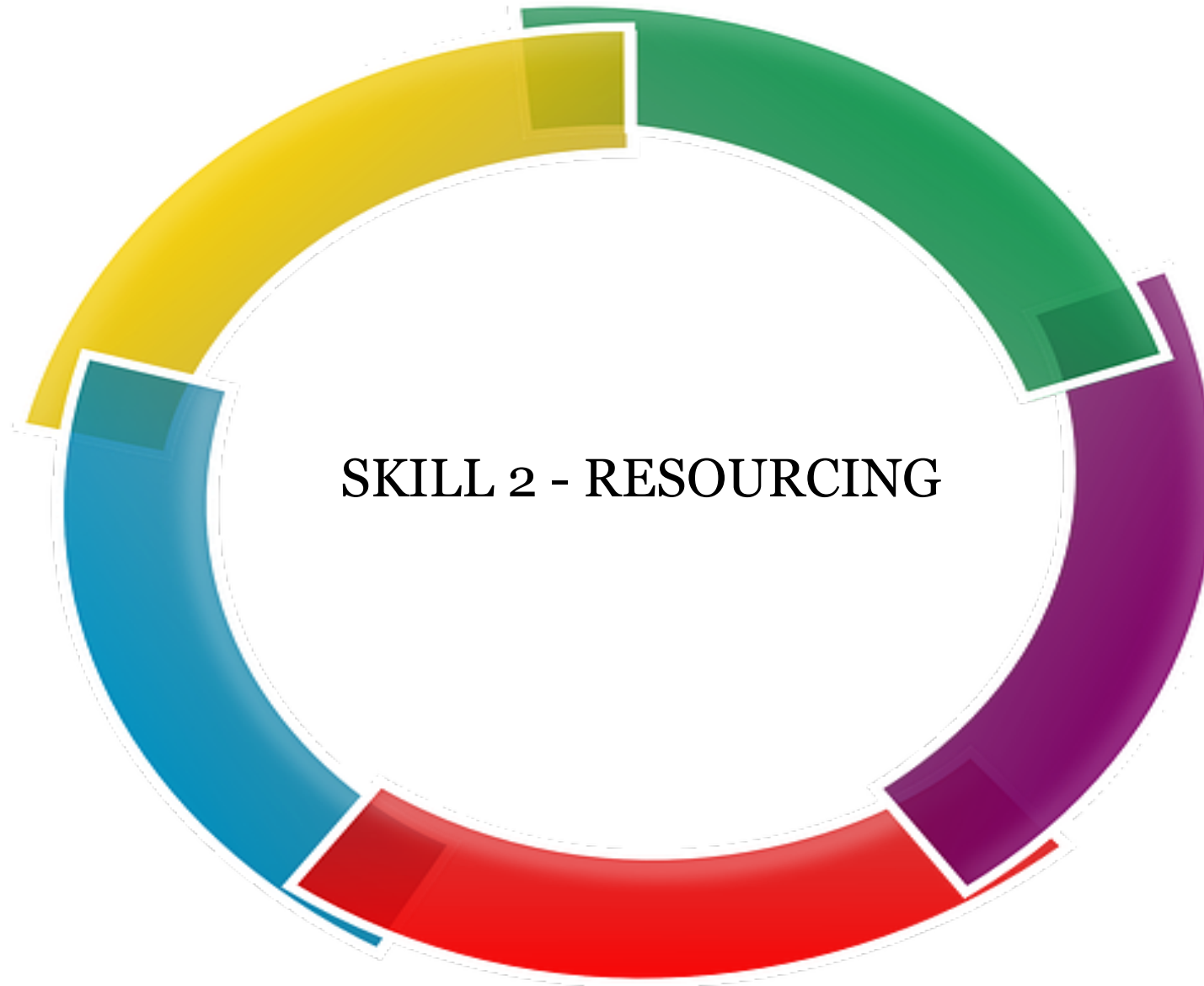


For some people, even sensing pleasant or neutral sensations can spark unpleasant, even painful sensations.

Learning and working with the CRM skills is a CHOICE. So if learning sensory language is too distressing, always give a person the choice to stop learning the skills.



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SKILL 2 - RESOURCING



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One of the best ways to learn how to develop your sensory vocabulary is through identifying a personal resource and then noticing sensations on the inside



What might be pleasant for the people in this photo?

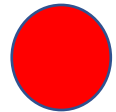


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RESOURCING



A Resource is any person, place, thing, memory or part of yourself that makes you feel calm, pleasant, peaceful, strong or resilient.



A Resource can be real or imagined



A Resource can be internal or external



Resource Intensification



Ask 3 or 4 additional questions about the resource to expand the sensations connected to the resource

Resource intensification strengthens the “felt sense” of the resource and overrides attention that automatically goes to unpleasant sensations

Conversational CRM: Resiliency Questions

Notice if you see a shift from a narrative of trauma to a narrative of resiliency

Crisis

- Can you tell me the moment you knew you had survived?
- Can you tell me the moment helped arrived?
- Who or what is helping you the most now?

Loss

- Can you tell me some of your meaningful memories of her/him?
- What did you like to do together?
- What kind of words of encouragement would s/he say to you during difficult times?

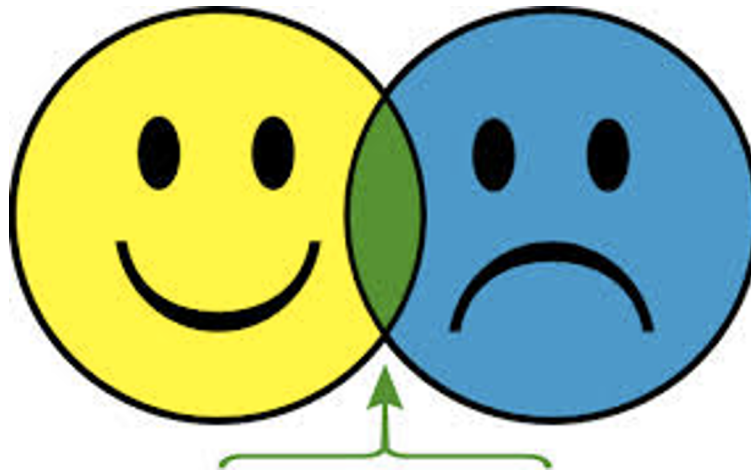
Questionable

- Consider what is helpful about a questionable resource?



Resources Can Have Many Natures

Discussion of a Resource can sometimes shift out of pleasant sensations and into difficult memories and/or uncomfortable body sensations.





Resourcing Exercise

- Think about one of your personal resources
- Describe to yourself three qualities about this resource
- Notice the sensations connected to your resource as you Describe the qualities.
- As you think about it, notice what is happening on the inside of your body. If the sensations are pleasant or neutral, stay with them for at least 15 seconds.



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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

- Gravitational security is the foundation upon which we build our interpersonal relationships.
- If our relationship to the earth is not safe, then all other relationships do not develop optimally.
- When we are grounded, we have a sense of self in relationship to present time and space.
- We are not worried about the past or the future.

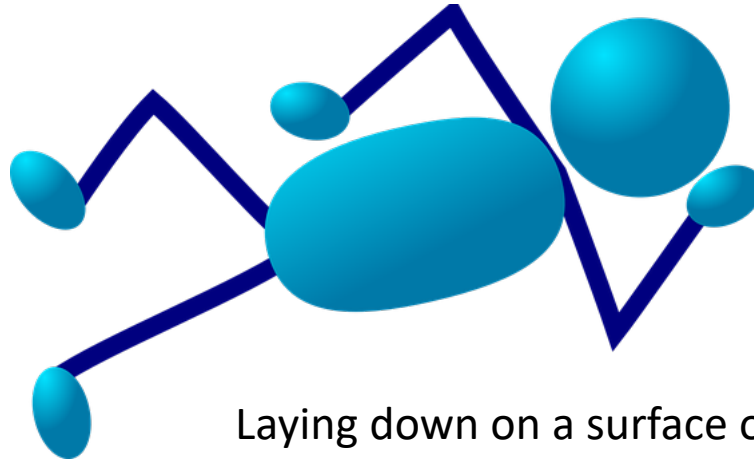


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YOU CAN GROUND IN MANY POSITIONS



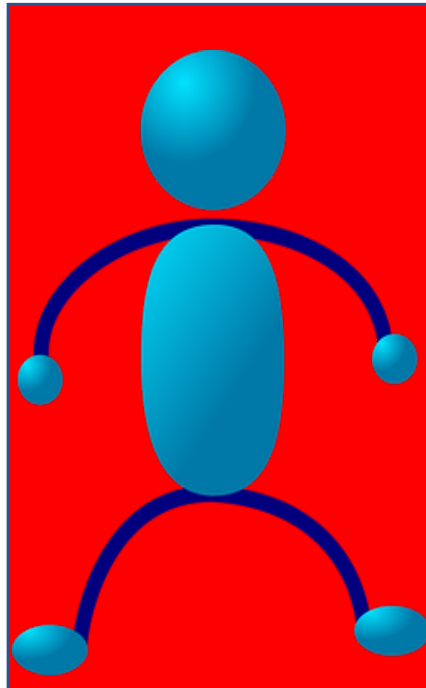
Walking and paying
Attention to steps



Laying down on a surface or
Floating in water



Through a part of your body
like your hands or feet



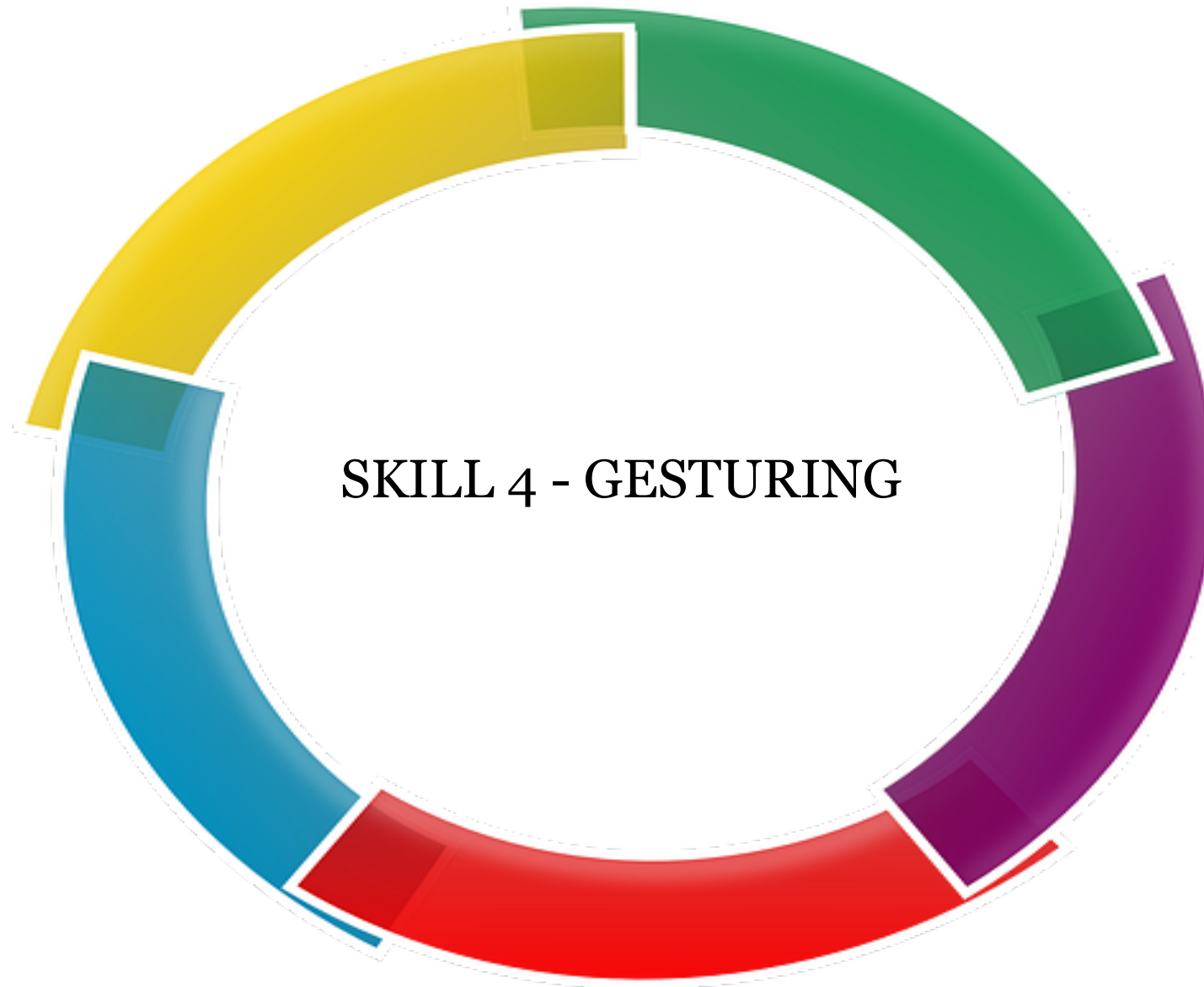
Standing against a wall



Sitting on a chair, sofa or ground



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SKILL 4 - GESTURING

Skill 4: Gesturing & Spontaneous Movements

- A movement usually of the body or limbs that expresses or emphasizes an idea, sentiment, or attitude.
- Movements & gestures made below conscious awareness
- The use of motions of the limbs or body as a means of expression. (Merriam Webster Dictionary)
- Movements and/or gestures that do not cause self-injury or self-harm.



Protective



Joyful



Powerful



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Self-Calming



Universal Spiritual Gestures





- A person can be encouraged to identify their self-soothing gesture.
- The soothing gesture can be called to mind by intention to help get back to the Resilient Zone if bumped out.
- Encouraging the person's curiosity about self-comforting gestures is another way the CRM guide reinforces the client's inherent resiliency.



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HELP NOW!
SKILL 5

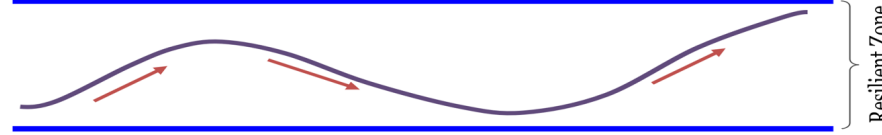


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HELP NOW!
RESET NOW!
SKILL #5

When stuck in
the High Zone or
Low Zone, a
Help Now!
Strategy

Help Now!



 Listen to the sounds	 Count to 10
 Touch something in nature	 Push against a wall
 Touch the furniture	 Drink a glass of water
 Notice your surroundings	 Go for a walk
 Feel the temperature	 Focus your attention on something you see

Quick sensory actions induce a
“a Resiliency Pause”

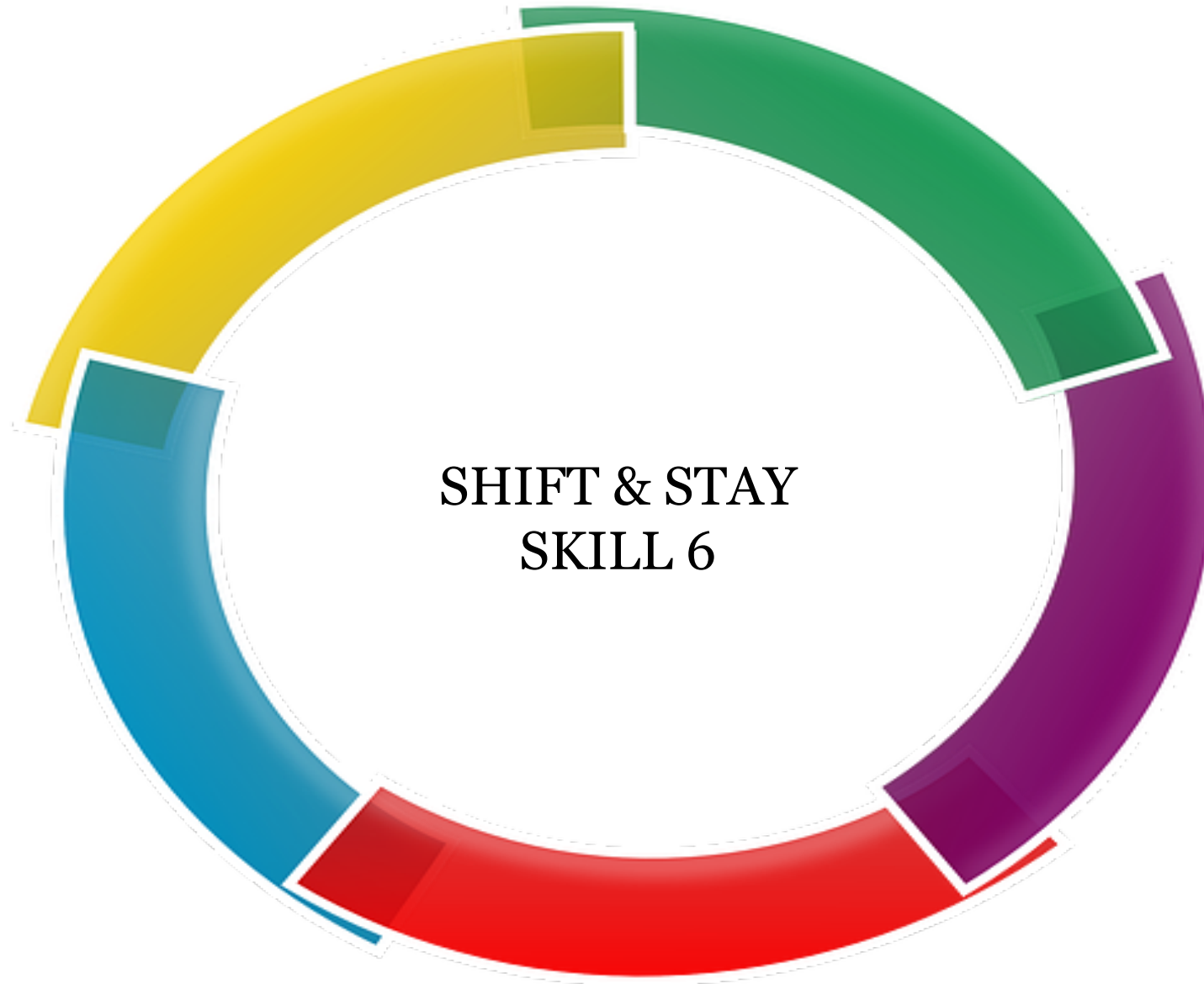
Examples:

If you notice you are upset or nervous,
look around you—what colors/objects do you see?

If you see someone who is upset or sad,
offer them help— “I know something that might help you feel better..... “

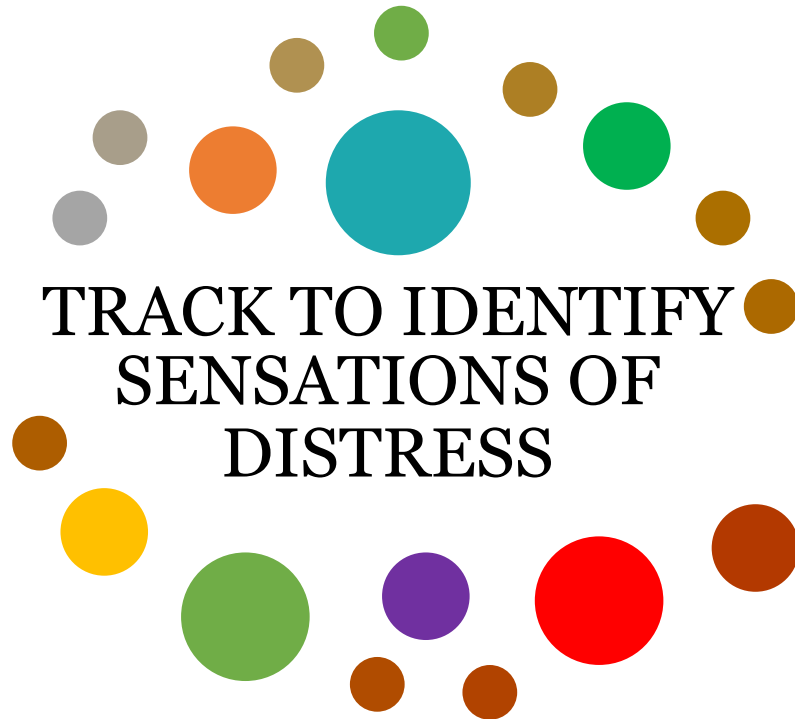


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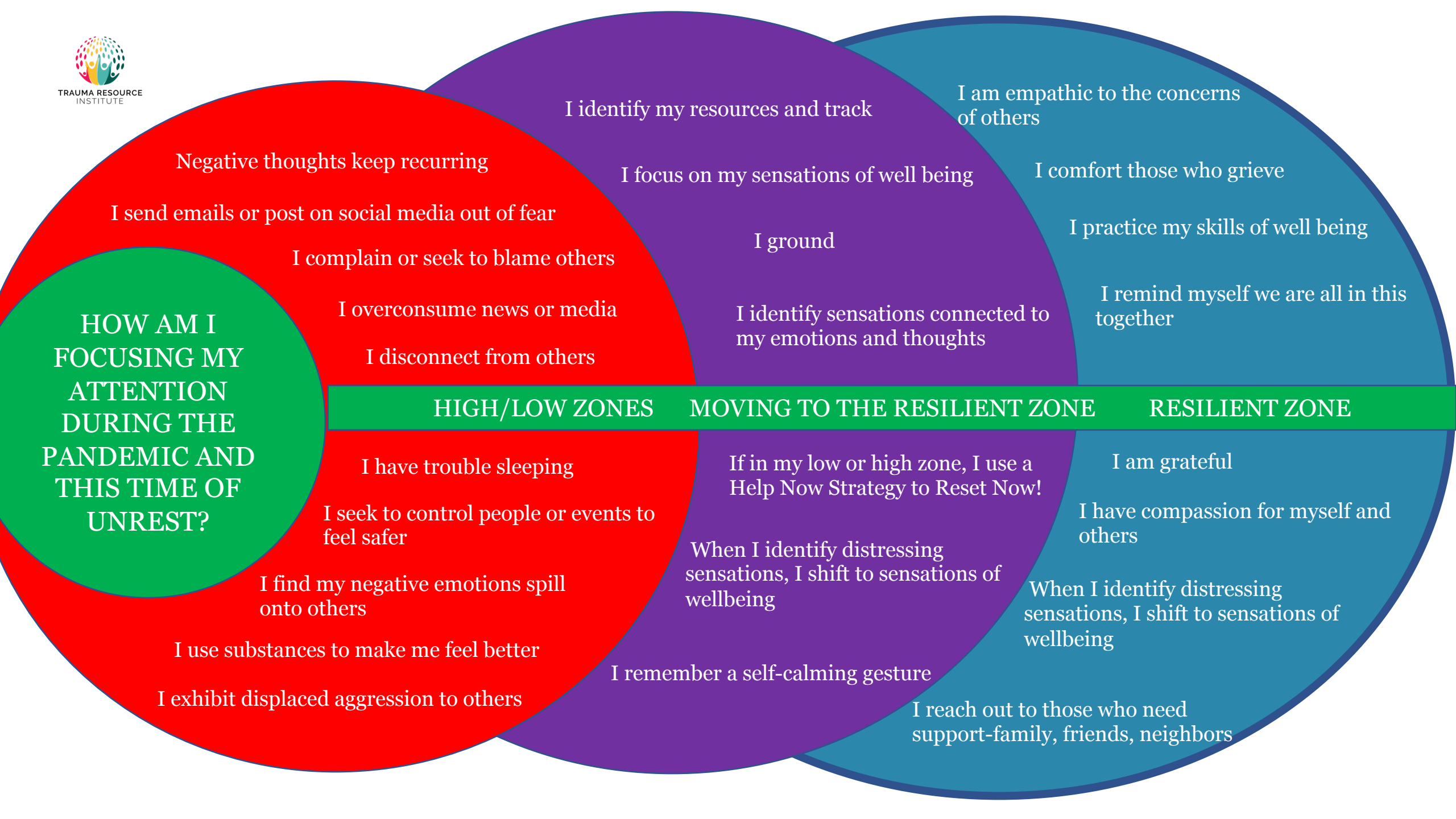




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RESEARCH



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PUBLISHED RESEARCH INTERNATIONAL JOURNAL OF MENTAL HEALTH AND ADDICTION 1/20

What is the effect of single 5-hour Community Resiliency Model[®] class

- urban drug treatment center for impoverished women in Atlanta?

Pre-post mixed methods design of 20 women:

- Physical symptoms, anger, and anxiety symptoms declined significantly
- well-being increased significantly

Grabbe, L., Higgins, M., Jordan, D., Noxsel, L., Gibson, B., Murphy, J. (2020). The Community Resiliency Model: a Pilot of an Interception Intervention to Increase the Emotional Self-Regulation of Women in Addiction Treatment. *Int J Ment Health Addiction*.

<https://doi.org/10.1007/s11469-019-00189-9>

What is the effect of single 3-hour Community Resiliency Model[®] class on front-line workers?

- Emergency department staff, chaplains, MDs, nurses, social service workers, health science students in Atlanta?

Pre-post mixed methods design of 73 front-line workers:

- Well-being scores increased at 1 year with a small-moderate effect size (Cohen's $d = 0.32$).
- Resilience scores increased with a small-moderate effect size by 1 year (Cohen's $d = 0.36$).
- Secondary traumatic stress scores declined, with the largest effect at 1 week (Cohen's $d = 0.49$).
- Somatic symptoms decreased at each post-test, with the largest change occurring from baseline to 1 week ($d = 0.39$).

Loma Linda
University
provided 2 ½ day
CRM[®]
interventions in
Sierra Leone
following the
Ebola Crisis to 40
community
members

Results: statistically significant

- improvements in resiliency
- reduction in trauma symptoms, secondary traumatic stress, depression and anxiety

These
improvements
remained
consistent when
assessed at the
6-month follow-
up.

Community Resiliency Model *3-hour Class* Randomized Controlled Trial*

At baseline, more than 1/3 experienced the following:

- poor mental well-being
- low resiliency
- possible PTSD
- high or very high somatic (body) symptoms
- burnout symptoms often or sometimes

***RCT Findings: 77 adults (nursing profession)**

CRM group (3-hour class) one year later:

- Large effect size--improved well-being
- Medium effect size--reduced secondary traumatic stress and physical symptoms

Research with Adults: Emory University Randomized Controlled Trial

Application of skills after the 3-hour Community Resiliency Model class

After learning the skills:

tracking sensations
resourcing to calm down
grounding to release my stress
just **pushing up against a wall.**
my ring for grounding
I touch the **fabric of my scrubs** to
ground myself
just **being still** with myself and
noting sensations
touching different surfaces and
noticing the physical sensations.
...used nature and paying attention to
smells and sensations
mindful of my body and
surroundings

When did they use the skills

- walking (out of work); at bedtime
- during '**clinical stressful/scary**'
situations with patients.
-in the **midst of the chaos**
-things become way to **hectic**
-I am dealing with **family dynamics**
-I feel myself **getting upset**if I'm
feeling anxious or unsettled.
-during **codes**, and when dealing with
dying patients
- after a **difficult shift** at work
-after a **traumatic or distressing**
experience
-during a **stressful day**
- ...**feeling overwhelmed..... tachycardia,**
heavy breathing, sweating



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UNITED NATIONS-TAYLOR AND FRANCIS (ROUTLEDGE)

selects

*Building Resilience To Trauma,
The Trauma and Community Resiliency Models*

By: Elaine Miller-Karas

Online curated library

Sustainable Goals Online-: <https://www.taylorfrancis.com/sdgo/>

To support the UN's call to action to end poverty, fight inequality and injustice and protect the planet.





SEE Learning

Social, Emotional, and
Ethical Learning

<https://seelearning.emory.edu>

- The ***Social, Emotional, and Ethical (SEE) Learning is an innovative K-12*** education program developed by Emory University. SEE Learning™ provides educators with the tools they need to foster the development of emotional, social, and ethical intelligence for students and themselves.
- SEE Learning™ represents the state of the art in education by enhancing SEL programming with key additional components, including attention training, compassion and ethical discernment, systems thinking,
- SEE Learning empowers students to engage ethically as part of a global community and provides educators with the tools to support student well-being.
- The wellness skills of the Community Resiliency Model concepts are in Chapter 2 of this curriculum. The curriculum is free and so is the online learning platform. Elaine Miller-Karas, one of the developers of TRM and the Community Resiliency Model has been a Senior Consultant to this project.



EMORY
UNIVERSITY



Center for
Contemplative Science and
Compassion-Based Ethics



Connect With Us!

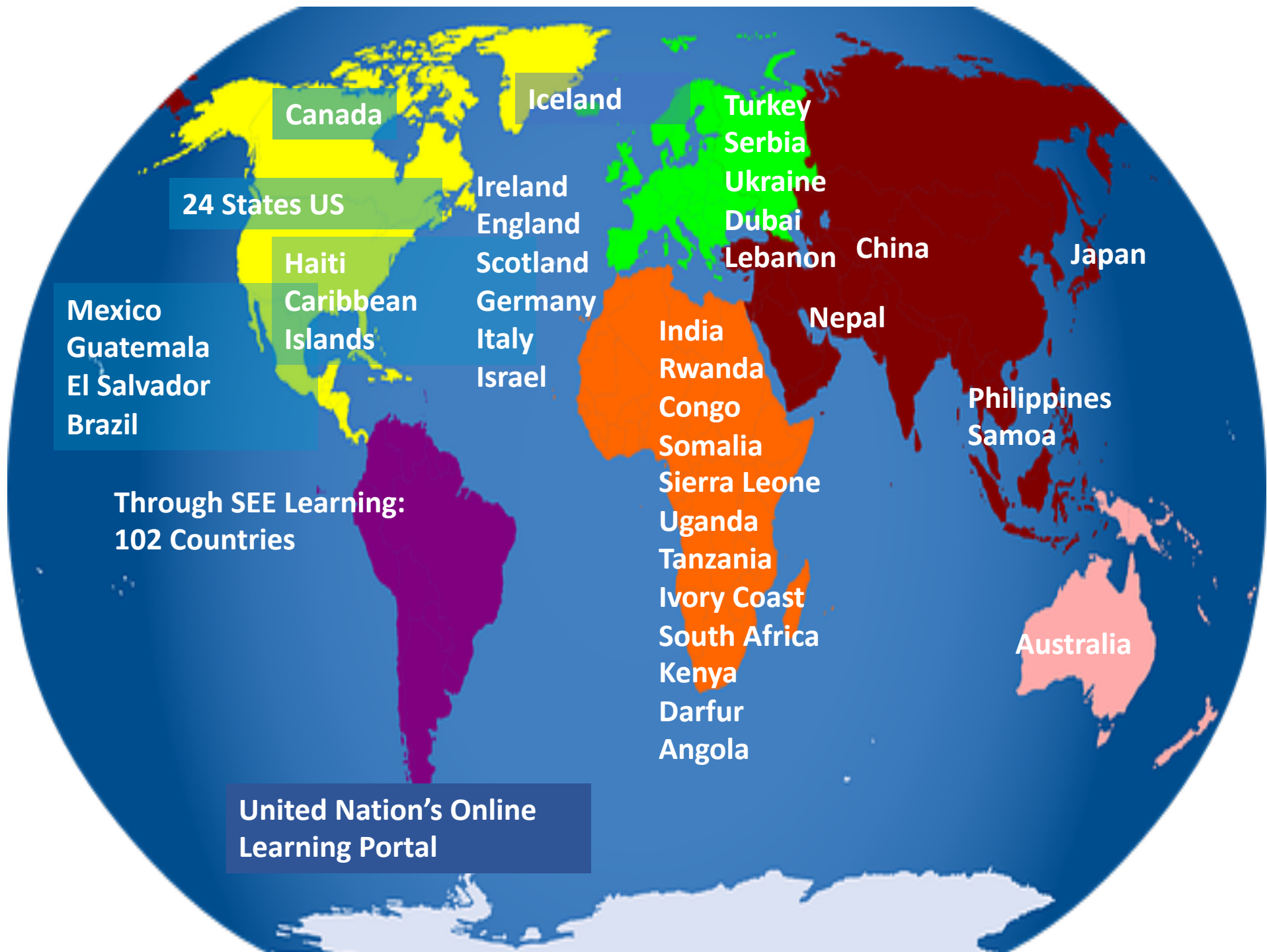


@TRlresilience



@traumaresourceinstitute

Also learn about the
Trauma Resiliency Model ®
directed toward mental health
professionals





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Our Vision

To create resiliency
informed and trauma
informed individuals
and communities

Our Mission A commitment to bring wellness skills, based on cutting edge neuroscience, to our world community, one person at a time, one community at a time

A light blue world map is centered in the background. In the foreground, there are colorful silhouettes of diverse people of various ages and ethnicities. Some are holding hands, some are raising their arms, and some are holding children, symbolizing a global, inclusive community.

“Diversity inclusion would be a world where people of all religions, races, sexual orientation, ages, abilities and gender identification were equally respected, included and welcomed.” (Miller-Karas, 2019).