Community Resiliency Model (CRM) 
Climate Change
A Prevention Model

PRESENTER: Elaine Miller-Karas of the Trauma Resource Institute

Trauma Resource Institute
www.traumaresourceinstitute.com
www.communityresiliencymodel.com
Welcome
ADVERSITY IS NOT DESTINY
The Costs of Climate Change
Why Resiliency Skills are Critical

- Natural Disasters
- Temperature Changes
- Loss of Life
- Physical Injury
- Job Loss/Changes
- Social Network Migration
- Agriculture Food Supply
- Emotional
- Physical
- Relationships
- Thinking
- Behavioral
- Spiritual

Trauma/Stress

The Costs of Climate Change
Why Resiliency Skills are Critical
Physical
- Numb/Fatigue
- Physical Pain
- Rapid heart rate
- Breathing problems
- Tight Muscles
- Sleep Problems
- Stomach Upset
- Hypervigilance

Emotional
- Rage
- Fear
- Grief
- Guilt
- Shame
- Apathy
- Anxiety
- Avoidance
- Depression

Thinking
- Paranoid
- Nightmares
- Dissociation
- Forgetfulness
- Poor Decisions
- Distorted Thoughts
- Suicidal/Homicidal

Spiritual
- Hopelessness
- Loss/Increase of Belief
- Loss of Purpose
- Self-Blame

Behavior
- Isolation
- Tantrums
- Self-Injury
- Addictions
- Eating Disorders
- Abusive Behaviors

Common Reactions
- Relationships
  - Angry at others
  - Isolating
  - Loss of Friends/Family/Community
Post Traumatic Growth

- Increased resilience
- Internal strength
- Gratitude for life/Hope
- Stronger advocate
- Appreciation of loved ones
- Stronger commitment to family
- Increased faith
- Increased wisdom
- Clearer priorities
- Compassion for self and others
Community Action
Prepare For Climate Change

✓ Strengthening social groups and networks
✓ Skill Development
  ✓ Learning to read the autonomic nervous system
  ✓ The Community Resiliency Model is one strategy of preparedness

✓ Psychological Preparedness-taking steps to prepare for the psychological impacts

✓ Community Collaboration across public and private organization to plan for the mental health impact following disasters, for example
  ❖ TRI’s collaboration with LLU/ADRA International and other social change agents like UUSC-The Philippines Hurricane Yolanda Projects
    ❖ Community Resiliency Model Teachers
      ❖ Philippines PhilActs
      ❖ St. Vincent CRM Network through ADRA
Community Resiliency Model

One Option
for
Prevention and Aftermath
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
- To create CRM teachers from natural leaders worldwide

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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.
**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

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**Apply your Resiliency mask 1st!**
The Primary Focus of CRM is

BIOLOGY

NOT

MENTAL WEAKNESS
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?
Primary Focus of the Community Resiliency Model: Biology vs. Mental Weakness

- CRM’s focus is on the biology of stress and trauma.
- There are common human reactions to 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”.
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
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.
Traumatic/Stressful Event
or
Stressful/Traumatic Triggers

Edgy
Irritable
Mania
Anxiety & Panic
Angry outbursts
Pain

Depression/Sadness
Isolated
Exhaustion/Fatigue
Numbness

Stuck in Low Zone

Stuck in High Zone

Resilient Zone

Graphic adapted by Elaine Miller-Karas from an original graphic of Levine/Heller, original slide design by Genie Everett
Resilient Zone

Trigger or Stressful Event

Stuck in the Low Zone

Stuck in the High Zone

Resilient Zone
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.
Neuroplasticity: The brain can change!

This is Hope!
We can build new more resilient pathways!
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 will managing the activities of daily living.”

Miller-Karas (2013)
## Perspective Shift
adapted by Elaine Miller Karas from a slide by Jane Stevens (ACES Connection)

<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>
</tbody>
</table>

• What happened to you?  

• What is right with you? What are your strengths?
CRM Skills
The Skills of CRM

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

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.
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.
Tracking the Autonomic Nervous System

**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 PSNS controls the body during rest
- Breathing rate
- Heart rate
- Pupils Constrict
- Blood Pressure
- Sweating
- Stress Hormones
- Digestion
- Saliva
**Sensations**

<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>Trembling</td>
</tr>
<tr>
<td>Pain</td>
<td>Grounded</td>
<td>Burping</td>
</tr>
<tr>
<td>Cold/chill</td>
<td>Calm</td>
<td>Yawning</td>
</tr>
<tr>
<td>Numbness</td>
<td></td>
<td>Heat/warmth</td>
</tr>
<tr>
<td></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
We Develop Resources to Track Our Neutral and Pleasant Sensations

BECAUSE

Brain cells that fire together wire together! Carla Schatz
**Skill 2: Resourcing**

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?”
Skill 2: Resourcing

- Person
- Place
- Activity
- Faith
- Strengths
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!!!
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 helps you get through hard or stressful times?
- OR
- What or who helps calm you or uplifts you during difficult situations?
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.
- 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

- 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**

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

Paying attention to your body in the present moment.

Step 1: Find a comfortable position sitting, standing against a wall or laying on a sofa or floor.
Step 2: Bring attention to how your body is supported by the chair, wall or sofa/floor.
Step 3: Bring attention to all places inside that feel more pleasant or neutral. Bring attention to even small places inside your body that feel better. Stay with what feels better on the inside.
Skill 5: Help Now!

Sometimes people or so overwhelmed or disconnected, they can’t or do not want to talk. When all of our choice has 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.
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
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.
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
- Fairfield University, Connecticut

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Community Building Blocks:
- Identifying Stakeholders
- Spreading CRM
- Financing CRM
- Harnessing Technology
- Developing CRM Skills Teachers
- Delivering CRM Skills

Outcomes/Goals:
- Improved Physical & Mental Health
- Individual & Community Supports
- Awareness & Stigma Reduction
- Preparedness & Resiliency
Creating Community Change

1) How could you use CRM Skills in your community?

2) What steps would you need to take first to begin to use CRM Skills in your community?

3) What strengths does your community have that would support bringing CRM Skills to more people?

4) What challenges would you expect?

5) When can you start and with whom?
The Trauma Resource Institute
A Nonprofit Corporation

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.

CRM Resiliency training has been brought to Mexico, the Ivory Coast, China, Kenya, Rwanda, Somalia, Darfur, the United States Guatemala, the Philippines, Haiti, Trinidad, St. Vincent, Uganda, Nepal, Germany, England, Northern Ireland, South Africa, Tanzania and Kenya
The Trauma Resource Institute

Connect With Us!

@TRIresilience

@traumaresourceinstitute
“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
HURRICANE SURVIVOR USES HER RESILIENCY SKILLS

“Nature is wise and quite the independent system that represents both life and the death of the old in order to create an opportunity for the new. My generation forms the bridge between both worlds that ties the old and the new. September was a quick and intense blur for my family and I. Being 9.5 months pregnant and planning for months for what we thought would be the peacefully planned course of my son’s arrival- we awaited for our newborn son to arrive. But my family and I did some awaiting alright not the one we forethought. Awaiting for two of the greatest storms to face us was no easy task.

First we awaited anxiously and prayed Irma wouldn’t hit our family in PR. Then we prepared and awaited for Irma to hit FL. Will it go left or will it go right? During this time with Irma I awaited this whole thing like a champ and held on to my peace like nobody’s business. My priority was to keep my calm and peace because my newborn would make his entrance at any given point-praying it would not be during the storm. I practiced my hypnobirthing meditations, listened to calming whole tones, prayed and took shelter in the middle of our hallway bathroom alongside my family, puppy and my pillows/blankets for over 7 hrs. We played our calming music all night as Irma decided to make a turn towards CFL. The eye hit us head on.

Thank God that by that time it was only cat 2. I had more pillows and a mattress than you can imagine- ready to be thrown over us to protect all of us and our baby. I even had a pillow that had strength written over it. I love pillows and blankets- it is actually one of my resources so it worked out perfect.. Sunrise came and I was still calm but I think I hadn’t released and processed what had just happened and was soooo pregnant too! By this time it was then safe for all of us to go outside and see what had happened and leave the house. It was quite impactful.

I recalled CRM at that moment and asked myself when did you and have you realized you were/are safe? At that moment I cried and let it all out -just thanking God all was well. We were lucky nothing happened to our home -outside was a disaster, but I had peace in my heart that my son would have a home to go to, although it was messy and it drove my nesting urge nuts! I was reminded to just focus on the essentials and reminded that I have no control of how things will unfold. I had to trust the process even though it was all uncertain. Such was a foreshadowing to what was to come- with both another tough storm and tough labor. Nature is uncertain and its timing can not be controlled. After a long labor, we ended up with a c section. My son weighed 9 pounds and measured 22 inches long- no wonder! He is a strong and healthy little man. Although nature can be unpredictable and tough - new life was born and such is a reminder that with time, new branches will continue to grow strong; we just have have to remain rooted in our faith, hope and trust in God during the strong winds of life. Strong winds make strong trees.”