Community Resiliency Model®

Introduction

Written by Elaine Miller-Karas of the Trauma Resource Institute
from the original work of Elaine Miller-Karas, Geneie Everett & Laurie Leitch
Goals of the Community Resiliency Model®
Accessible, Affordable, Portable, Adaptable

Individual

- To widen the “Resilient Zone” so one is better able to handle life stressors
- To reset the nervous system to bring it back into balance after stressful/traumatic events
- To intercept the hijacking of the NS by learning skills for self-care
- To integrate the CRM skills into the activities of daily living

Community

- To create a cadre of CRM-informed community members who are educated in
  - the biology of traumatic stress reactions
  - the biology of resiliency
- To widen the “Resilient Zone” in individuals, family members and the extended community
Resiliency Informed Self-Care

- By learning the skills, individuals can become more attuned and are able to use the CRM Skills for self-care.

- As individuals become more resilient, their families and communities become more resilient.

- When CRM skills are taught within the family, adults:
  - can model the use of the skills
  - can help children and other adults learn the skills

Apply your Resiliency mask 1st!
Who can CRM help?

- Individuals & Community
- For Self-Care

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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](http://www.ichillapp.com) on the web.
Key Concepts 1
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

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Traumatic/Stressful Event or Stressful/Traumatic Triggers

Stuck in Low Zone
- Depression/Sadness
- Isolated
- Exhaustion/Fatigue
- Numbness

Stuck in High Zone
- Edgy
- Irritable
- Mania
- Anxiety & Panic
- Angry outbursts
- Pain

Resilient Zone
What do we mean by RESILIENCE?
Resiliency

"Is an individual’s and community’s ability to identify and use individual and collective strengths in living fully in the present moment, and to thrive while managing the activities of daily living."

~Miller-Karas (2013)

A person’s ability to use skills throughout the day to manage all the challenges they encounter.
An Elegant Design: The Capacity to Heal

The human body has the inner capacity to heal and restore itself and has a wisdom that words cannot speak.

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We Develop Resources to Track Our Neutral and Pleasant Sensations

BECAUSE

Brain cells that fire together wire together! Carla Schatz
What do we mean by TRAUMA?
Trauma/Stress

Too much & Too fast!

Perception is key
Too little or Too much for TOO LONG

The nervous system becomes dysregulated

Perception is key
Big “T” Trauma
- Natural Disasters
- Man-Made Disasters
- War Zone Experiences
- Acts of Terrorism
- Sexual Assaults
- Child Abuse
- Acts of Violence
- Death of Loved One(s)
- Catastrophic Illness
- Vicarious Trauma (Witnessing)
- Overdose
- Restraints/Take Downs
- Psychosis/Psychotic break
- Manic Episodes
- Suicide Attempt

“C” Trauma
- Racism
- Poverty
- Homophobia
- Bullying
- Oversaturation in Media
- Domestic Violence
- Child Abuse
- Multiple Deployments
- Vicarious Trauma (Witnessing)
- Multiple Hospitalizations
- Sexism
- Overdoses
- Homelessness
- Stigmatization
- Multiple Diagnoses
- Micro Aggressions
- Incarceration
- Gravely Disabled
- Immigration Challenges
- Historical Trauma

Little “t” Trauma
- Dog Bites
- Routine Surgeries
- Falls
- Invasive Dental or Medical Procedures
- Minor Car Accidents
- Medication Side Effects
- Multiple Med Regimens

When the nervous system becomes overwhelmed, people can lose the capacity to stabilize and regulate themselves.
<table>
<thead>
<tr>
<th>Traditional</th>
<th>Trauma-Informed</th>
<th>Resiliency-Informed</th>
</tr>
</thead>
<tbody>
<tr>
<td>• People are bad.</td>
<td>• People are suffering.</td>
<td>• People are resilient.</td>
</tr>
<tr>
<td>• People need to be punished.</td>
<td>• People need an effective intervention.</td>
<td>• People need our compassion as they learn new skills.</td>
</tr>
<tr>
<td>• People just don’t care.</td>
<td>• Many people care, but lack understanding and skills.</td>
<td>• Any person can learn self-regulation skills based on science</td>
</tr>
<tr>
<td>• We need to stop making excuses for people.</td>
<td>• We need to learn how trauma impacts a child’s and adult’s development.</td>
<td>• We need to learn how skills of well-being can reduce suffering.</td>
</tr>
<tr>
<td>• What is wrong with you?</td>
<td>• What happened to you?</td>
<td>• What is right with you?</td>
</tr>
</tbody>
</table>
Key Concepts 2
Elegant Design

The Model is based upon:
Laws of Nature
Autonomic Nervous System
Scientific study of the brain
The Primary Focus is BIOLOGY NOT MENTAL WEAKNESS
Neuroplasticity: The brain can change!

This is Hope!
We can build new
more resilient
pathways!
CRM Skills
The Skills of CRM

- Resourcing
- Grounding
- Help Now!
- Shift and Stay
- Gesturing

TRACKING
The Skills of CRM
The Basic Three

Resourcing

TRACKING

Grounding
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.
<table>
<thead>
<tr>
<th>Stress &amp; Trauma</th>
<th>Resiliency</th>
<th>Release</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shallow Breath</td>
<td>Deeper Breath</td>
<td>Shaking</td>
</tr>
<tr>
<td>Rapid Heart Rate</td>
<td>Slower heart rate</td>
<td>Trembling</td>
</tr>
<tr>
<td>Tense Muscles</td>
<td>Relaxed Muscles</td>
<td>Burping</td>
</tr>
<tr>
<td>Pain</td>
<td>Grounded</td>
<td>Yawning</td>
</tr>
<tr>
<td>Cold/chill</td>
<td>Calm</td>
<td>Heat/warmth</td>
</tr>
<tr>
<td>Numbness</td>
<td></td>
<td>Vibration/tingling</td>
</tr>
</tbody>
</table>

- 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 1: Tracking Exercise

Raisin/Fruit/Candy Exercise

- Hold the item in your hand
- As you hold the item in your hand, is it smooth, rough, scratchy, soft?
- As you look at it, what do you notice on the inside?
- When you smell it, is it sour, sweet, smelly?
- When you take a bite, is it juicy, tasty, sweet, sour?
- As you take a bite, what happens on the inside?
Skill 2: Resourcing

- Person
- Place
- Activity
- Faith
- Strengths
Skill 2: Resource Intensification

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

Resource intensification strengthens the elements of the resource in order to override attention that automatically goes to unpleasant sensations.
Skill 2: Identifying Resources

1. Write down three resources.
2. Circle one resource.
3. Write down 3 or more details about your resource.
4. Read your resource and the three details about your resource.
5. As you read about the resource, notice what happens on the inside.
6. Share your resource with a friend.

SEE HANDOUT
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

- Grounding is necessary to be in the present and to experience safety in mind, body and spirit. You can ground through your hands, feet and your whole body!
Grounding
Noticing sensations that are supportive and safer in the present moment

We can ground while

- Sitting on a chair or couch or the ground
- Standing against a wall or hard surface
- Lying on the floor, bed, or the ground
- Walking and paying attention to your feet making contact with the ground
Research
Research Underway

- Claremont Graduate University, Paul Zak’s Laboratory, California
- University of Hamburg, Germany
- Loma Linda University, California
- Emory University, School of Nursing
- University of Kigali, Rwanda
- Cal State, Dominguez Hills, California
The Trauma Resource Institute

www.traumaresourceinstitute.com

www.ichillapp.com

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“I think this is what Nelson Mandela meant by the “Rainbow Nation.” Learning about how to stabilize the nervous system is equality and is beyond nations, culture, religion and ethnicity.”
~CRM Trainer, South Africa