



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The Community Resiliency Model (CRM)[®] Training

Presenter: Linda Grabbe, PhD, PMHNP-BC and Bria Davis, BA

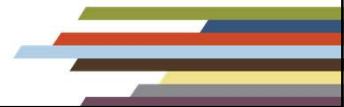
Moderator: Terah Kalk, MPH

School Mental Health Initiative

Southeast Mental Health Technology Transfer Center (MHTTC)

Rollins School of Public Health, Emory University

May 25, 2022



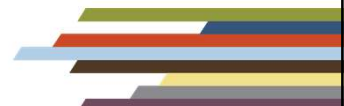
Disclosure/Disclaimer

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Southeast Mental Health Technology Transfer Center
Alabama | Florida | Georgia | Kentucky | Mississippi | North Carolina | South Carolina | Tennessee



About the Southeast Mental Health Technology Transfer Center (MHTTC)

The **Southeast MHTTC** is located at the Rollins School of Public Health, Emory University.

Serve states in HHS Region IV: Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee.



Our Mission: To promote the implementation and sustainability of evidence-based mental health services in the Southeastern United States.

Our Vision: Widespread access to evidence-based mental health services for those in need.

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Southeast Mental Health Technology Transfer Center
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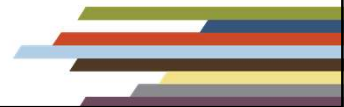
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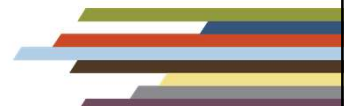
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Please take a few minutes to provide us with your
thoughts as this is a very important part of our funding.

We appreciate your feedback!

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Presenter



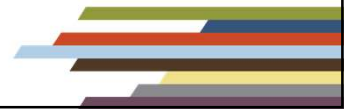
Dr. Linda Grabbe

Family and Psychiatric/Mental Health Nurse
Practitioner

Clinical Assistant Professor
Emory University School of Nursing

Community Resiliency Model Teacher

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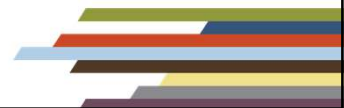
Presenter



Bri Davis, BA

Title Community Resiliency Model Teacher
Community Advanced Practice Nurses, Inc.



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Objectives: The Community Resiliency Model (CRM) Training

1. Demonstrate CRM's simple biologically based skills to get back into the Resilient Zone, a balanced state of body, mind and spirit.
2. Explain common reactions to individual or communal traumas/stresses.
3. Apply the CRM skills and concepts for personal self-care as needed, to widen the Resilient Zone, integrating wellness practices into daily life.
4. Teach the CRM skills, especially Resourcing and Help Now! one-on-one to students, clients, co-workers, friends, and family as a **"CRM Guide."**

The presenters have no conflicts of interest to disclose.




**TRAUMA RESOURCE
INSTITUTE**

THE COMMUNITY RESILIENCY MODEL(CRM)®

Linda Grabbe, PhD, FNP, PMHNP, FAAN
Bria Davis, BA

*Building Resilience to Trauma:
The Trauma and Community Resiliency Models*
Book written by: ELAINE MILLER-KARAS

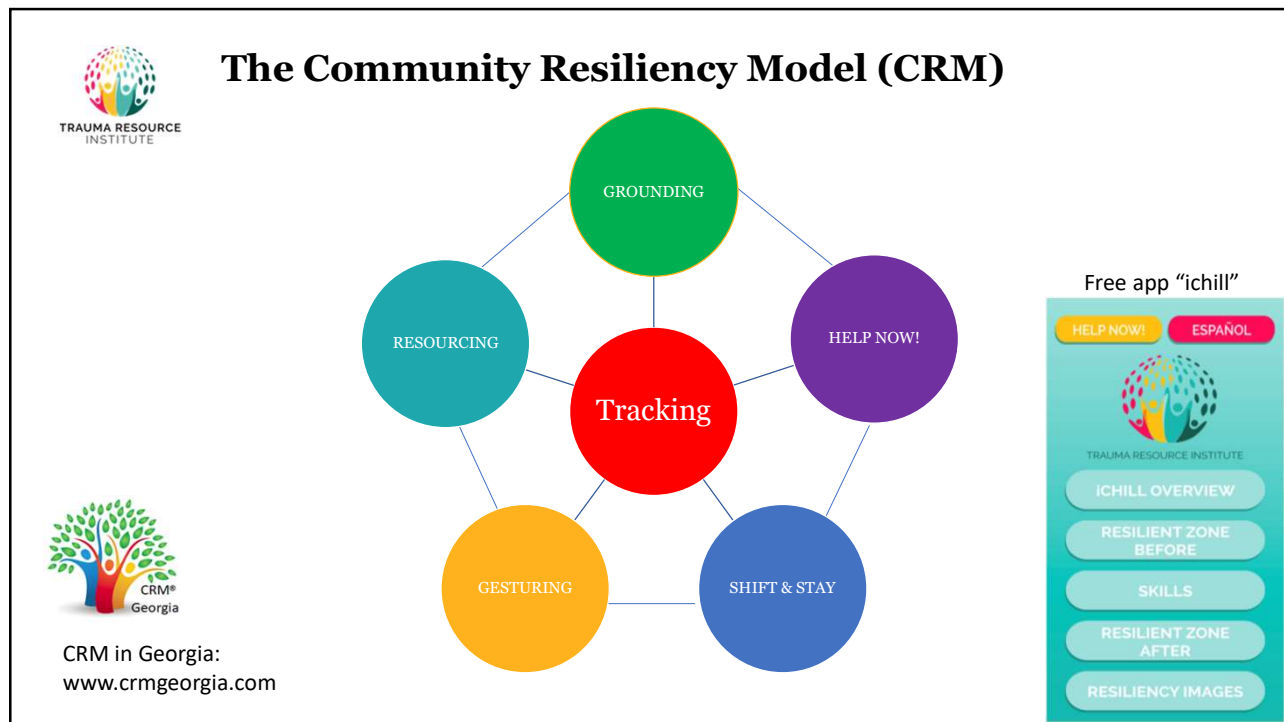
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*Building Resilience to Trauma:
The Trauma and Community Resiliency Models*
Book written by: ELAINE MILLER-KARAS

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www.crmgeorgia.com



FACTS ABOUT THE COMMUNITY RESILIENCY MODEL(CRM)?

- CRM skills are accessible and adaptable to many settings (social service agencies, schools, hospitals, community medical and mental health clinics, prisons, homeless shelters, NGOs focused on disaster response, resiliency task forces, veteran services)
- CRM skills are appropriate amongst diverse cultural groups
- CRM content is appropriate across the lifespan and amongst unique groups



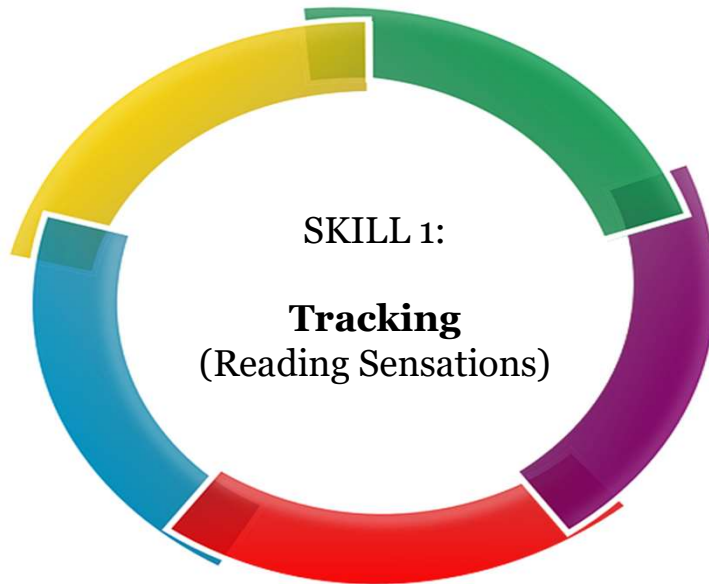
What or who uplifts you?
What or who gives you strength?
What or who helps you get through hard times?



What is your definition of resiliency?
What is your definition of community resiliency?



SKILL 1:
Tracking
(Reading Sensations)





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

**Learning to distinguish Between sensations of distress and wellbeing.*



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

Sitting or staying with sensations that are pleasant or neutral

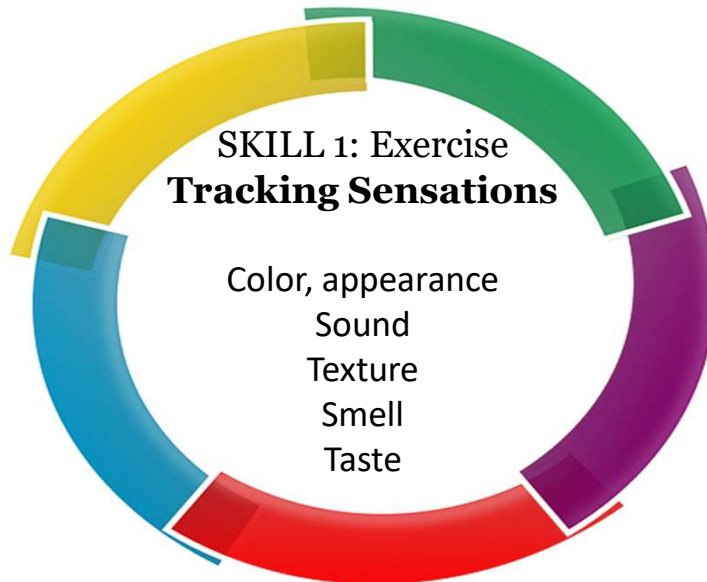
Curiosity questions:
What do you notice on the inside?
Are the sensations pleasant, unpleasant or neutral?



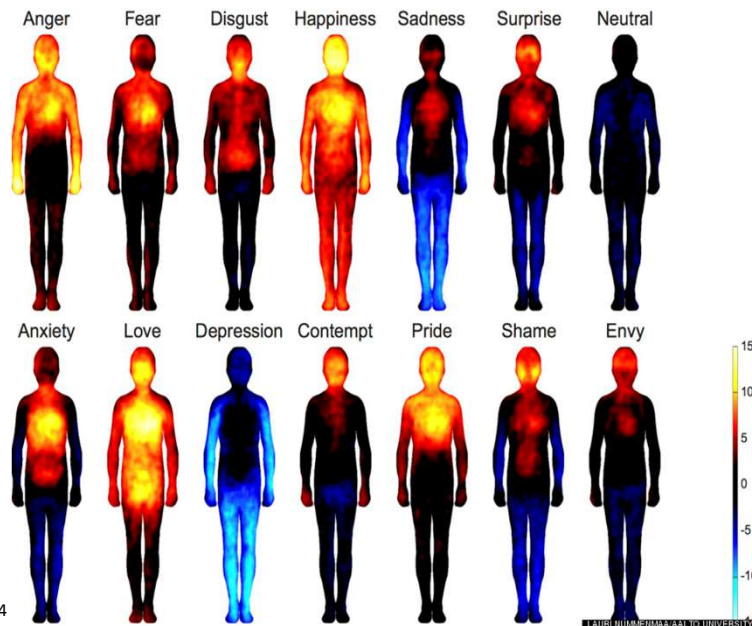
Try Mindful Eating at your next meal using your 5 senses!

SKILL 1: Exercise Tracking Sensations

Color, appearance
Sound
Texture
Smell
Taste



Developing the Language of Sensation: “Felt Sense”



Nummenmaa et al, 2014

A sensation is a physical experience in the body

Yellow and red = increased sensation, activation, or energy

Black = neutral

Blue = no energy or sensation

4,000 participants colored bodily regions whose activity they felt increasing or decreasing when exposed to emotional words, stories, movies, or facial expressions.



Learning Sensation Words:

| VIBRATION | SIZE/POSITION | TEMPERATURE | PAIN | MUSCLES |
|--|---|--|--|----------------------------------|
| SHAKING TWITCHING TREMBLING FAST/SLOW | SMALL MEDIUM LARGE UP/DOWN CENTER | COLD HOT WARM NEUTRAL | INTENSE MEDIUM MILD THROBBING STABBING | TIGHT LOOSE CALM RIGID |
| BREATHING | HEART | TASTE | DENSITY | WEIGHT |
| RAPID DEEP SHALLOW LIGHT | FAST SLOW RHYTHMIC FLUTTERS JITTERY | SPICY SWEET SOUR JUICY BLAND | ROUGH SMOOTH THICK THIN | HEAVY LIGHT FIRM GENTLE |



DOORWAYS OF EXPANDING WELL BEING



THINKING



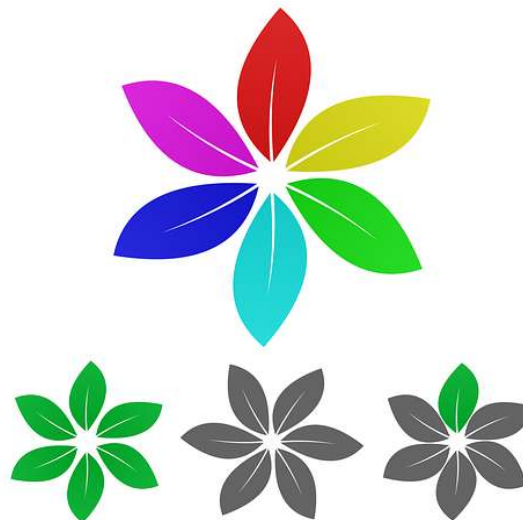
SENSING



FEELING



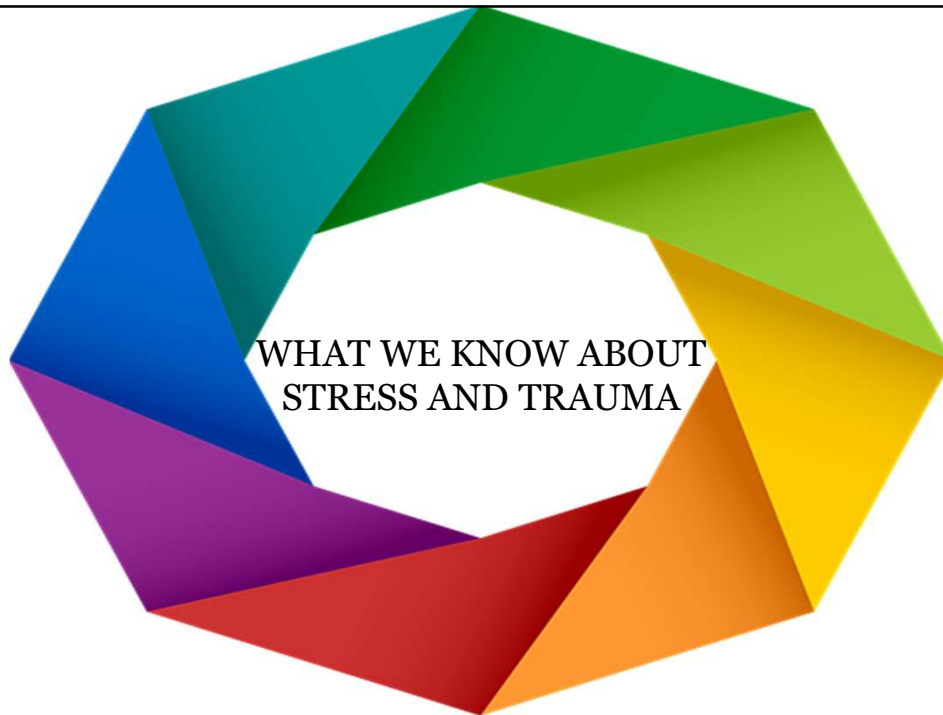
*What we pay
attention to
grows*





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, you have the choice to stop learning the skills.





Center on the Developing Child
HARVARD UNIVERSITY

Three Levels of Stress

Positive

Brief increases in heart rate,
mild elevations in stress hormone levels.

Tolerable

Serious, temporary stress responses,
buffered by supportive relationships.

Toxic

Prolonged activation of stress response systems
in the absence of protective relationships.



3 Types of ACEs (Adverse Childhood Experiences)

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.



Slide from ACEs
Connection
(now called
PACEs Connection)



***ADVERSITY
IS NOT
DESTINY***



Positive Childhood Experiences(PCEs)

PCEs may have lifelong consequences for mental and relational health despite co-occurring adversities such as ACEs.

What are the Positive Childhood Experiences studied?

The PCEs score included 7 items. Participants were asked to report how often or how much as a child they:

1. felt able to talk to their family about feelings;
2. felt their family stood by them during difficult times;
3. enjoyed participating in community traditions;
4. felt a sense of belonging in high school
5. felt supported by friends;
6. had at least 2 non-parent adults who took genuine interest in them; and
7. felt safe and protected by an adult in their home.

**Resiliency and
Trauma Informed**



Bethell, C, et al, Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels, JAMA, 2019



PERSPECTIVE SHIFT

CONVENTIONAL Assumption

People are bad.

People need to be punished.

What is wrong with you?

TRAUMA-INFORMED Awareness

People are suffering.

People need to learn how trauma impacts a child's and adult's development.

What happened to you?

RESILIENCY INFORMED Action

People are resilient.

People need to learn how skills of well-being can be cultivated and how they can reduce suffering.

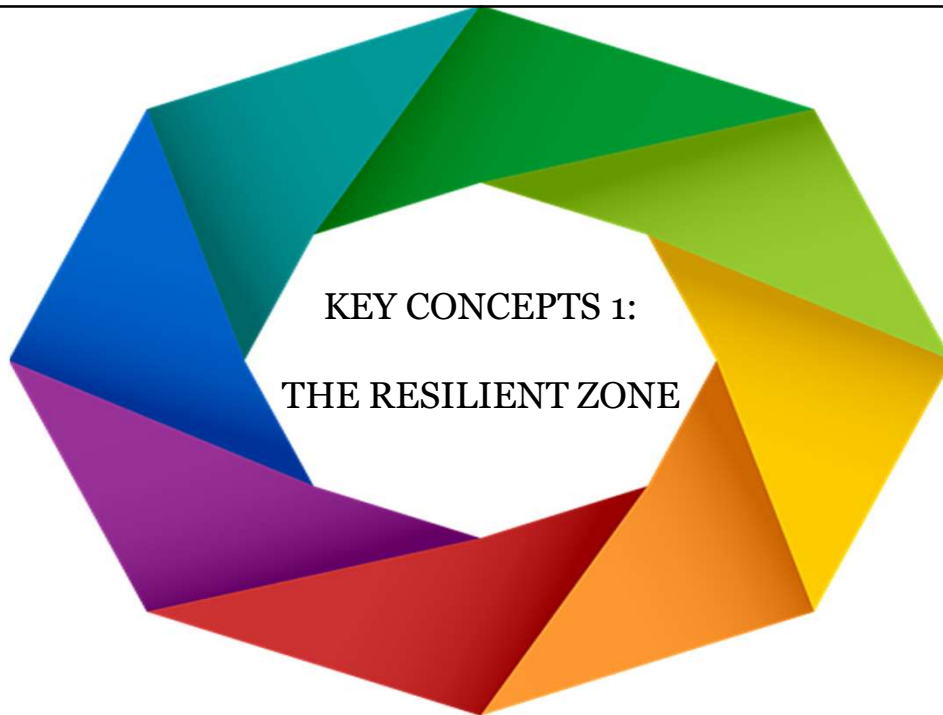
*What is right about you?
What are your strengths?*

www.ctipp.org

Campaign for trauma-informed policy and practice

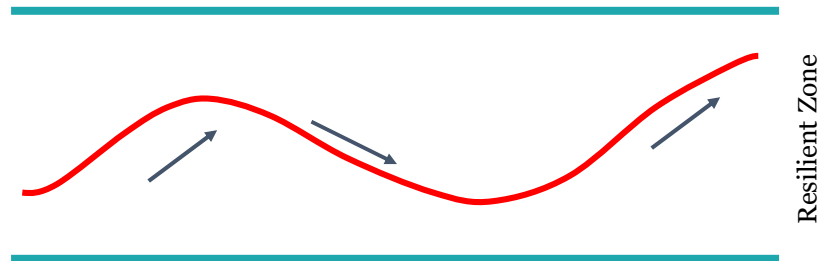


KEY CONCEPTS 1: THE RESILIENT ZONE





The Resilient Zone- “OK” Zone

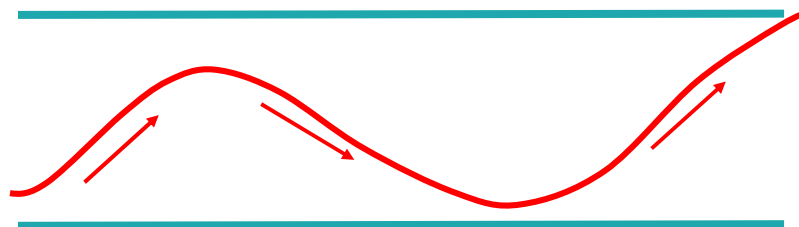
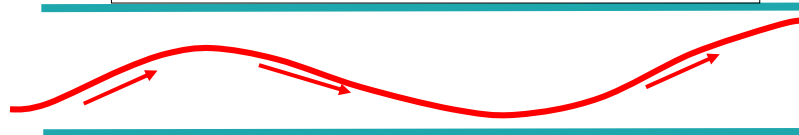


GOAL: TO WIDEN YOUR RESILIENCY ZONE

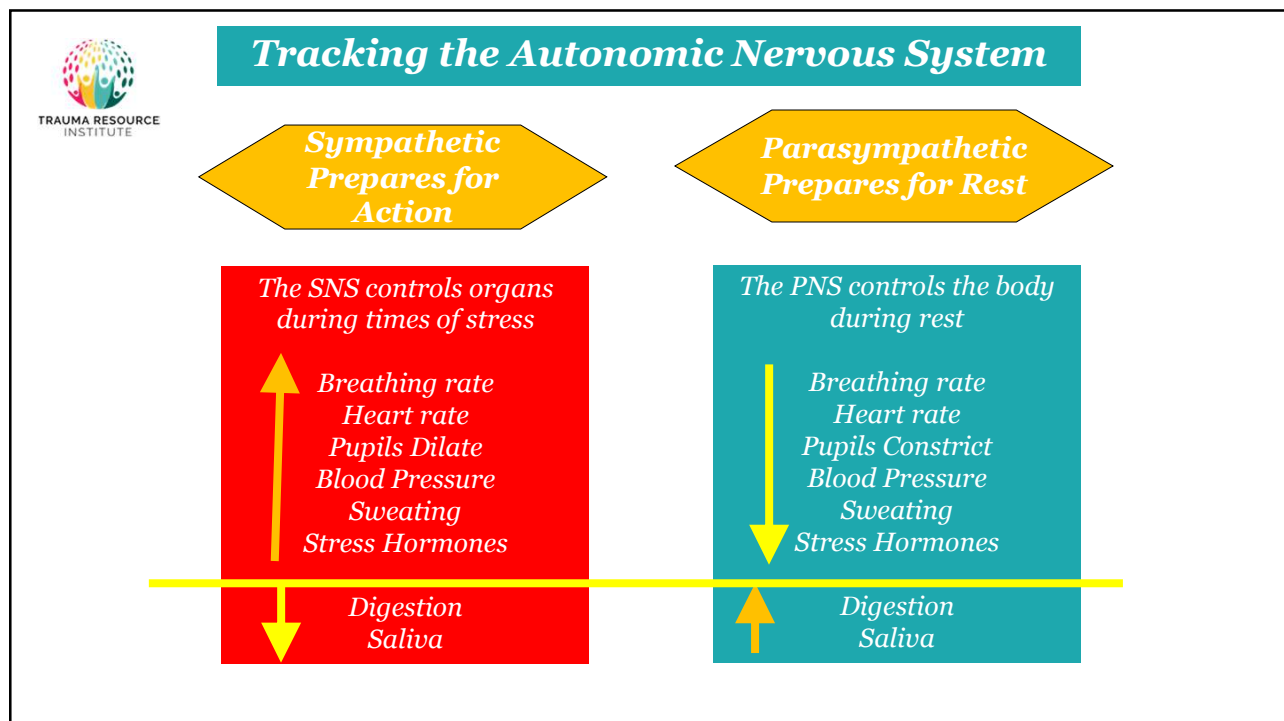
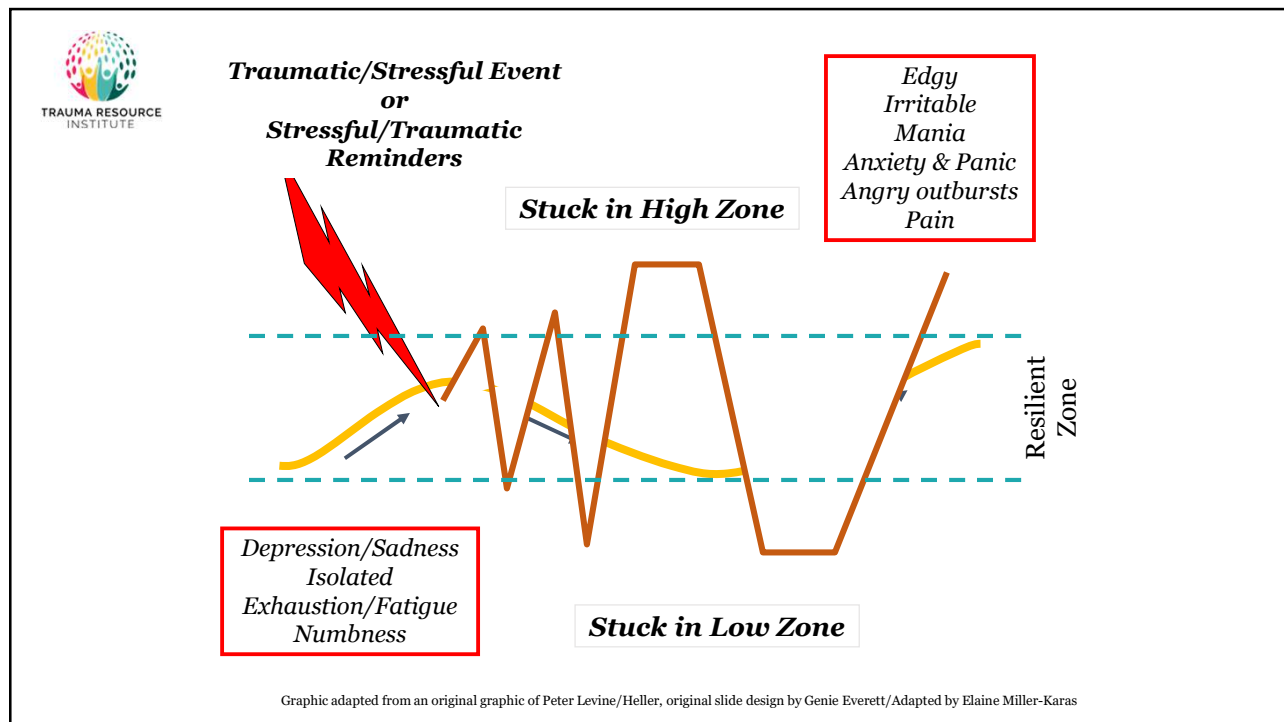
(c) Trauma Resource Institute



Narrow Resilient Zone: small stressors can bump a person into the Low/High Zone



Wide Resilient Zone: greater capacity to stay within your Resilient Zone even when faced with life stressors





KEY CONCEPTS 2: A BIOLOGICAL MODEL



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 or OK Zone through the use of simple wellness skills



Common Reactions During & After a Stressful/Traumatic Event

Emotional

What are common emotional reactions?

Physical

What are the common physical reactions?

Spiritual

What are the common spiritual reactions?

Behavioral

What are the common behavioral reactions?

Relational

What are the common relationship reactions?

Thinking

What are the common thinking reactions?

Stuck in High Zone



Common Reactions to Stress and Trauma

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

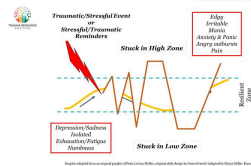
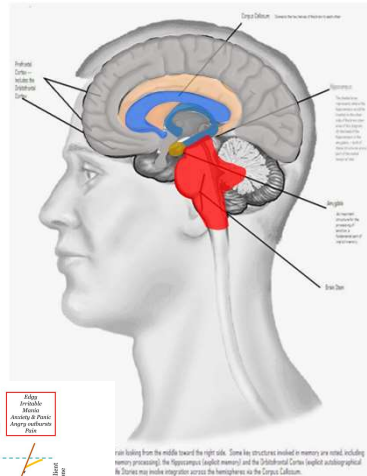
Behavior

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





Organizing Principle:



Cortex: Thinking

Cognition, beliefs, language, thought, speech.

Limbic Area: Emotional

Assesses risk.

Expression and mediation of emotions and feelings, including emotions linked to attachment.

Survival Network: Instinctual

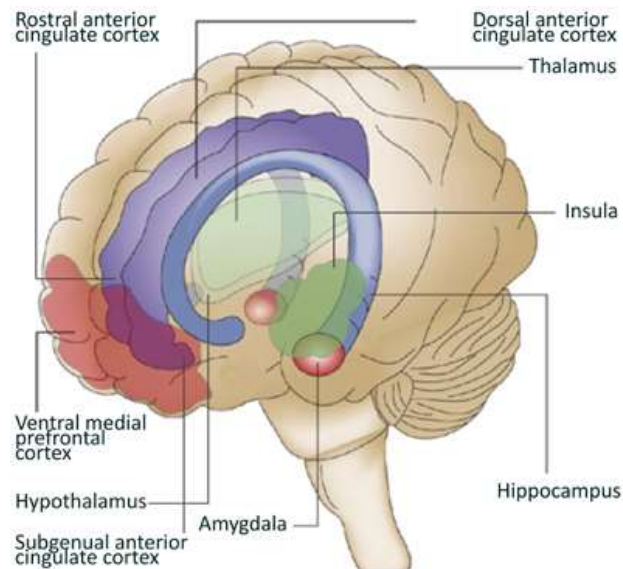
Carries out "fight, flight, & freeze." Unconscious.

Digestion, reproduction, circulation, breathing - responds to sensation.

"Exteroception" = through our 5 senses

"Interoception" = through awareness of sensations in the body (hunger, fatigue, pain....)




The Insula is the "hub" for emotion regulation, empathy, social interaction, interoception, sense of self (Gogolla, 2017)

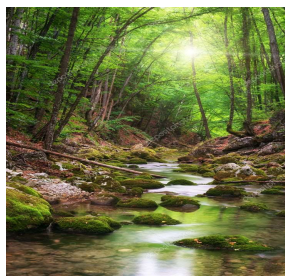


van der Werff, 2013



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





1. Name one of your Resources-What or who gives you joy, peace, calm, and/or comfort?
2. Describe the Resource-name three characteristics
3. As you think about your resource and the details of your Resource, what happens on the inside?
4. Draw attention to sensations that are pleasant or neutral for 10-15 seconds.

Expanding Resources

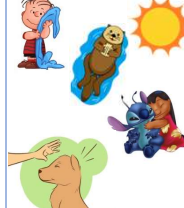
SMELL



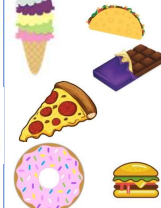
SIGHT



TOUCH



TASTE



SOUND



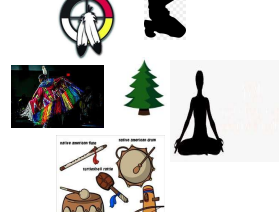
PLACES



PEOPLE



TRADITIONS



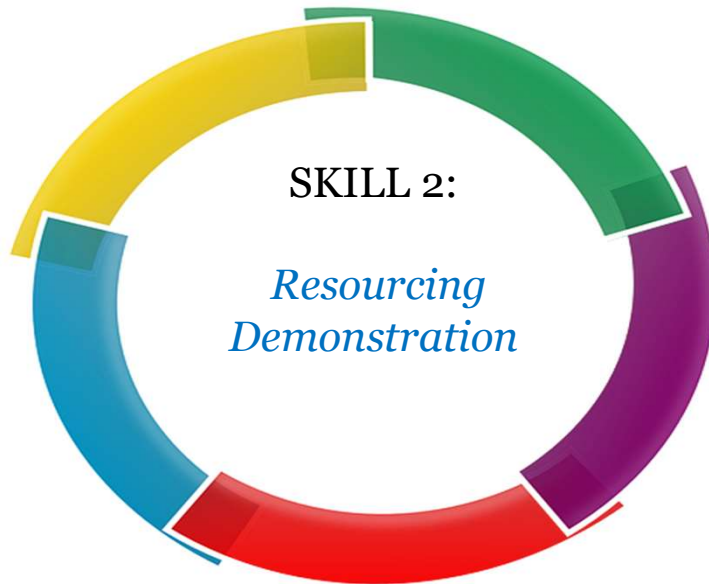
RESOURCES can be anything that can give an individual a sense of joy, peace, or calm

ADAPTED BY TRI FROM AN ASPIRANET IDEA



SKILL 2:

Resourcing Demonstration





How to resource someone

1. ***Can you tell me about something that gives you a feeling of calm, joy, peace, or comfort? It can be a memory, a person, a place, an animal, an activity, or something about yourself that gives you strength?***
2. ***Tell me 3 things about it.***
3. (Then, ask a few questions to *develop* the resource, especially details about the senses—this is “resource intensification”).
4. ***As you talk about this resource, notice what is happening on the inside of your body RIGHT NOW. Can you describe the sensations?***
5. ***Are the sensations pleasant, unpleasant or neutral?*** (You can ask about any changes in breathing, heart rate, muscle tension).
5. ***If the sensations are pleasant or neutral, stay with them for at least 10-15 seconds.***
6. ***You can think about your resource when you notice you are outside your resilient zone.***

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AFTER A CRISIS



*When did you
know you would
survive?*

Who helped you?

AFTER A LOSS



*What or who is helping
you get through?*

*What is your favorite
memory of the person?*

QUESTIONABLE



*Who is there with
you?*

*Tell me about the
location?*

CONVERSATIONAL RESOURCING



A COMMUNITY RESILIENCY MODEL GUIDE is a person who shares the wellness skills of the Community Resiliency Model with others

- Does not interpret or assume meaning.
- Asks open-ended questions.
- Gives the person time for sensations to develop.
- Is non-judgmental and invitational.
- Observes, stays one step behind, and does not direct.
- Actively uses CRM in schools, clinics, community organizations, carceral settings, shelters, telehealth, and many other locations



SKILL 3:
Grounding

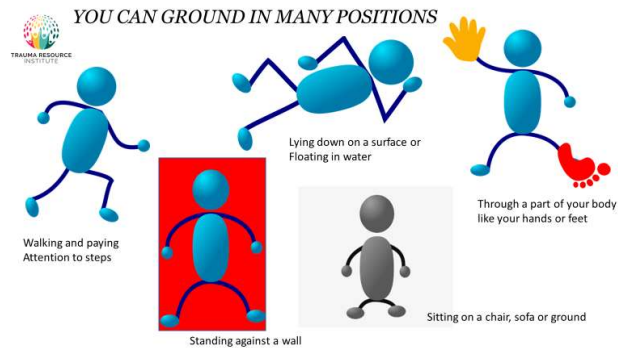




Skill 3: Grounding

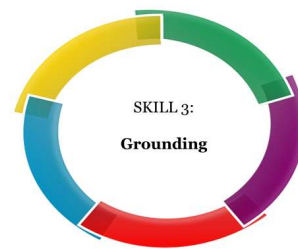
The direct contact of the body or part of the body with something that provides support in the present moment

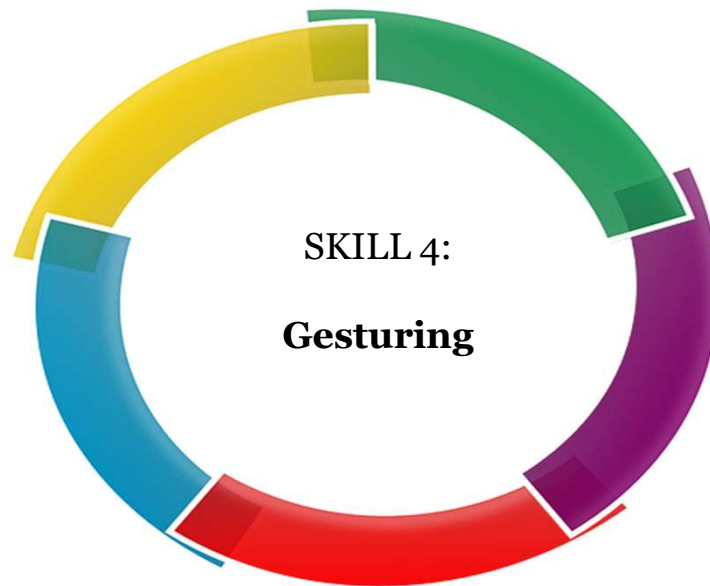
- Gravitational security is the foundation upon which we build resiliency.
- When we are grounded, we have a sense of self in relationship to present time and space.
- We are not worried about the past or the future.



Exercise

- Find a comfortable position
- Become aware of pleasant and/or neutral sensations within your body
- If you become aware of uncomfortable sensations, bring your attention to a place that feels neutral or more comfortable
- Spend some moments noticing sensations that are pleasant and/or neutral

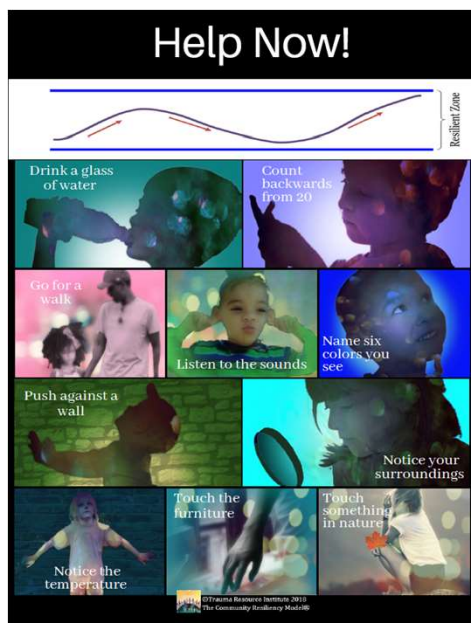




Skill 4: Gesturing & Spontaneous Movements

- A movement usually of the body or limbs that expresses or emphasizes an idea, sentiment, or attitude.
- Movements & gestures made below conscious awareness
- Movements and/or gestures that do not cause self-injury or self-harm.





Quick sensory actions for a
 “Resiliency Pause” when we are
 emotionally out-of-balance
 This puts us into a recovery state
 (parasympathetic)

Examples:

If you notice you are upset or nervous,
 Use a Help Now! technique

If you see someone who is upset or sad,
 offer them help— **“I know something
 that might help you feel
 better.....would you like to try it?”**

Trauma Resource Institute poster



SHIFT AND STAY



Stay with sensations of strength or well-being for about 10-15 seconds

CRM Research Findings (Grabbe et al. 2019-2021; Duva et al., 2021)

| Subjects | Design | Well-being WHO | Secondary Traumatic Stress | Physical symptoms SSS-8 | Other |
|---|---|----------------|----------------------------|-------------------------|--------------------------------------|
| 77 nurses (3 months and 1 year out) | RCT 3 hours (<i>Nursing Outlook</i>) | Improved | Reduced | Reduced | Improved resiliency; reduced burnout |
| 104 health and social service workers (3 months and 1 year out) | Pre/post tests 3 hours (<i>Medical Care</i>) | Improved | Reduced | Reduced | Improved resiliency |
| 20 women with drug addiction treatment (5 weeks out) | Pre/post tests (<i>Int. J of Mental Health and Addiction</i>) | Improved | | Reduced | Reduced anger, anxiety |
| 153 hospital workers (3 months out) | RCT during Covid 1 hour virtual* | Improved | Reduced | Reduced | Improved collaboration/teamwork |



www.crmgeorgia.org

Most changes:
moderate-large
effect size

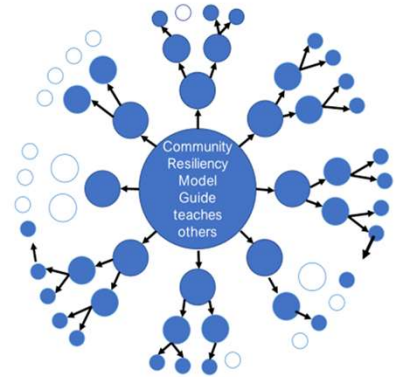
*Analysis Post-randomization (CRM=48; Control=108):
Intervention group significant ($p \leq 0.001$)
group by time effects for

- well-being ($D=0.66$),
- teamwork ($D=0.41$),
- secondary traumatic stress ($D=-0.46$)

How can you use CRM?

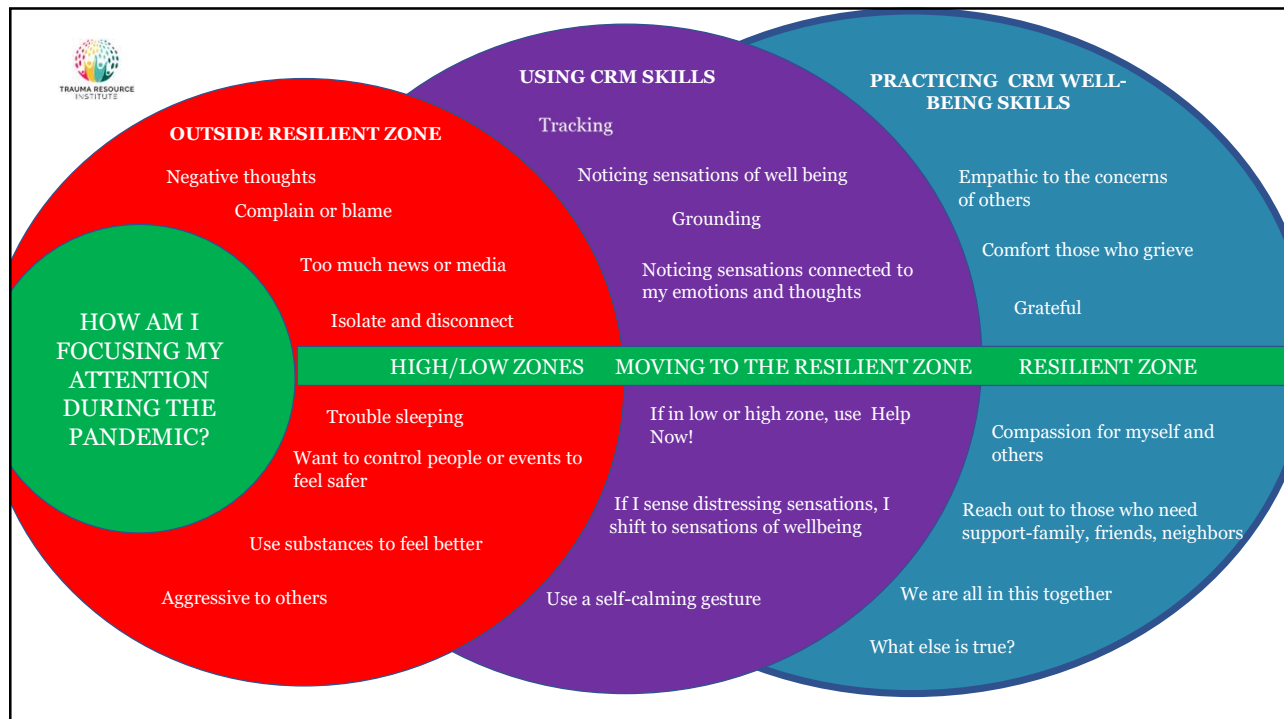
- Use body awareness skills for your own self-care
- Communicate often, with compassion
- Be a CRM Guide:
Share CRM concepts
Use CRM language
- Use and share the app “ichill”
- Become a CRM teacher!

<https://www.traumaresourceinstitute.com>



CRM can be a model for our communities

www.crmgeorgia.org



TRAUMA RESOURCE INSTITUTE



Inequality
Unequal access to opportunities

Inequality means not treating people equally as in status, rights, and opportunities. Leads to social disparities.

Does not consider individual needs of people



Equality?
Evenly distributed tools and assistance

Equality means treating people in the same manner, irrespective of their differences

Does not consider individual needs of people

Natural Leaders as community ambassadors for change



Equity
Custom tools that identify and address inequality

Equity means treating people with fairness and impartiality

Considers individual needs of people



Justice
Fixing the system to offer equal access to both tools and opportunities


Justice means treating people in a manner that makes things right

Considers altering systems to meet the needs of people

Tony Ruth's series on Equity

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CRM® Georgia

“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)**

Holocaust survivor **Viktor Frankl** suggested,
“Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.”

Thank you!

Questions?

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Southeast (HHS Region 4)

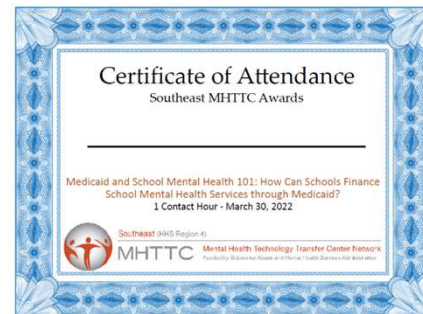
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this webinar!

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on your screen shortly.

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with your thoughts, as this is a very
important part of our funding.

We appreciate your feedback!



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SAMHSA's mission is to reduce
the impact of substance abuse and
mental illness on America's communities.

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)

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