

Trauma Resource Institute

www.traumaresourceinstitute.com www.communityresiliencymodel.com

Community Resiliency Model(CRM)®© Climate Change A Prevention Model



PRESENTER: Elaine Miller-Karas of the Trauma Resource Institute

Our Vision

To create resiliency informed and trauma informed individuals and communities.

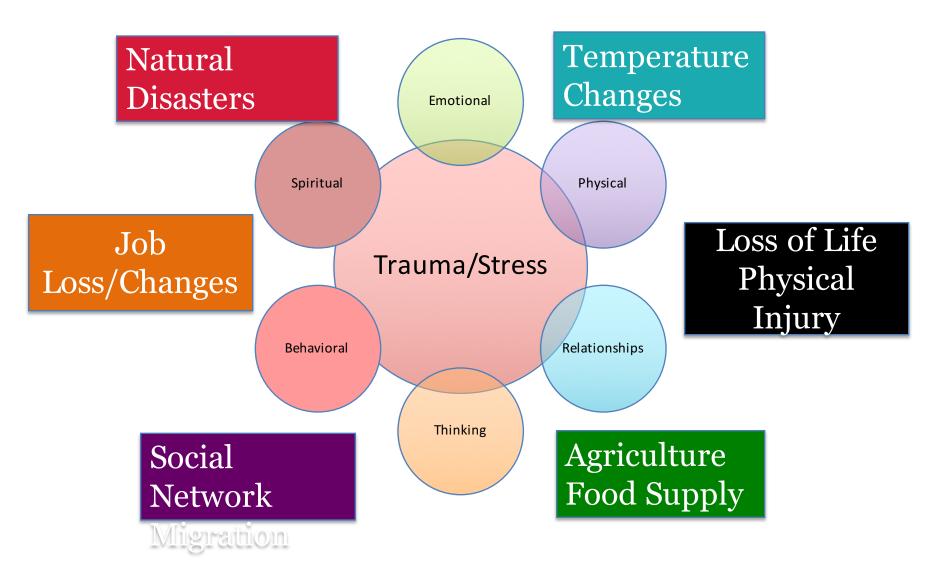
Our Mission

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, the United States, Darfur, Somalia, Guatemala, Japan, the Philippines, Haiti, Trinidad, St. Vincent, Uganda, Nepal, Germany, England, Northern Ireland, South Africa, Tanzania and Kenya



The Costs of Climate Change Why Resiliency Skills are Critical





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)

•We need to learn how

Traditional •People are bad.	Trauma-Informed •People are suffering.	•People are resilient.
•People need to be punished.	•People need an effective intervention.	•People need our compassion as they learn

need our compassion as they learn intervention. new skills.

- •Many people care, but lack •People just don't care. understanding and skills.
- •Any person can learn selfregulation skills based on science
- trauma impacts a child's •We need to stop making and adult's development. excuses for people.
- •We need to learn how skills of well-being can reduce suffering.
- •What happened to you? What is wrong with you?
- •What is right with you? What are your strengths?

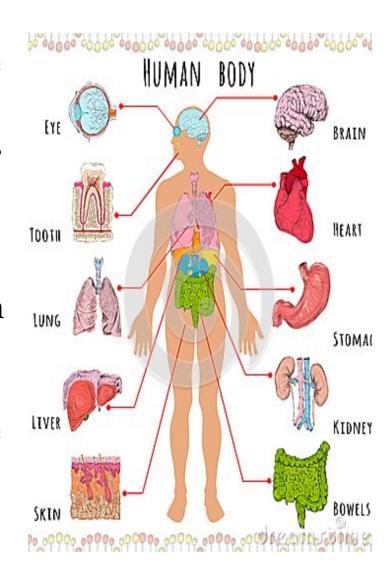


Community Action Prepare For Climate Change

- ☆ 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

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".



THE KEY CONCEPTS

- 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 you pay attention: sensations of distress or sensations of well being





Biological Lens Physiological Distress

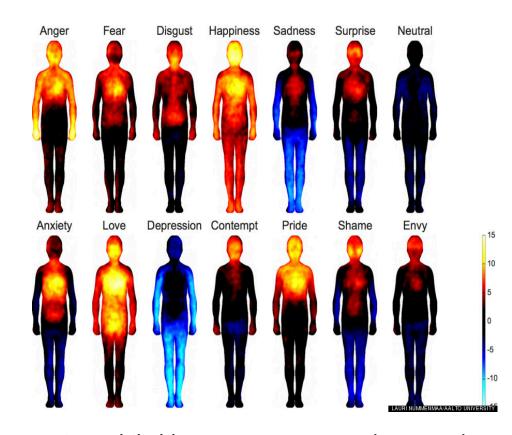
- ❖ Some individuals exhibit acute physiological distress after a traumatic event:
 - Elevated heart rate and respiration rate.
- ❖ Acute physiological reactions measured during or immediately after a traumatic event have been shown to predict the later development of PTSD. (Bryant, et al 2008)
- ❖ Highly 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?

CRM Doorway

Developing the Language of Sensation

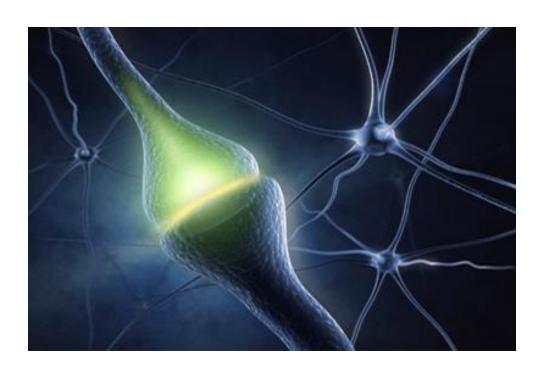
- * A sensation is a *physical experience* in the body.
- Sensations originate in billions of receptors distributed in every part of the body.
- Life experiences, including our thoughts and feelings, have a corresponding sensation within the body.



Yellow shows regions of increased sensation while blue areas represent decreased feeling in these composite images. Image created by Lauri Nummenmaa, Enrico Glerean, Riitta Hari, and Jari Hietanen.

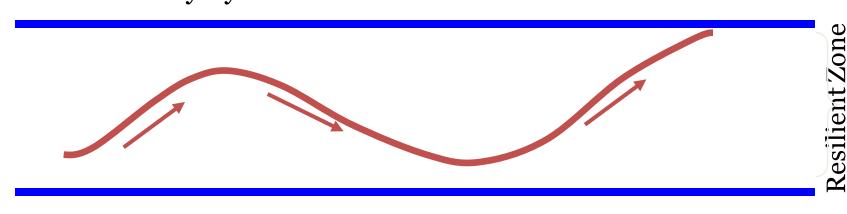
We Pay Attention to
Sensations
of Well Being because
What we pay Attention to Grows

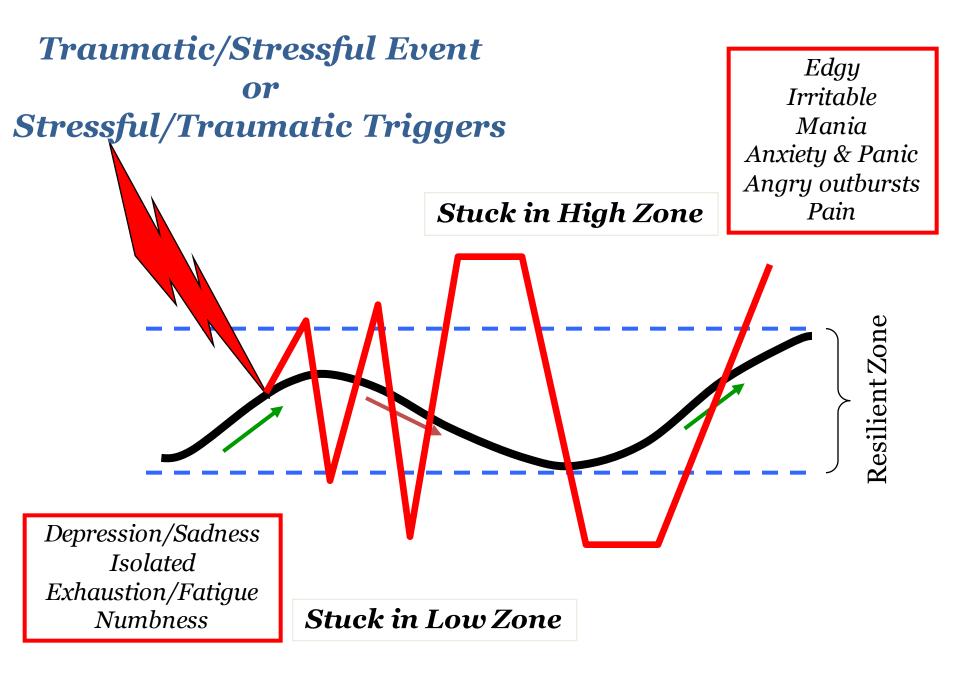
Brain cells that fire together wire together! Carla Schatz



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



Who can CRM help?

Individuals & Community

* For Self-Care





















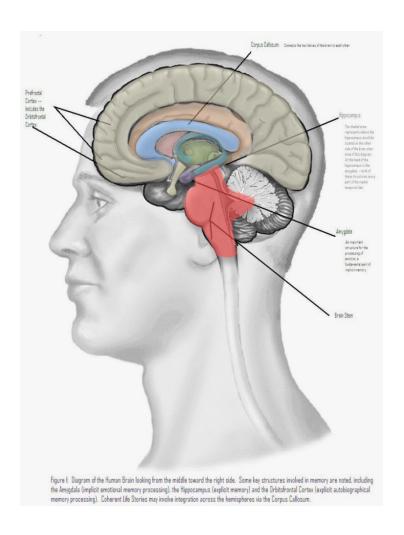
(C) Trauma Resource Institute

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
- * <u>www.ichillapp.com</u> 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.

Elegant Design



Neuroplasticity: The brain can change!

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



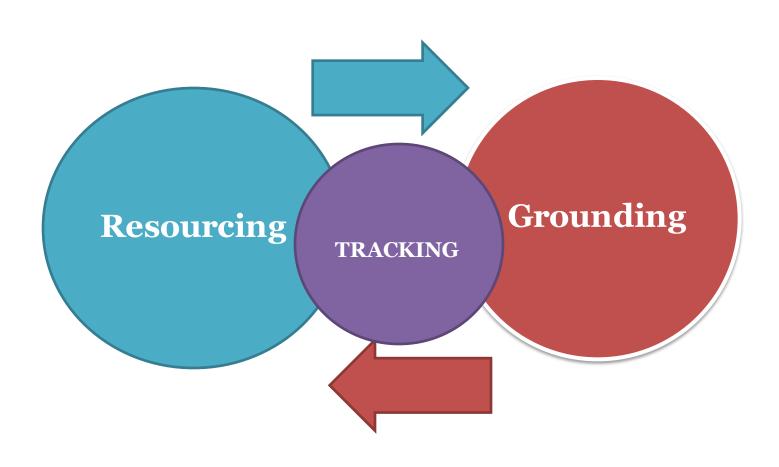


CRM Skills

The Skills of CRM



The Skills of CRM The Basic Three



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

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

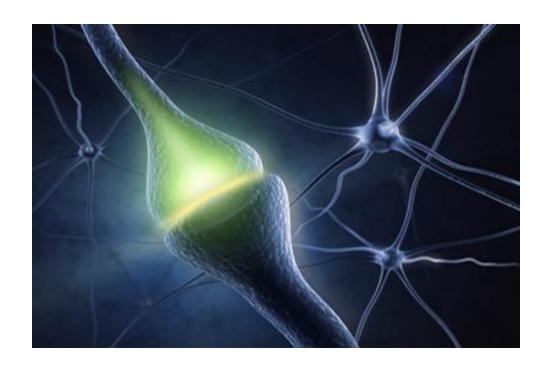
Sensations

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

We Develop Resources to Track Our Neutral and Pleasant Sensations BECAUSE

Brain cells that fire together wire together! Carla Schatz



Skill 2: Resourcing

- Person
- Place
- * Activity
- * Faith
- Strengths









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?"



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 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 helps you get through hard or stressful times?
- * 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!















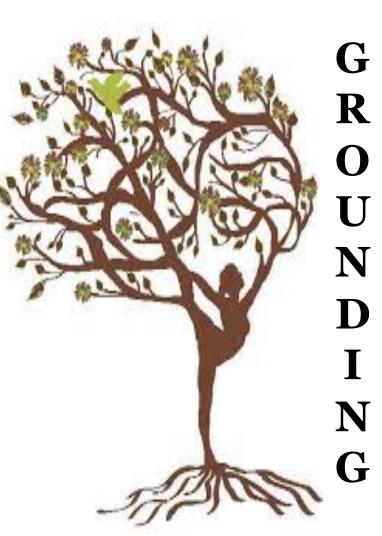
Grounding

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 sof floor.

Step 2: Bring attention to how your body 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 you body that feel better. Stay with what feel 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

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

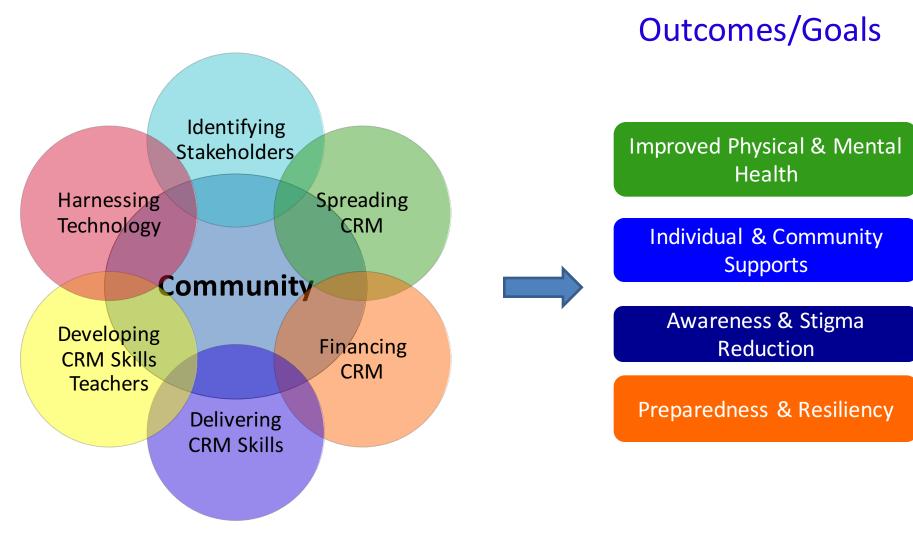
3-6 Month Follow-up

- ❖ 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.

Research Underway

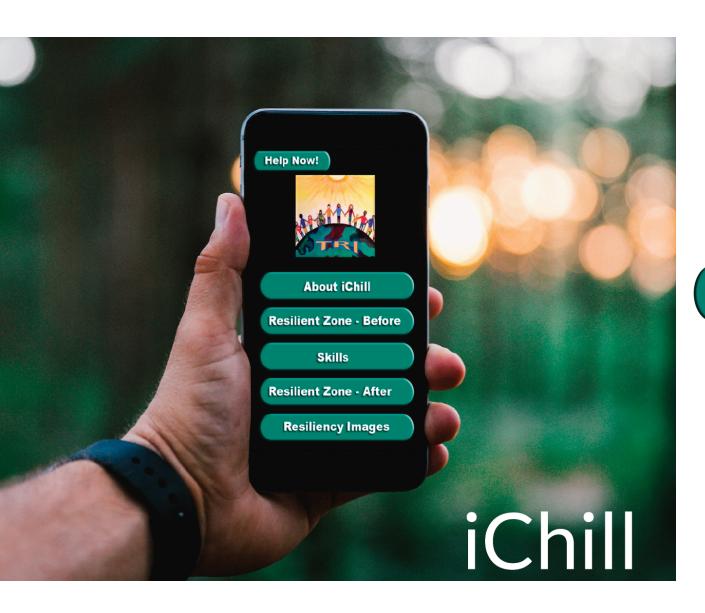
- Claremont Graduate University, Paul Zak's Laboratory, California
- University of Hamburg, Germany
- Loma Linda University, California
- Emory University, School of Nursing
- University of Kigali, Rwanda
- Cal State, Dominguez Hills, California
- Fairfield University, Connecticut

CRM Building Blocks



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?





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The Trauma Resource Institute

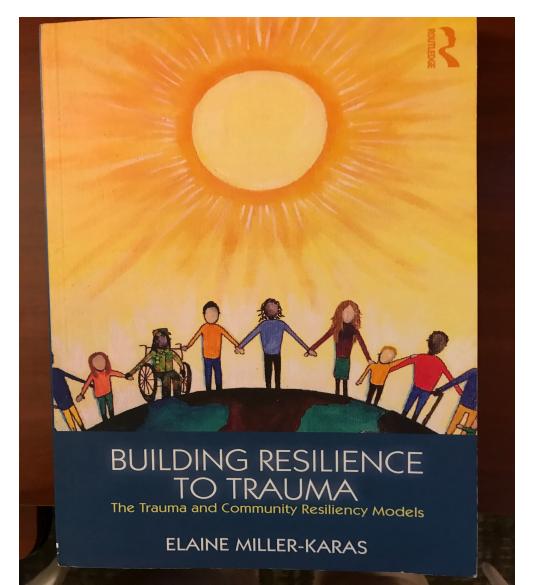
Connect With Us!







Building Resilience to Trauma



Available on Amazon "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 "Nature is wise and guite 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."