The **Community** Resiliency Model

A Program of The Trauma Resource Institute

Slides adapted from the work of Elaine Miller-Karas and Laurie Leitch by the Asheville Area Community Resiliency Model Skills Trainers

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What is the **Community** Resiliency Model?

- A set of six wellness skills
- Resets the natural balance of our mind, body, and spirit
- Can be used by individuals for self-care or by peer helpers
- We call it “CRM” for short
CRM skills are easy to learn

- You don’t have to be a professional helper
- You don’t have to talk about the past
- Even if reading and writing are difficult
- Can be used with different ages – from children to elders
- Useful for people of different cultures and ethnic backgrounds
- Can be used in an endless number of contexts – inside classrooms, offices, homes; outside on the playground and on class trips
- Educational materials are available that reinforce the wellness skills, e.g. the iChill app, wristbands, pocket cards

CRM is relevant

In line with The Heart of Learning and Teaching: Compassion, Resiliency, and Academic Success
CRM is:

- Trauma informed
- Resiliency focused
- Strengths based
- Can be used by school staff for self-care
- Can support the development of healthy community climate/culture
- Can be used for prevention and intervention
- Biologically-grounded, non-stigmatizing
- Can be taught to and by all school staff, not only counselors/health care professionals
- Uses sensory-based mindfulness techniques
How is CRM Serving Communities?

• CRM seeks to create trauma-informed, resiliency-focused communities
• CRM places appropriate, open source technology in the hands of the people one community at a time.
• Buncombe County Schools, Mission, criminal justice system, mental health...

The Primary Focus of CRM is

BIOLOGY
NOT
Mental Weakness
What do we mean by Resilience?

The Resilient Zone

Regulated admin, regulated teachers, regulated classrooms!

Regulate for optimal learning!
When the nervous system becomes overwhelmed, people can lose the capacity to stabilize and regulate themselves.
Acute

Too Much and Too Fast

The nervous system becomes dysregulated

Perception is the key

Cumulative Stress or Trauma = Too Little or Too Much for Too Long

The nervous system becomes dysregulated

Perception is the key
What is the ACE Study?

The Adverse Childhood Experiences (ACE) Study
One of the largest investigations ever conducted to assess associations between chronic stressors in childhood and later-life health and wellbeing.

Many chronic illnesses of adults are determined decades earlier, in childhood – not by disease, but by life experiences.

Adverse Childhood Experiences Study Asked the Following:

Indicators of abuse and neglect:

1) Emotional abuse
2) Physical abuse
3) Sexual abuse
4) Physical neglect
5) Emotional neglect

Indicators of family dysfunction:

6) Domestic violence
7) Parental mental illness
8) Parental substance abuse
9) Loss of parent due to divorce, separation, abandonment
10) Incarceration of a household member
The ACE Pyramid

- 67% reported at least one ACE
- 22% reported three or more
- As # of ACEs increase, the risk for major health problems increases exponentially

ACEs Effect Learning

Children with 3+ ACEs are 32x more likely to have learning/behavior problems

Harvard Center for the Developing Child
ACEs Effect School Performance

Students with 3+ ACEs…

➢ 2.5 x more likely to fail a grade
➢ Score lower on standardized tests
➢ Have language difficulties
➢ Are suspended or expelled more
➢ Are designated to special education more frequently
➢ Have poorer health

http://www.k12.wa.us/CompassionateSchools/Resources
HINDBRAIN
Sensation – Regulates autonomic functions, i.e. digestion, respiration, circulation, reproduction
Initiates Survival Strategies: “fight or flight,” freeze, tend and befriend.

NEOCORTEX
Critical Thinking – Problem solving, planning, creativity, language, symbols, beliefs, inhibition of impulses
Integrates Input: from all 3 parts

LIMBIC SYSTEM
Emotion – Expression and mediation of feelings, motivation, interaction and relationship; memories, especially linked to emotionally charged experiences
Assesses Risk: especially the Amygdala, like a “Smoke Alarm”

THE TRIUNE BRAIN

Adapted from the work of Paul MacLean.

Autonomic Nervous System
Sympathetic (SNS) Prepares for Action
Parasympathetic (PSNS) Prepares for Rest
HINDBRAIN
Automatic Defensive Responses

- Fight or Flight
- Freeze

Physical
- Physical Pain
- Numb
- Sleep Problems
- Stomach Upset
- Tight Muscles
- Fatigue
- Hypervigilance

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

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

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

Spiritual
- Loss/Increase of Belief
- Hopelessness
- Deconstruction of Self

Common Reactions
THE HINDBRAIN

*only* understands

**The Language of Sensation**

In order to “get” CRM we have to get this:

The mind, body, and spirit return to balance based on

**SENSORY INPUT**

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**THE CRM SKILLS**

- **RESOURCING**
- and **RESOURCE INTENSIFICATION**
- **GROUNDING**
- **TRACKING**
- **HELP NOW**
- **SHIFT AND STAY**
Building a New Neural Pathway through Sensation

• A sensation is a **physical feeling** in the body.

• Sensation originates in **billions of receptors** distributed in every cell and system of the body.

• We are most familiar with the language of sensation based on the five senses – taste, touch, smell, sound, sight. These are sometimes called **elemental** sensations.

• Especially important for CRM are the **organic or visceral** sensations in our guts, bones, joints, and muscles. These are also called “felt sense.”

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**Sensation Words**

<table>
<thead>
<tr>
<th>Twitch</th>
<th>Dull</th>
<th>Sharp</th>
<th>Achy</th>
<th>Jagged</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen</td>
<td>Airy</td>
<td>Thick</td>
<td>Trembling</td>
<td>Shivery</td>
</tr>
<tr>
<td>Smooth</td>
<td>Chills</td>
<td>Vibrating</td>
<td>Itchy</td>
<td>Bumpy</td>
</tr>
<tr>
<td>Solid</td>
<td>Numb</td>
<td>Empty</td>
<td>Blocked</td>
<td>Moving</td>
</tr>
<tr>
<td>Stuffy</td>
<td>Expanding</td>
<td>Tight</td>
<td>Puffy</td>
<td>Bubbly</td>
</tr>
<tr>
<td>Tingling</td>
<td>Shaky</td>
<td>Sticky</td>
<td>Sweaty</td>
<td>Sparkly</td>
</tr>
</tbody>
</table>

Use sensory-based language rather than feelings-based words like “happy, sad, angry.”
TRACKING
The Foundational Skill of CRM

• Tracking means paying attention to sensations.

• Tracking is the foundational skill of CRM and is coupled with every other CRM skill.

• The invitation is always, always, always to

  “Notice what’s happening on the inside…”

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How CRM Works

• Tracking pleasant and/or neutral sensations connected to our highly individualized resources is the fastest, most direct route back to our Resilient Zone.

• Tracking with Resources rapidly builds confidence in a person’s own capacity to restore his or her nervous system to balance and calm.
We only track pleasant and/or neutral sensations

**BECAUSE**
what gets fired together
gets wired together!

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**Help Now!**

- Can be used when a person is stuck in the high zone or low zone
- Can be taught to family members and friends to help a person get back to the Resilient Zone
Together, push against a wall or against your hands

**Help Now!**

**A Skill for Self and for Others**

- Pushing against a wall or door and **noticing** your muscles pushing
- Walk with the child or adult, “Pay attention to the movement and **notice** how your feet are making contact with the ground”
- Drink a glass of water, **notice** as it goes down
- Count to 10 backwards (if age appropriate)
- Name the colors in the room or in the space

**HELP NOW!**
A Skill for Self and for Others

• **Notice** the temperature in the room

• Open your eyes if they have a tendency to close

• If indoors, **notice** the furniture, touch the surface, notice textures

• Listen for different sounds in the environment

While doing any one or combination of the above, encourage the person to **track sensations that are more pleasant or neutral**

HELP NOW!

A Resource can be anything that helps a person feel better.

May include:

**External Resources**
- people, places, activities, skills, hobbies, or animals we know and love

**Internal Resources**
- values or beliefs that give strength, peace or calm,
- memories of important people or experiences,
- personal characteristics such as kindness, compassion and humor – or body resources such strong legs or the ability to heal from illness.
Resource

Intensification

The CRM Guide asks 3-4 questions about the Resource help the Tracker discover and expand the positive and neutral sensations connected to the Resource.

In this way the CRM Guide and Tracker make a mutually understood video of a Resource experience.

Resource Intensification is necessary to override the habitual impulse to attend to unpleasant sensations. With Resource Intensification we are harnessing and amplifying the positive.

ANCHORING THE RESOURCE

Grounding

Resource Tree of Life Activity

1. Roots
2. Ground
3. Trunk
4. Branches
5. Leaves
6. Fruit
7. Fallen fruit
8. Compost
9. Loved ones

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How CRM Helps

• Strengthens protective factors
• Empowers everyone to understand biological responses to trauma and how to build resilience
• Recognizes symptoms as adaptations, and rather than react to behavior, respond to need
• Pays attention to interactions: How are we seeing people?
• Does not require disclosure or “sharing of the story” - presumes history of traumatic stress

The Trauma Resource Institute

www.traumaresourceinstitute.com
www.communityresiliencymodel.com