The Community Resiliency Model (CRM) Training for Schools

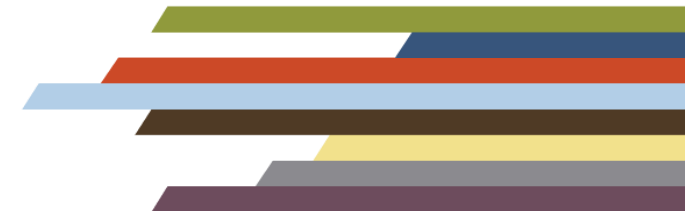Presenter: Linda Grabbe, PhD, PMHNP-BC and Bria Davis, BA
Moderator: Sarah Trello, MPH
School Mental Health Initiative
Southeast Mental Health Technology Transfer Center (MHTTC)
Rollins School of Public Health, Emory University
December 15, 2022

Disclosure/Disclaimer

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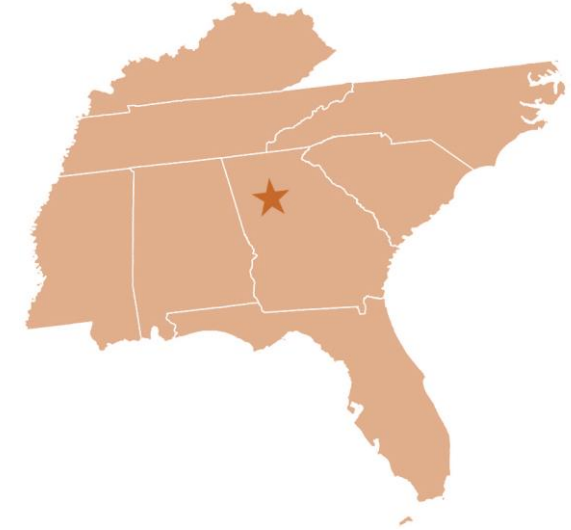
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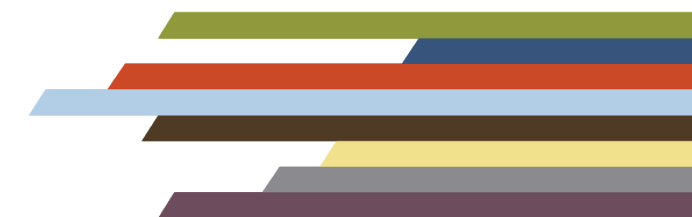
About the Southeast Mental Health Technology Transfer Center (MHTTC)

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.

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

NEWS

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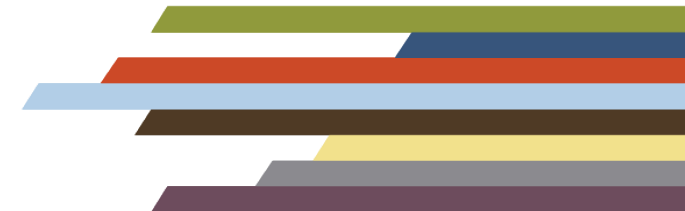
At the conclusion of this webinar,
a link to an **evaluation** form will appear on your screen.

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!
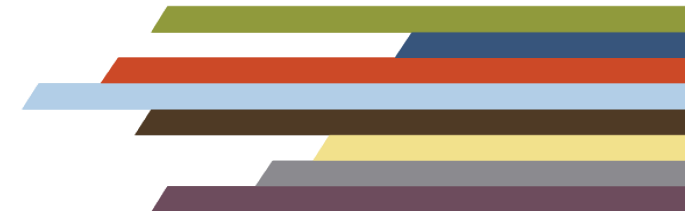
Presenter

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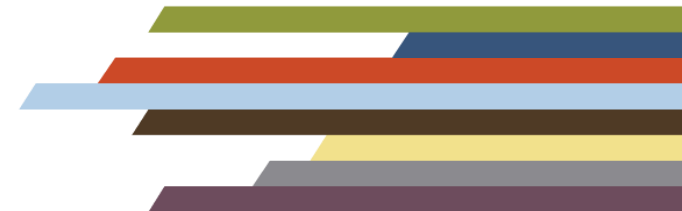
Presenter

Bria Davis, BA

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Community Advanced Practice Nurses, Inc.
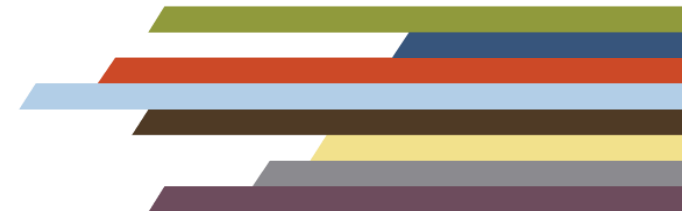
THE COMMUNITY RESILIENCY MODEL(CRM)®

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

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 with clients, co-workers, friends, and family as a "CRM Guide."

The presenters have no conflicts of interest to disclose.

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

PERSPECTIVE SHIFT

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CONVENTIONAL
Assumption

People are bad.

People need to be punished.

What is wrong with you?

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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?

Resiliency and Trauma Informed

KEY CONCEPTS 1:

THE RESILIENT ZONE

The Resilient Zone- "OK" Zone
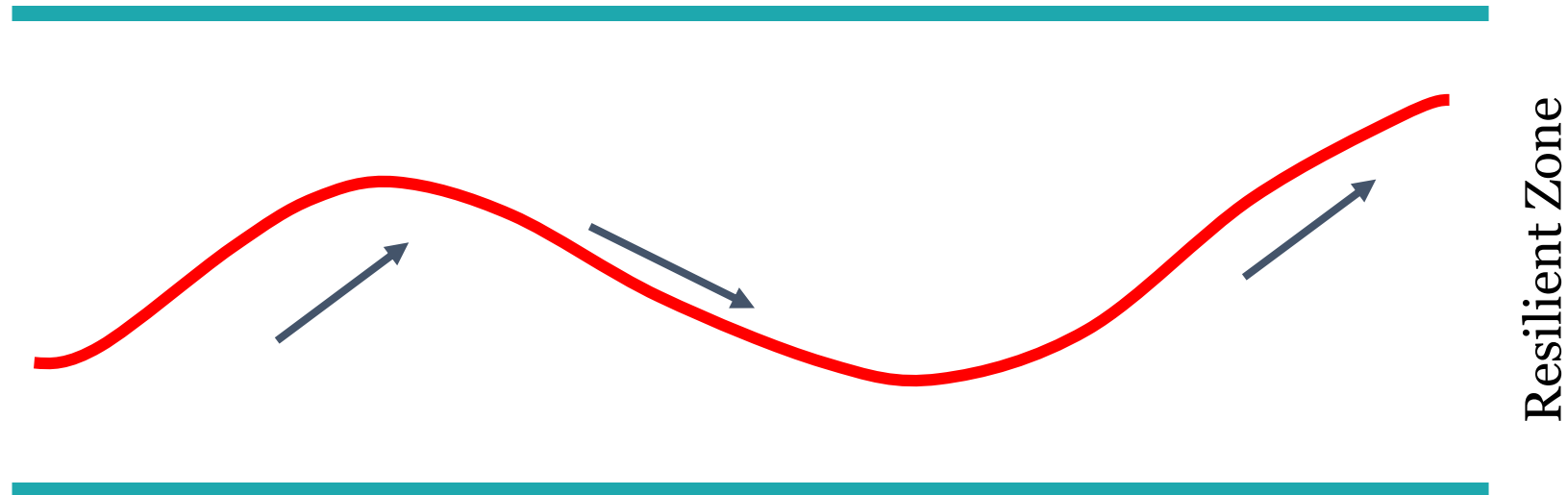
Resilient Zone

GOAL: TO WIDEN YOUR RESILIENCY ZONE

Narrow Resilient Zone: small stressors can bump a person into the Low/High Zone
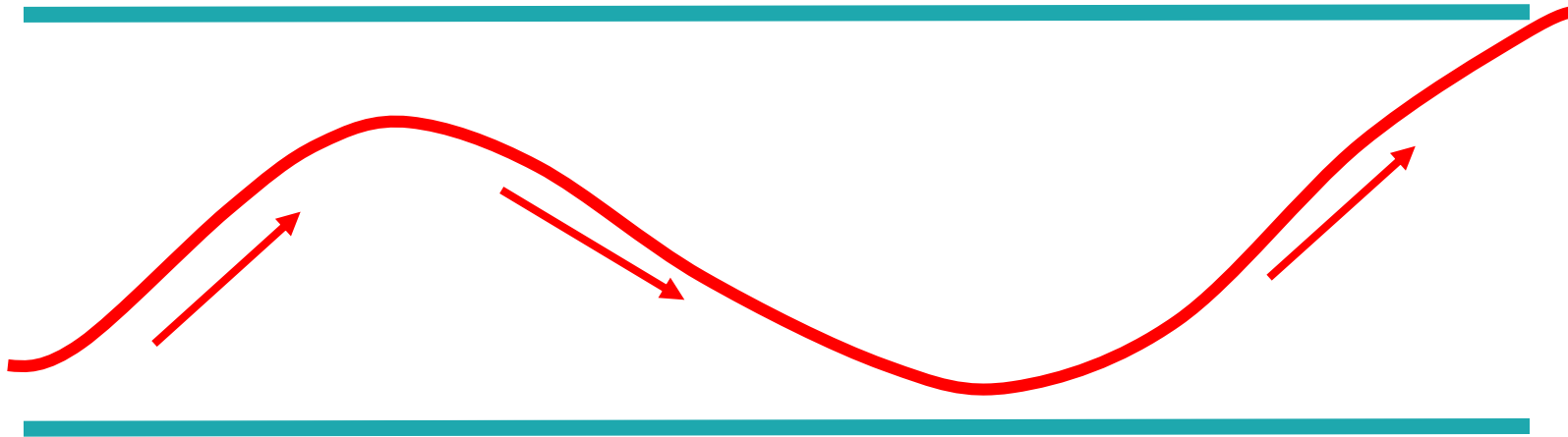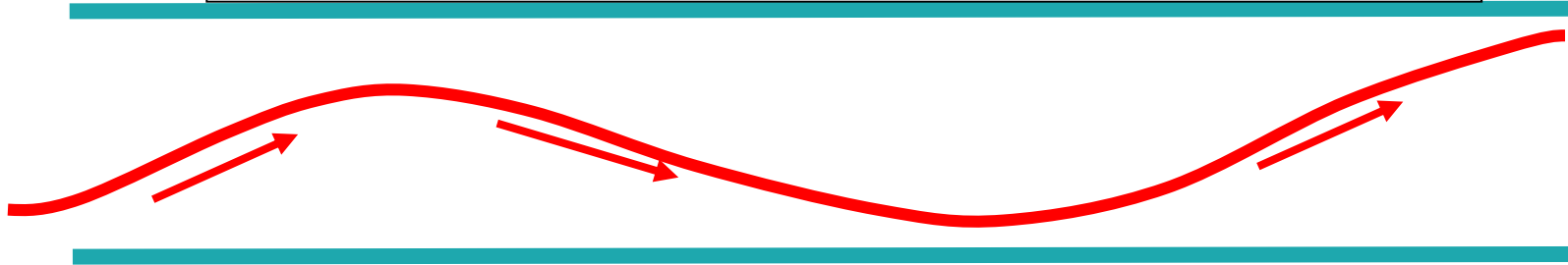
Wide Resilient Zone: greater capacity to stay within your Resilient Zone even when faced with life stressors

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Graphic adapted from an original graphic of Peter Levine/Heller, original slide design by Genie Everett/Adapted by Elaine Miller-Karas
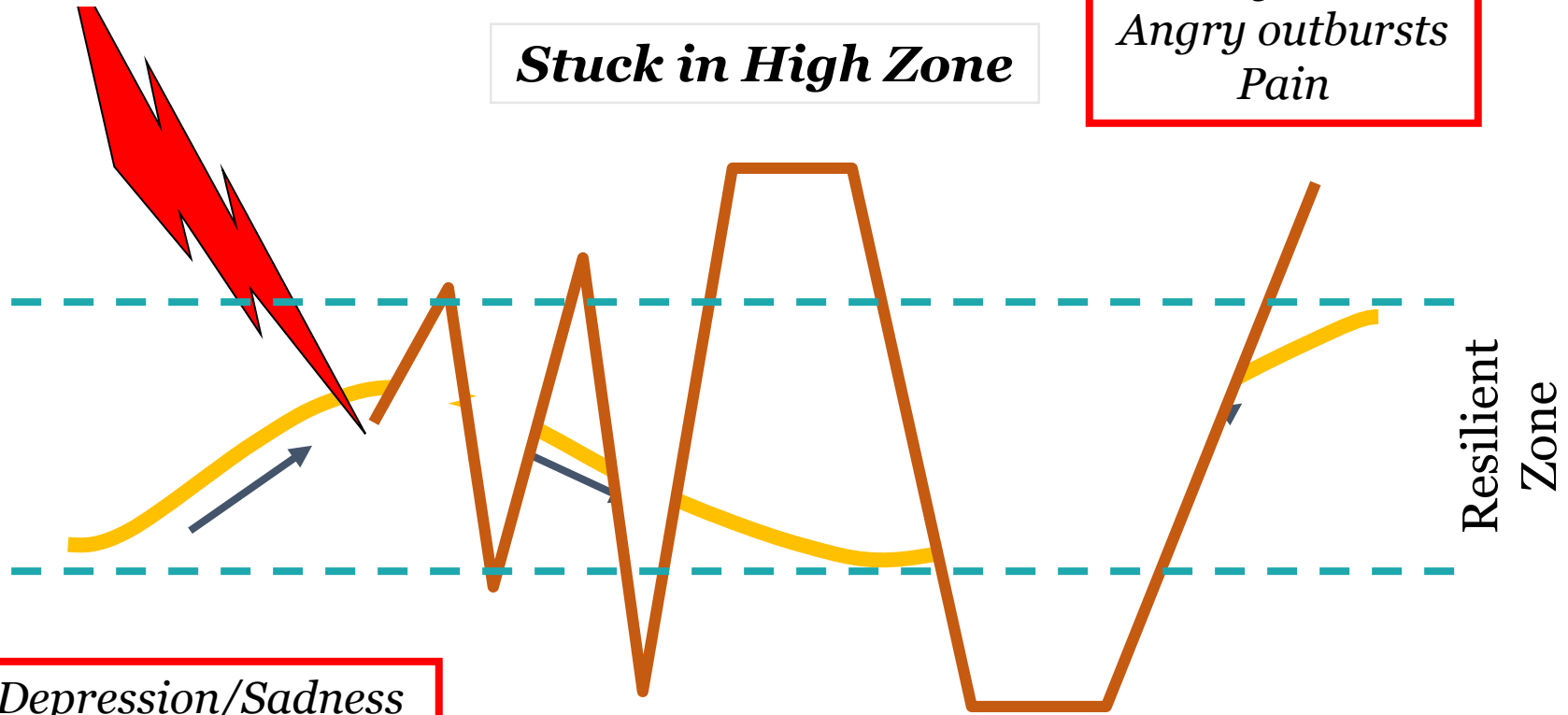
Tracking the Autonomic Nervous System

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Sympathetic Prepares for Action

Parasympathetic Prepares for Rest

The SNS controls organs during times of stress

Breathing rate
Heart rate
Pupils Dilate
Blood Pressure
Sweating
Stress Hormones

Digestion
Saliva

The PNS controls the body during rest

Breathing rate
Heart rate
Pupils Constrict
Blood Pressure
Sweating
Stress Hormones

Digestion
Saliva

Biology vs.
Mental Weakness
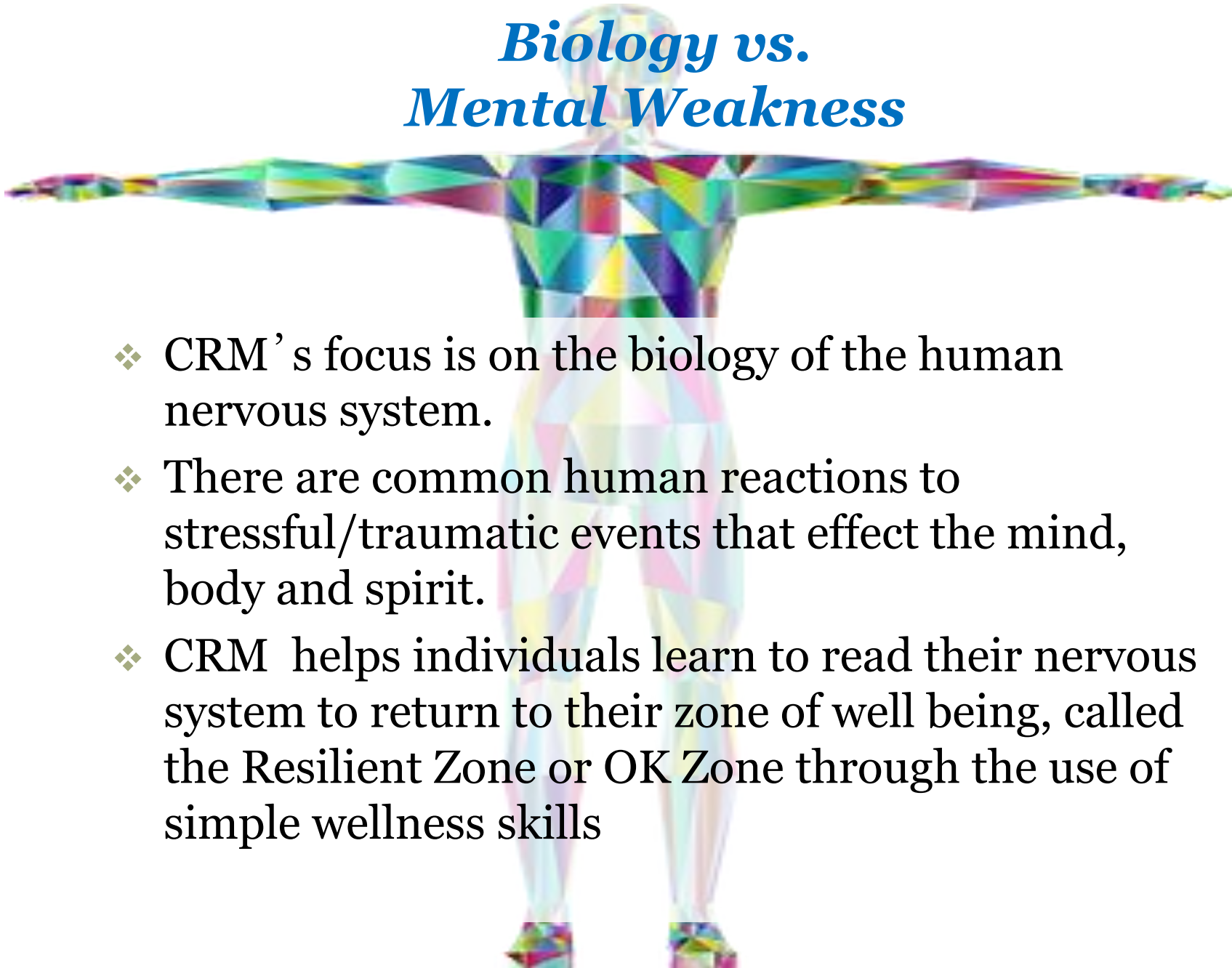
- ❖ CRM's focus is on the biology of the human nervous system.

- ❖ 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

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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?

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Common Reactions to Stress and Trauma

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

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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.

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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?

Developing the Language of Sensation: "Felt Sense"

Anger Fear Disgust Happiness Sadness Surprise Neutral

Anxiety Love Depression Contempt Pride Shame Envy

Nummenmaa et al, 2014

Volynets et al., 2020

LAURI NUMMENMAA/AALTO UNIVERSITY
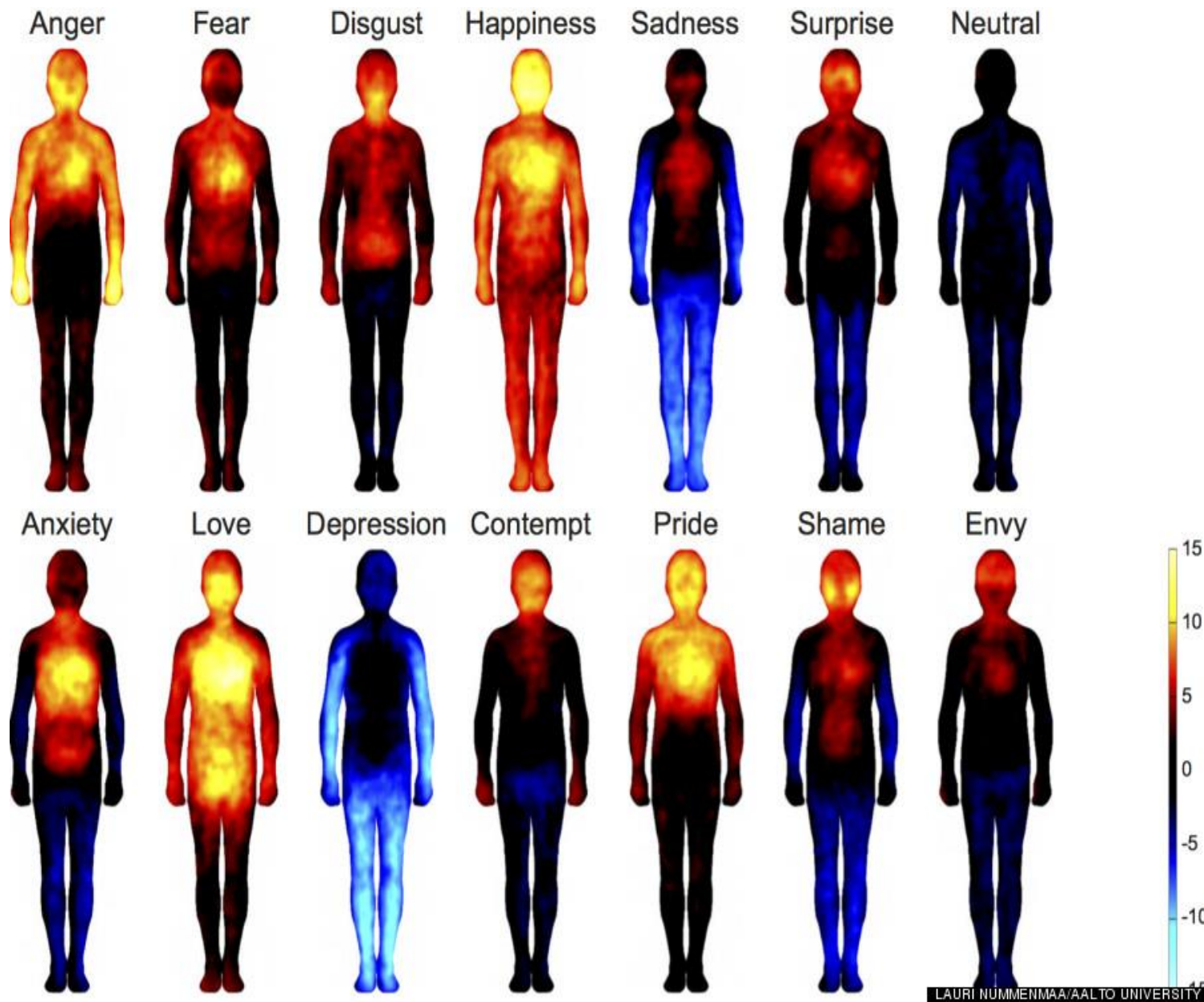
A sensation is a physical experience in the body

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.

DOORWAYS OF EXPANDING WELL BEING

THINKING

SENSING

FEELING

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.

WHAT WE KNOW ABOUT STRESS AND TRAUMA
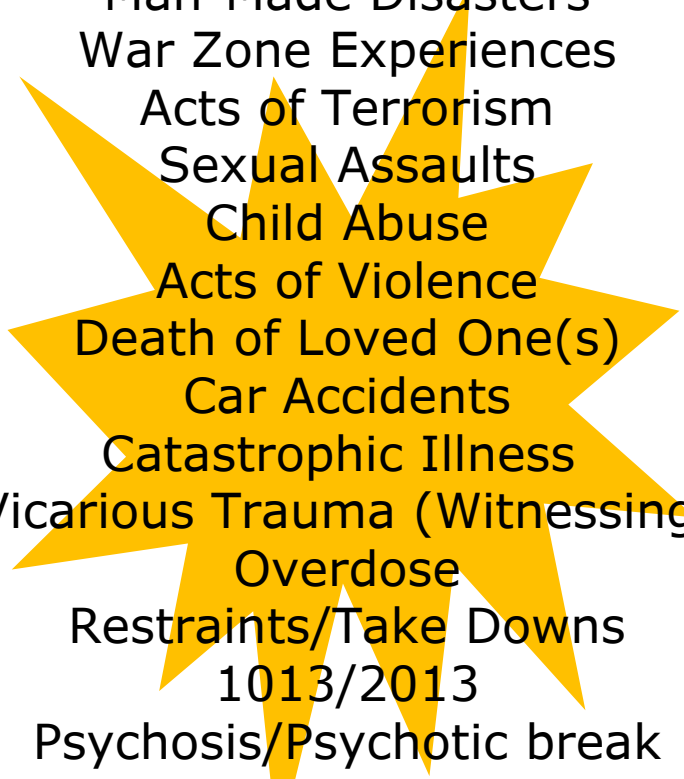
Big "T" Trauma

Natural Disasters
Man-Made Disasters
War Zone Experiences
Acts of Terrorism
Sexual Assaults
Child Abuse
Acts of Violence
Death of Loved One(s)
Car Accidents
Catastrophic Illness
Vicarious Trauma (Witnessing)
Overdose
Restraints/Take Downs
1013/2013
Psychosis/Psychotic break
Manic Episodes
Suicide Attempt

Little "t" Trauma

Dog Bites
Routine Surgeries
Falls
Invasive Dental or
Medical Procedures
Minor Car Accidents
Medication Side Effects
Multiple Med Regimens

"C" Trauma

Racism
Poverty
Homophobia
Bullying
Oversaturation in Media
Social Divisiveness
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

When the nervous system becomes overwhelmed, people can lose the capacity to stabilize and regulate themselves

3 Types of ACEs (Adverse Childhood Experiences)

ACEs Connection
Is now called
PACEs Connection

Positive Childhood Experiences(PCEs)

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Bethell and her colleagues suggest in their study that 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.
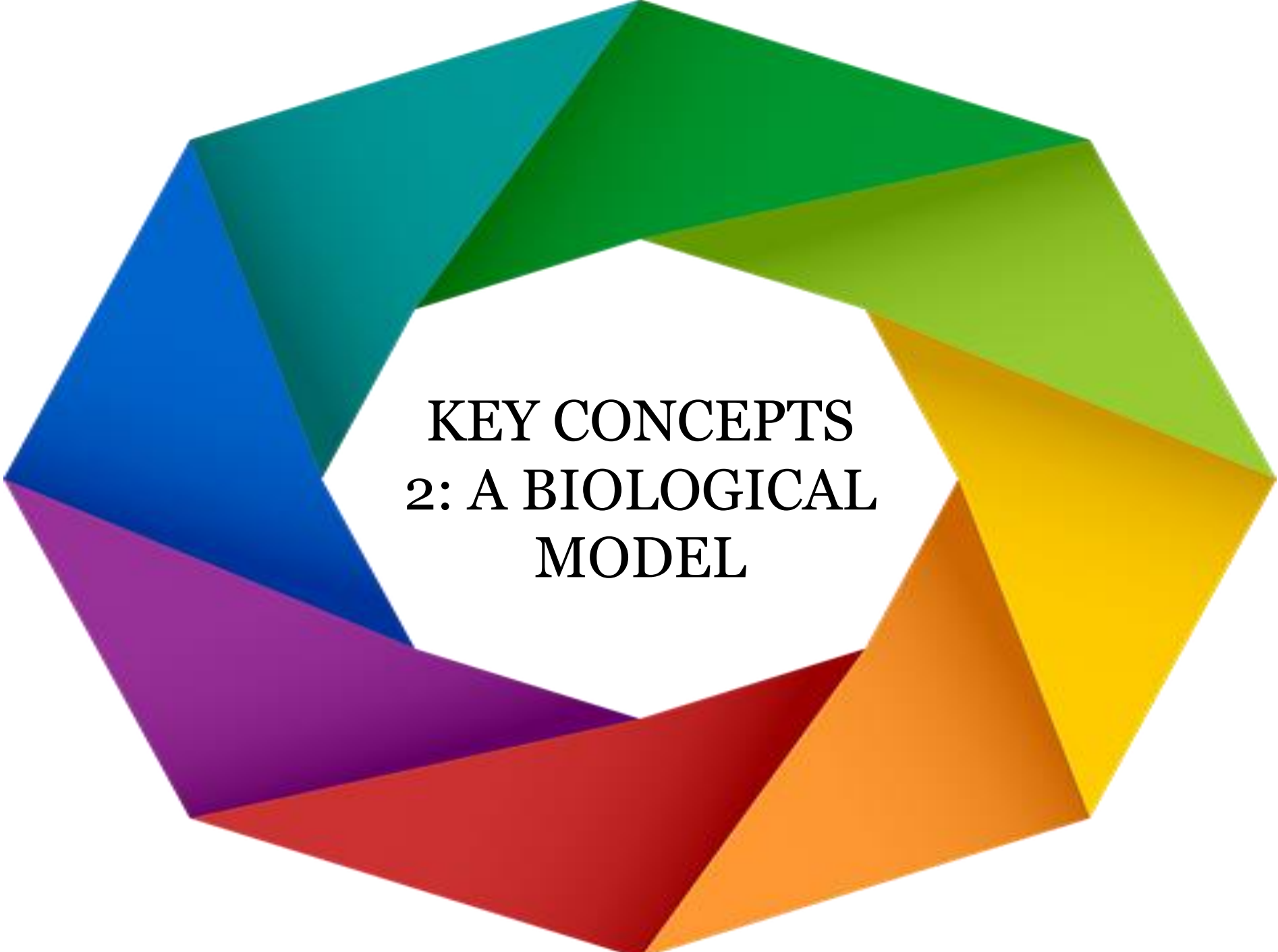
A joint inventory of ACEs and PCEs may improve efforts to assess needs, target interventions, and engage individuals in addressing the adversities they face by leveraging existing assets and strengths.

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

KEY CONCEPTS 2: A BIOLOGICAL MODEL

A Hand Model of the Brain by Dan Siegel

MIDDLE PREFONTAL CORTEX

CEREBRAL CORTEX

LIMBIC REGIONS:

HIPPOCAMPUS

AMYGDALA

MIDDLE PART OF THE PRE-FONTAL CORTEX

BRAIN STEM

SPINAL CORD

Place your thumb in the middle of your palm as in this figure.

Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.

https://www.youtube.com/watch?v=gm9CIJ74Oxw
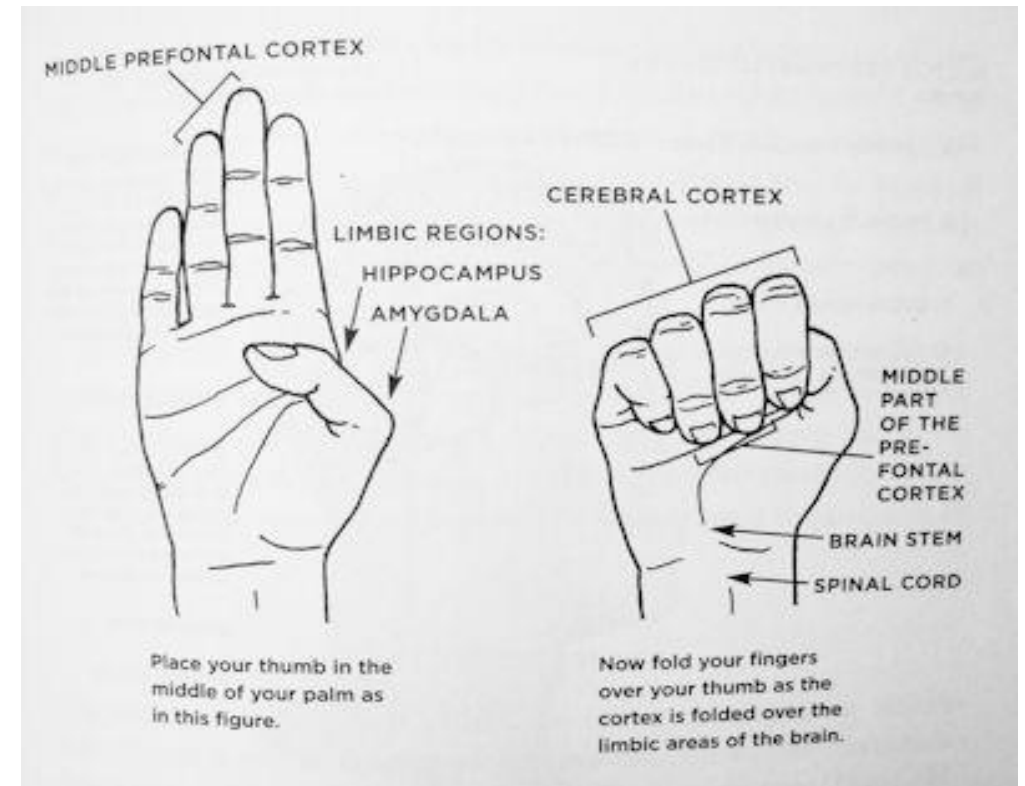
"Exteroception"

the 5 senses

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

The Insula is the "hub"of neurocircuitry for
- interoception
- emotion regulation
- empathy
- social interaction
- sense of self

(Gogolla, 2017)

Rostral anterior cingulate cortex

Dorsal anterior cingulate cortex

Thalamus

Insula

Ventral medial prefrontal cortex

Hypothalamus

Subgenual anterior cingulate cortex

Amygdala

Hippocampus
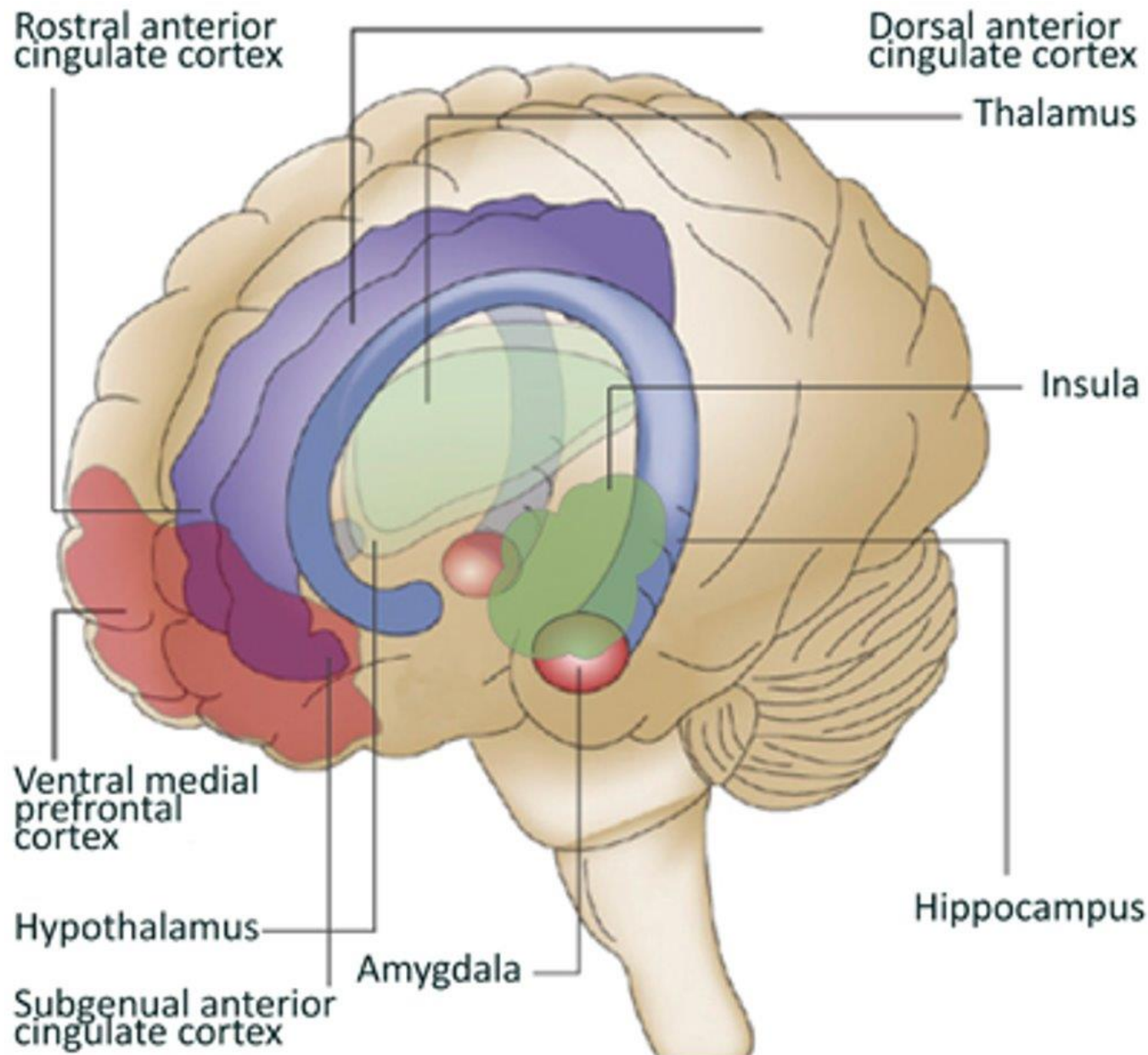
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RESOURCING

A Resource is any person, place, thing, memory or part of yourself that makes you feel calm, pleasant, peaceful, strong or resilient.
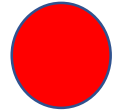
A Resource can be real or imagined

A Resource can be internal or external

Expanding Resources

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.

SMELL	SIGHT	TOUCH	TASTE

SOUND	PLACES	PEOPLE	TRADITIONS
		FAMILY / FRIENDS	

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

ADAPTED BY TRI FROM AN ASPIRANET IDEA

Resources Can Have Many Natures

Discussion of a Resource can sometimes shift out of pleasant sensations and into difficult memories and/or uncomfortable body sensations.
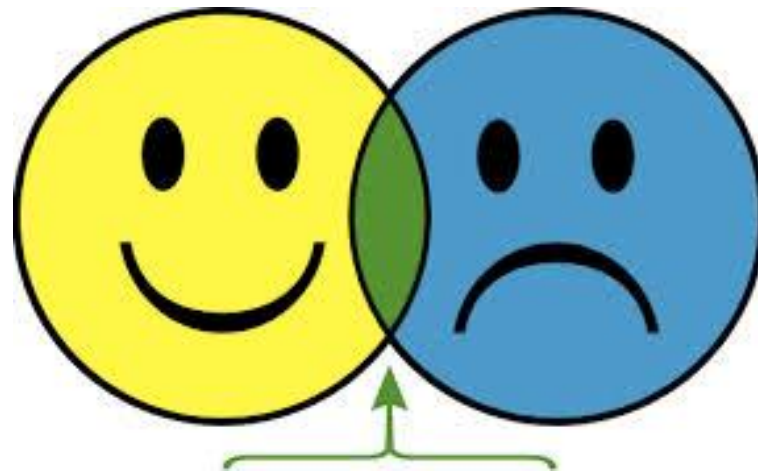
Resourcing Script

1. Can you tell me about a person, place, or thing that gives you a sense of calm or peace? Your resource can be real or imagined.

2. What are 3-4 sensory details about your resource?

3. As you describe your resource, what do you notice happening on the inside of your body right now?

4. Draw your attention to any pleasant or neutral sensations and stay with them for about 10 seconds. When you think about your resource and the details of your resource, what happens on the inside?

5. When we Track our nervous system for pleasant or neutral sensations, we are expanding our Resilient Zone, or our Zone of Wellbeing, and rebalancing our nervous system.

Conversational CRM: Resiliency Questions
Notice if you see a shift from a narrative of trauma to a narrative of resiliency

Crisis
- Can you tell me the moment you knew you had survived?
- Can you tell me the moment helped arrived?
- Who or what is helping you the most now?

Loss
- Can you tell me some of your meaningful memories of them?
- What did you like to do together?
- What kind of words of encouragement would they say to you during difficult times?

Questionable
- Consider what is helpful about a questionable resource?

Unsplash

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.

• Observes and 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.

YOU CAN GROUND IN MANY POSITIONS

Walking and paying Attention to steps

Standing against a wall

Lying down on a surface or Floating in water

Sitting on a chair, sofa or ground

Through a part of your body like your hands or feet
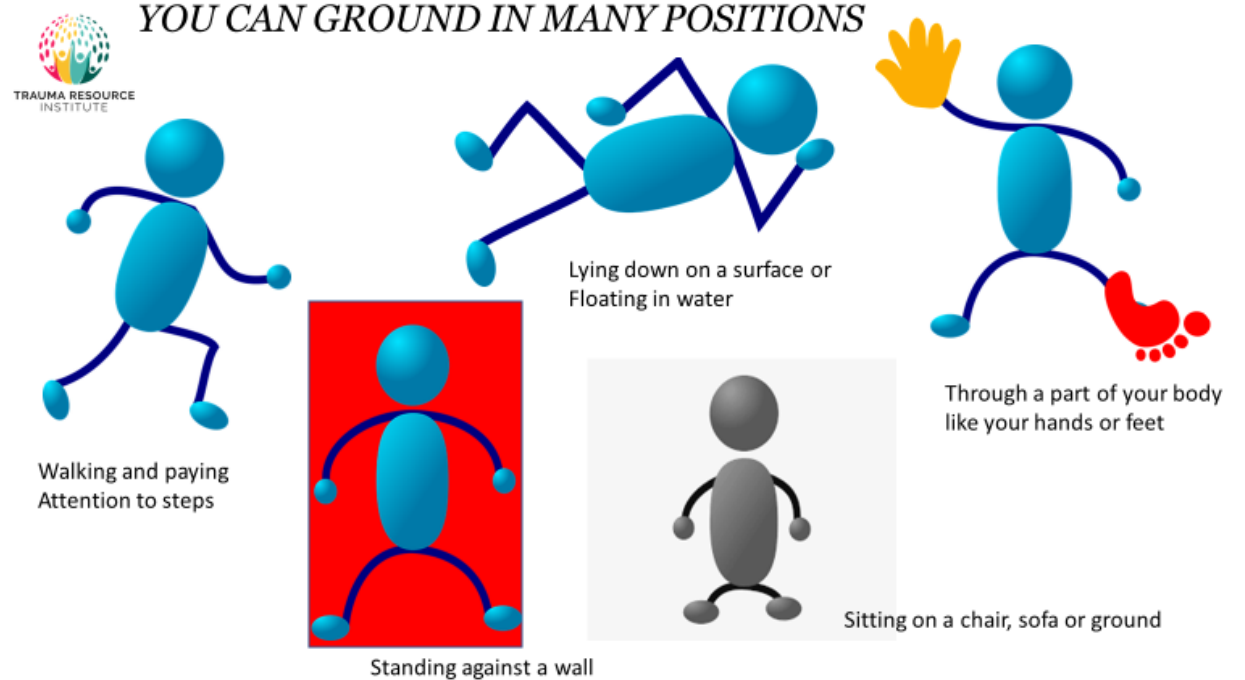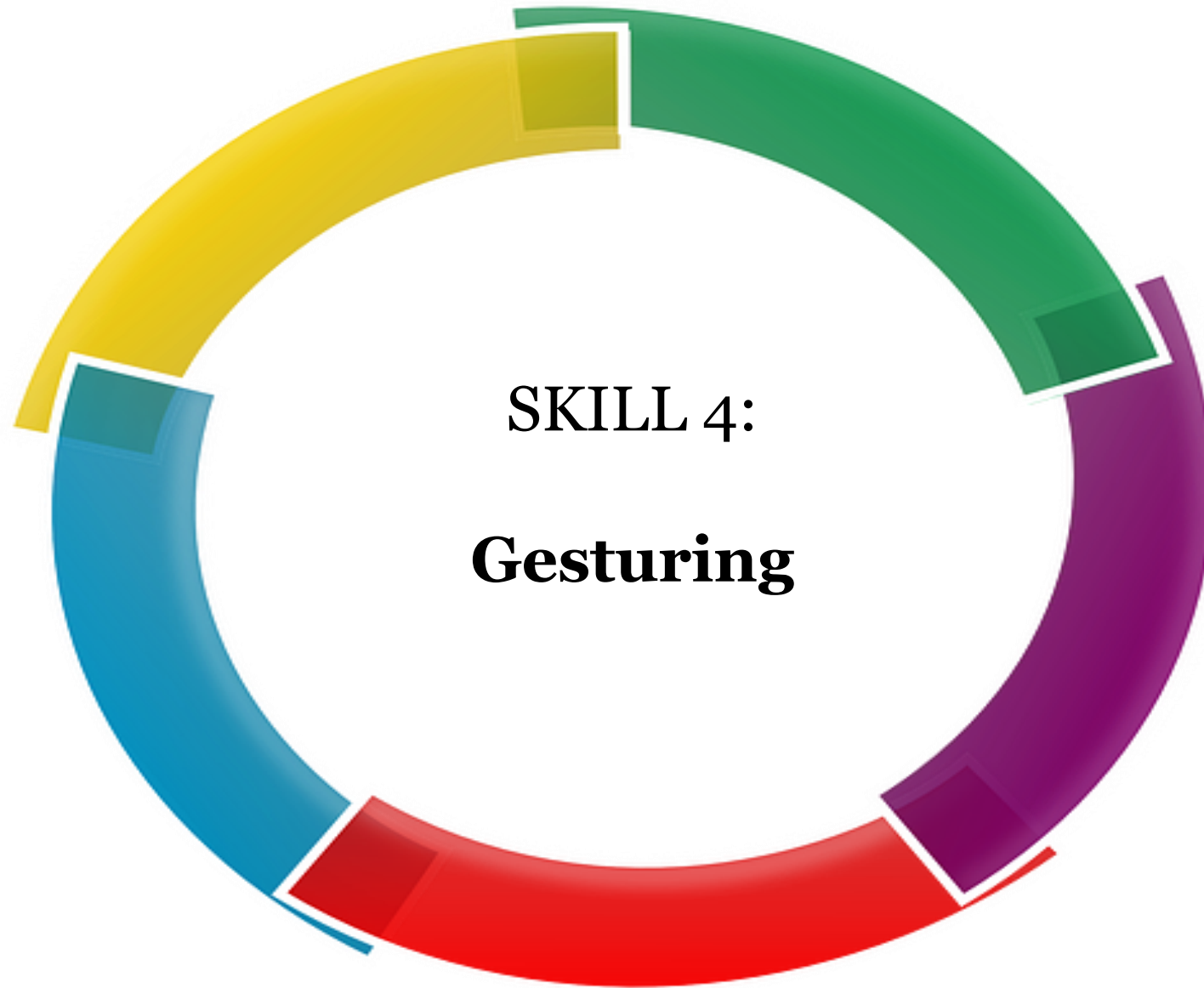
SKILL 4:

Gesturing

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.

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SKILLS 5 & 6:

**HELP NOW!
SHIFT AND STAY**

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Help Now!

Drink a glass of water

Count backwards from 20

Go for a walk

Listen to the sounds

Name six colors you see

Push against a wall

Notice your surroundings

Notice the temperature

Touch the furniture

Touch something in nature

©Trauma Resource Institute 2018
The Community Resiliency Model®

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?**"

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 *(Nursing Outlook)*	Improved	Reduced	Reduced	Improved resiliency; reduced burnout
104 health and social service workers (3 months and 1 year out)	Pre/post tests 3 hours *(Medical Care)*	Improved	Reduced	Reduced	Improved resiliency
20 women with drug addiction treatment (5 weeks out)	Pre/post tests *(Int. J of Mental Health and Addiction)*	Improved		Reduced	Reduced anger, anxiety
153 hospital workers (3 months out)	RCT during Covid 1 hour virtual* *(BMJ-Quality)*	Improved	Reduced	Reduced	Improved collaboration/ teamwork

www.crmgeorgia.org
Most changes: moderate-large effect size

*Analysis Post-randomization CRM group significant (p≤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 the body awareness skills yourself

- Communicate often with compassion

- *Act as a CRM "CRM Guide"*

- Use and share the app "ichill"

- Become a CRM teacher!
  https://www.traumaresourceinstitute.com
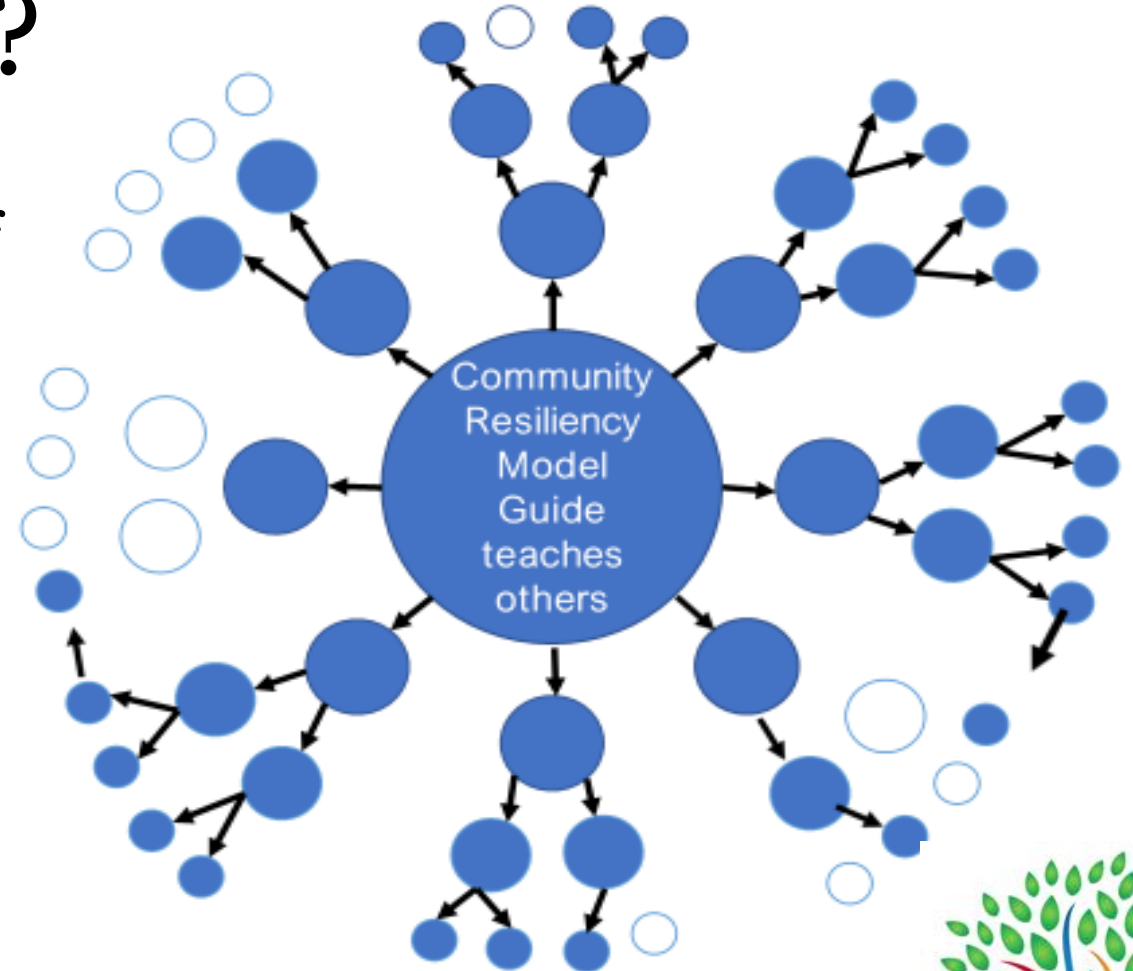
CRM is a model for communities

www.crmgeorgia.org

Community Resiliency Model Guide teaches others

CRM® Georgia

How am I focusing my attention when stressed?

HIGH/LOW ZONE

- Negative thoughts recur

- I send emails or post on social media out of fear

- I seek to control people or events to feel safer

- I exhibit displaced aggression to others

- I disconnect from others

MOVING TO THE RESILIENT ZONE

- I identify my resources and track

- I ground

- When I identify distressing sensations, I shift to sensations of wellbeing

- I remember a self-calming gesture

RESILIENT ZONE

- I am empathic to the concerns of others

- I comfort those who grieve

- I practice my skills of well being

- I reach out to those who need support-family, friends, neighbors

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

Does not consider individual needs of people

Equality?
Evenly distributed tools and assistance

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 means treating people in a manner that makes things right

Considers altering systems to meet the needs of people

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

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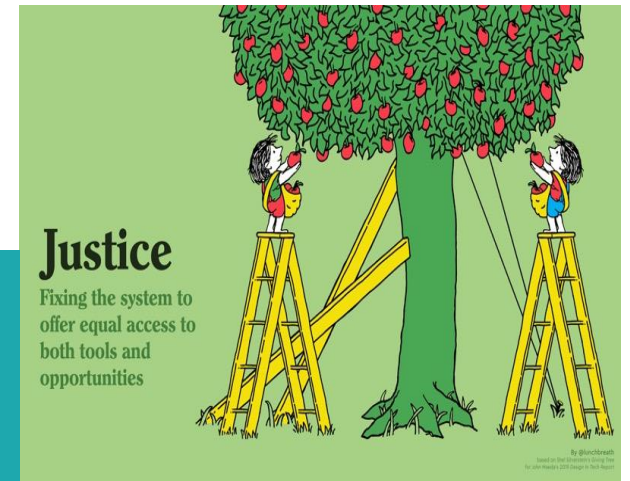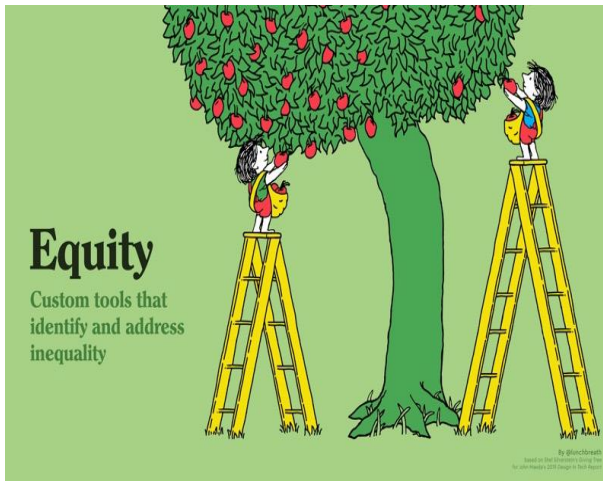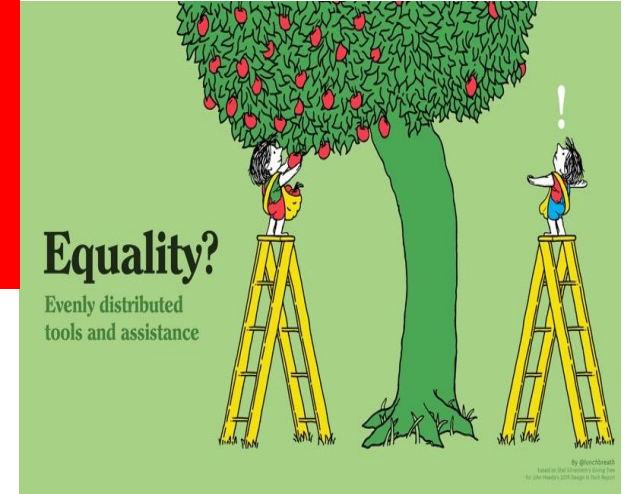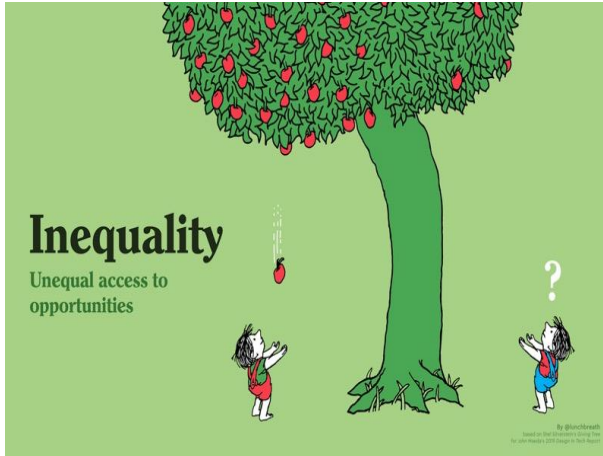
Resources and References

Resources:
TRM and CRM (Teacher) Training www.traumaresourceinstitute.com
CRM free app (Spanish, Ukrainian, and English) ichill or www.ichillapp.com
CRM information www.crmgeorgia.com
Free CRM recording https://ce.emorynursingexperience.com/courses/cultivating-our-best-selves-in-response-to-covid-19
Campaign for Trauma-Informed Policy and Practice: https://www.ctipp.org/

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Other

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*"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)

Thank you!

Questions?

lgrabbe@emory.edu

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."*

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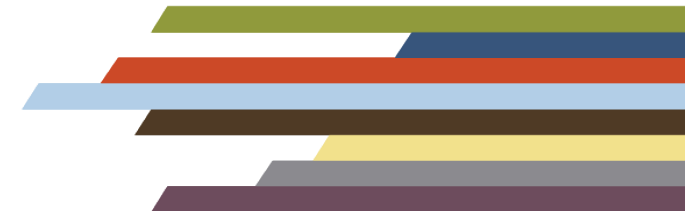Funded by Substance Abuse and Mental Health Services Administration

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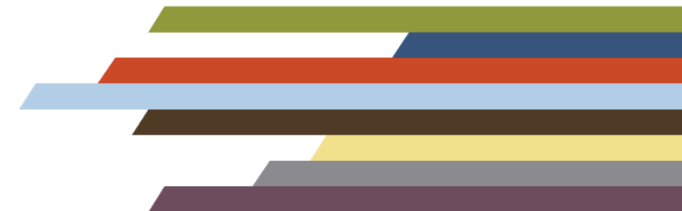
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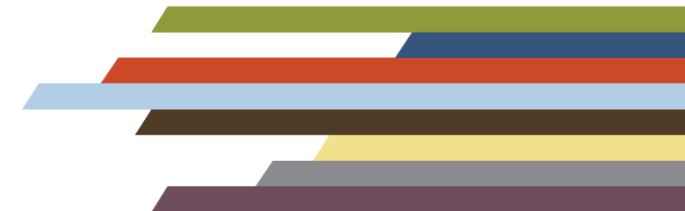sarah.katherine.trello@emory.edu

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