



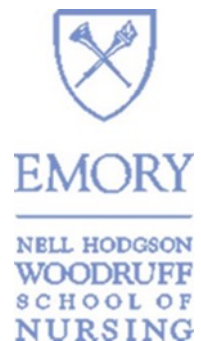
The Community Resiliency Model (CRM)[®]

A PATH TO STRESS TOLERANCE AND WELL-BEING

CRM CLASSES ON AUGUST 12 AND 19TH FROM 10:30 - 12 VIA ZOOM

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Emory University School of Nursing



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



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The Community Resiliency Model



www.crmgeorgia.com

Free app "iChill"

HELP NOW!

ESPAÑOL



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iCHILL OVERVIEW

RESILIENT ZONE
BEFORE

SKILLS

RESILIENT ZONE
AFTER

RESILIENCY IMAGES

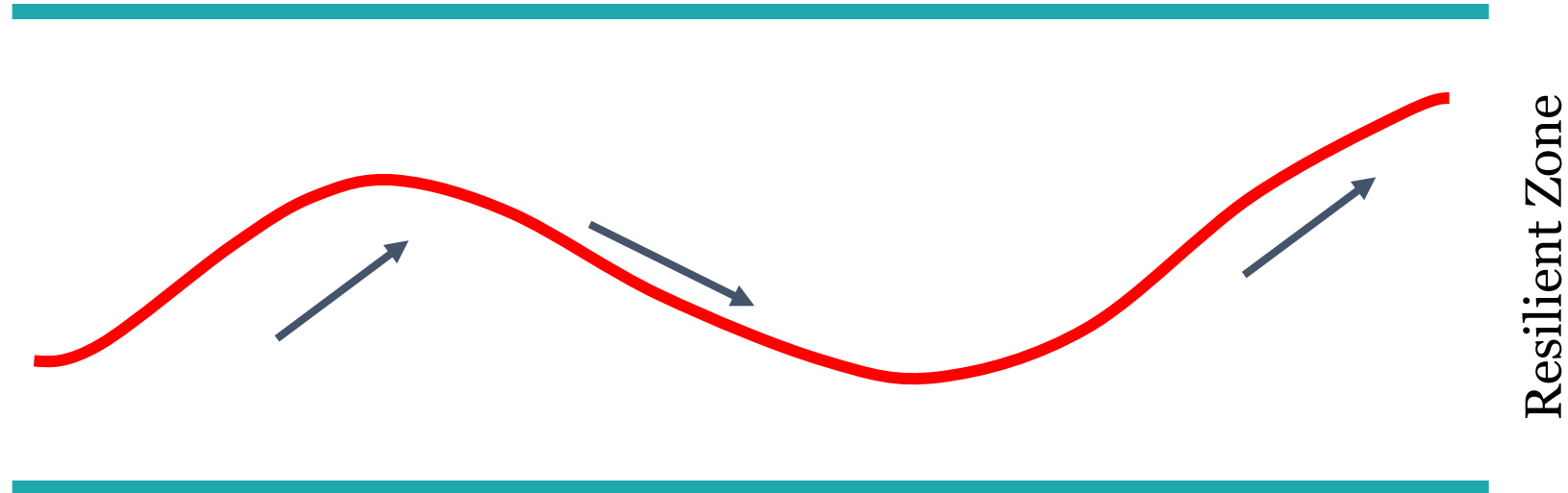


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**KEY CONCEPTS 1:
THE RESILIENT ZONE**

The Resilient Zone - “OK” Zone



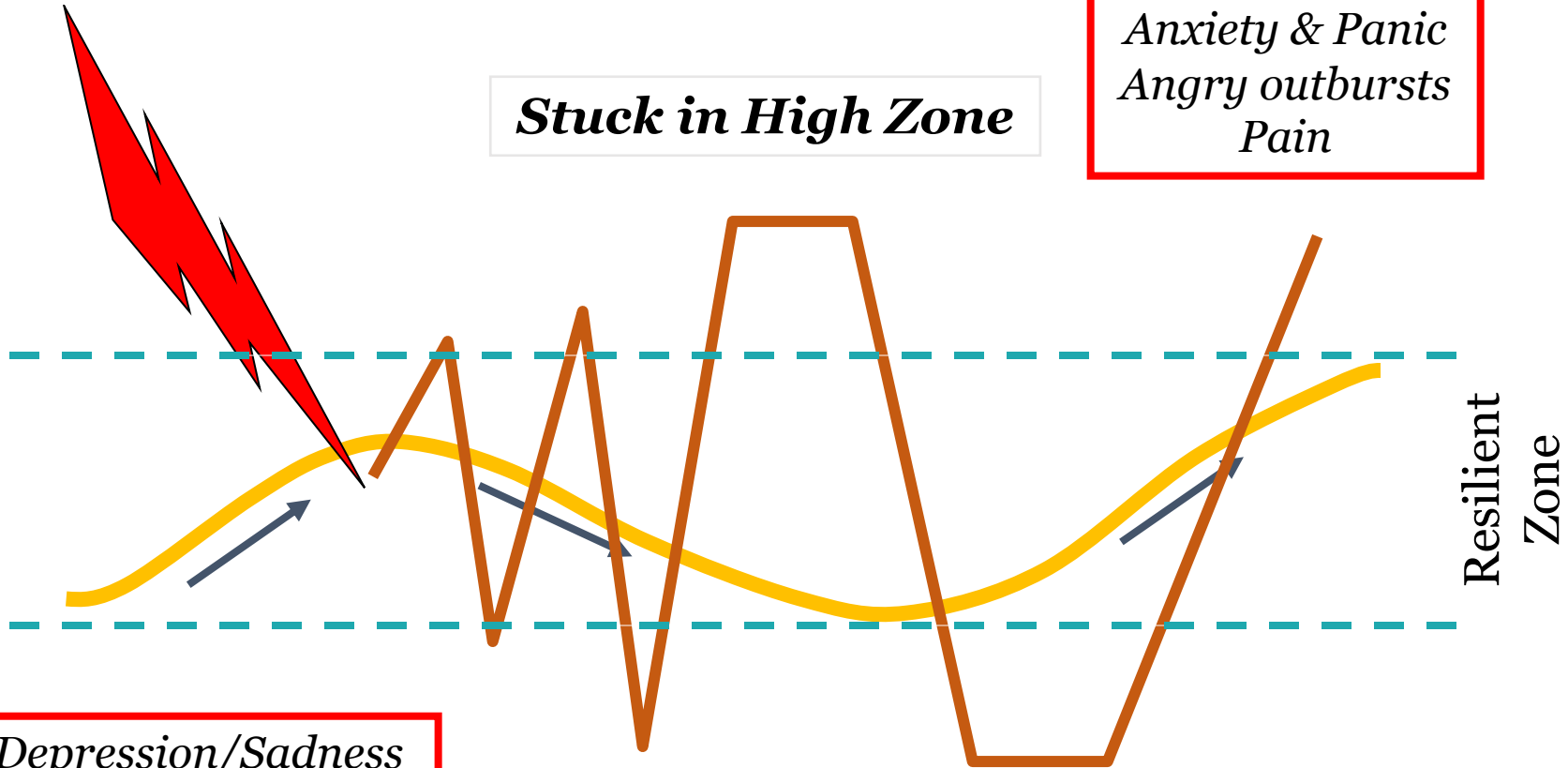
Resilient Zone

GOAL: TO WIDEN YOUR RESILIENCY ZONE

**Traumatic/Stressful Event
or
Stressful/Traumatic Reminders**

Stuck in High Zone

*Edgy
Irritable
Mania
Anxiety & Panic
Angry outbursts
Pain*



*Depression/Sadness
Isolated
Exhaustion/Fatigue
Numbness*

Stuck in Low Zone

**Resilient
Zone**

Tracking the Autonomic Nervous System

*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*

*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

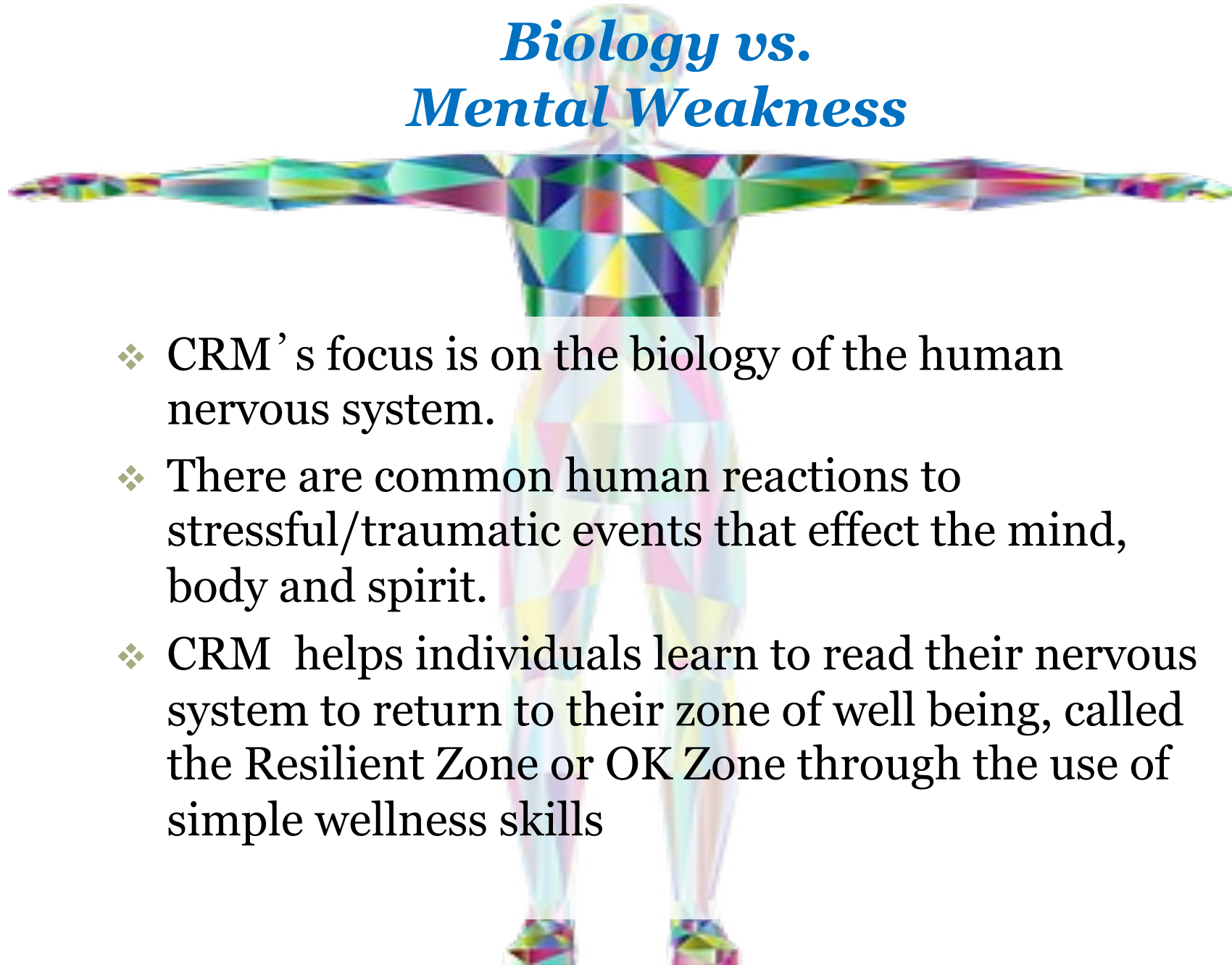
Angry at others
Isolation
Missing work
Overly Dependent
Irritability
Clinging
Regressive

Behavior

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



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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SKILL 1:

Tracking
(Reading Sensations)

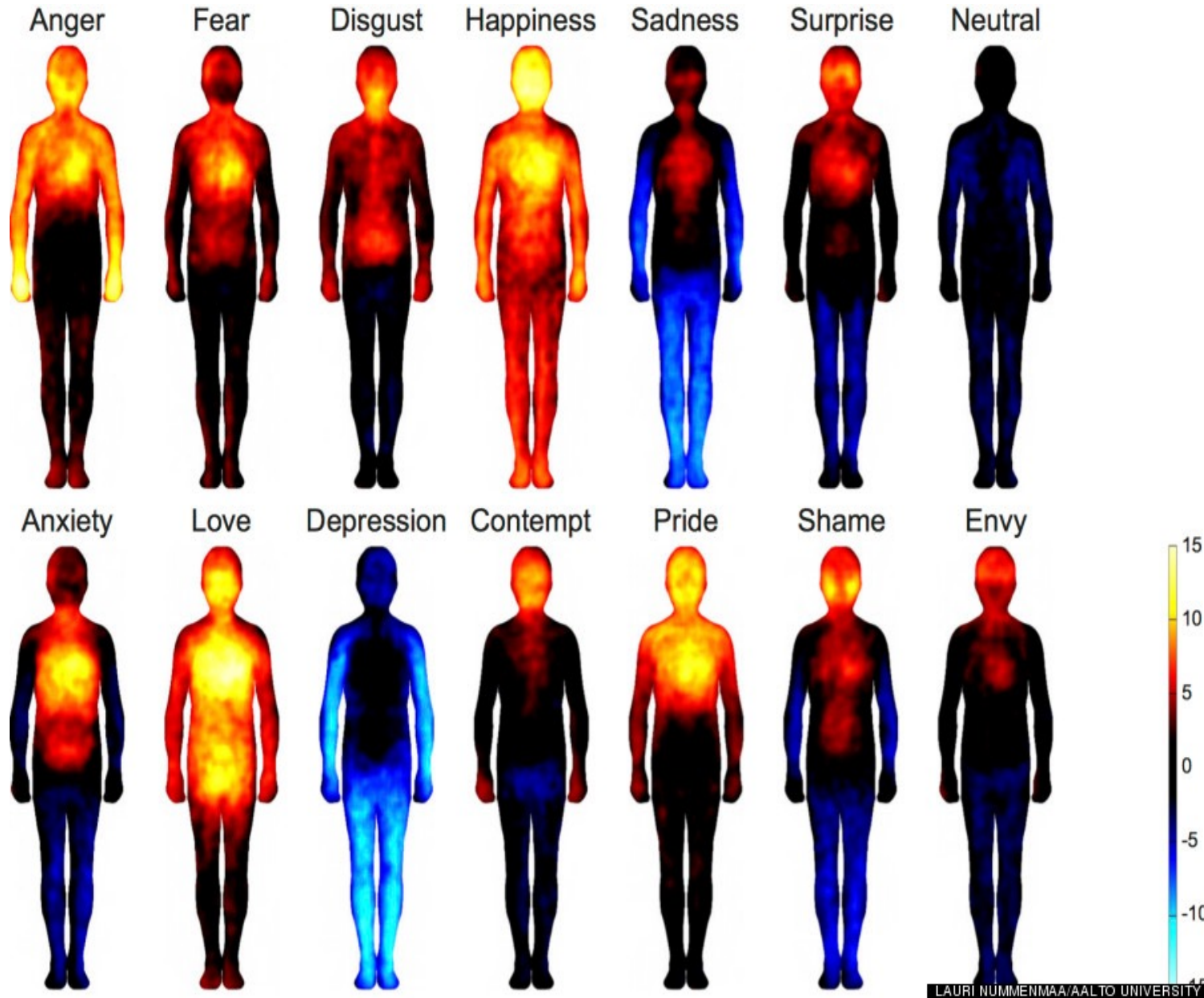


Tracking is the foundation for helping stabilize the nervous system

Tracking is noticing or paying attention to sensations - to what is happening inside the body in the present moment

Learning to distinguish between sensations of distress and wellbeing.

Developing the Language of Sensation: “Felt Sense”



A sensation is a physical experience in the body

Yellow and red = increased sensation, activation, or energy

Black = neutral

Blue = no energy or sensation

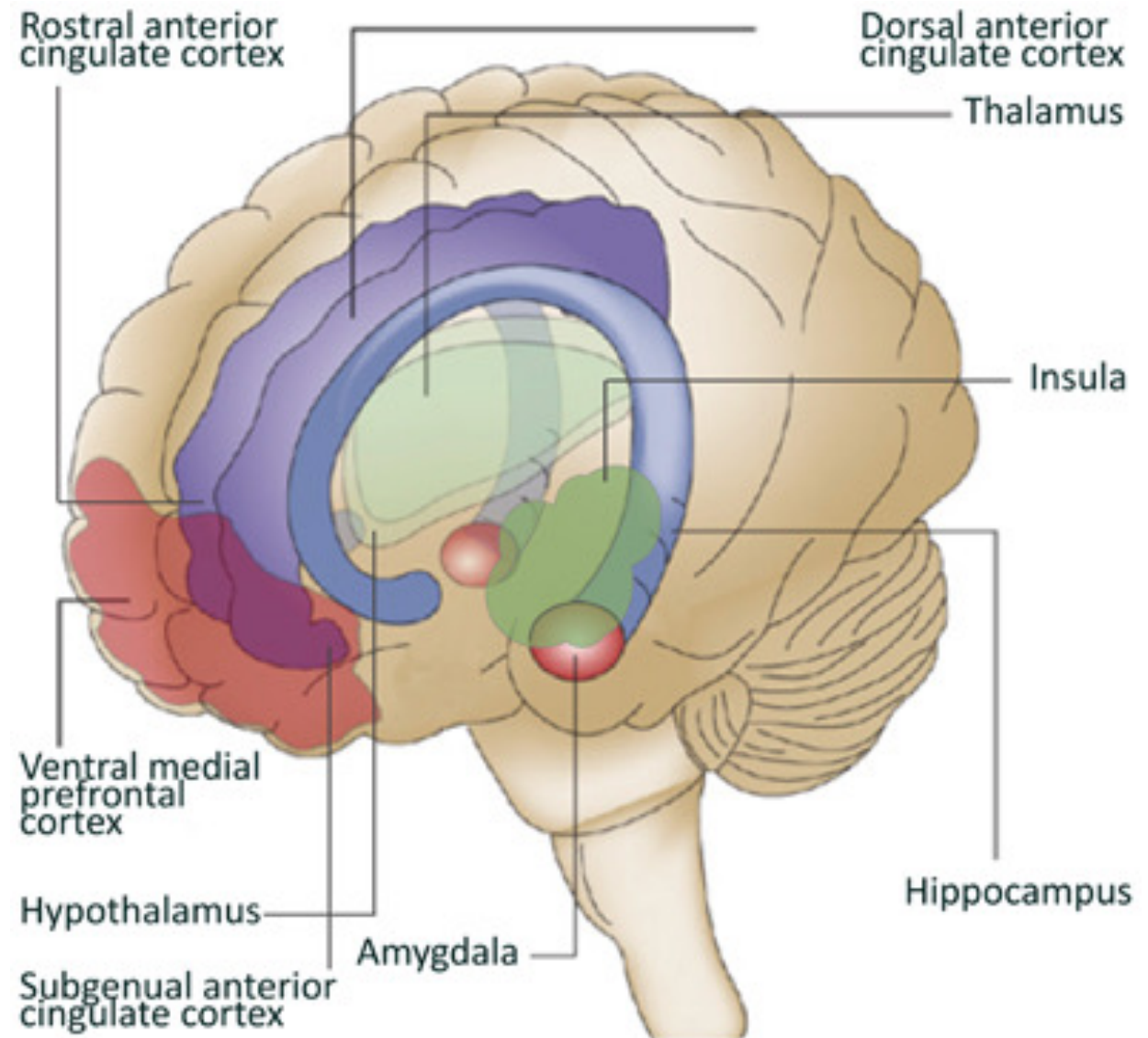
4,000 participants in 100 countries colored bodily regions where they felt energy increasing or decreasing when exposed to emotional words, stories, movies, or facial expressions.

Through our 5 senses
(Exteroception)

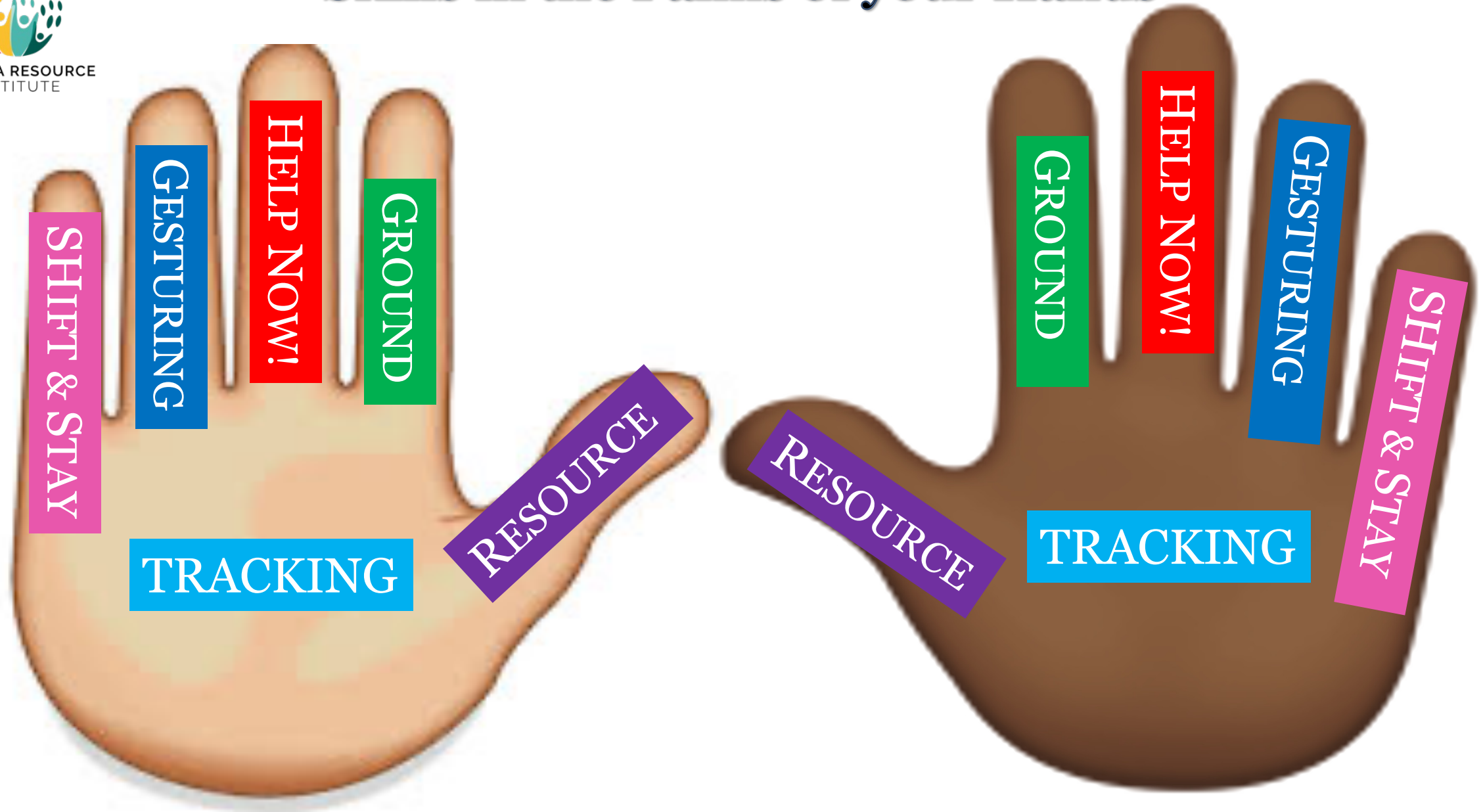
Through awareness of
sensations in the body
hunger, fatigue, pain...
(Interoception)

The Insula is the “hub” for
interoception

And also:
emotion regulation
empathy
social interaction
sense of self



Skills in the Palms of your Hands

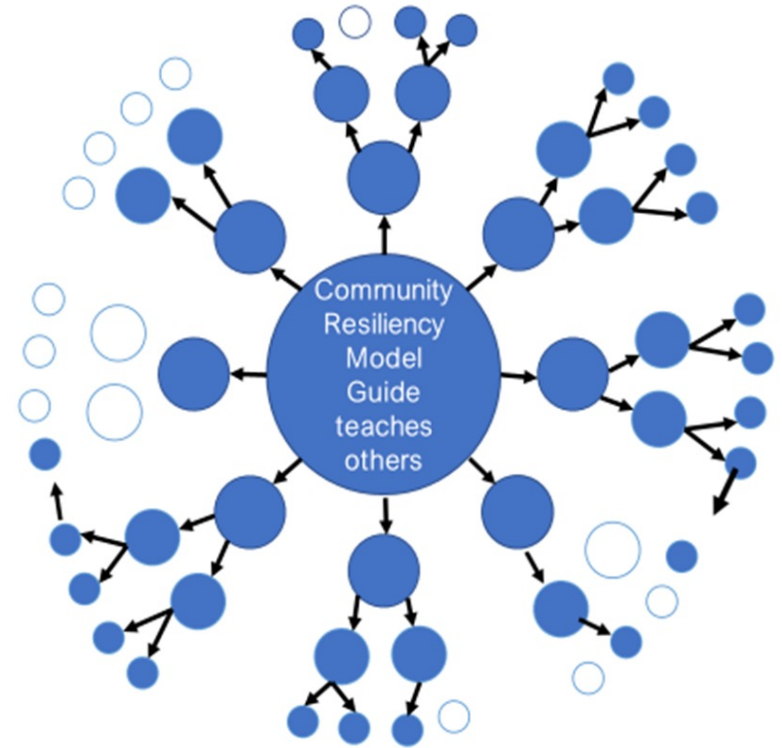


How can you use CRM?



- 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

Recent research findings on a **1-hour virtual CRM class** for hospital workers (Duva, Grabbe et al)

Conducted at the peak of the first COVID surge in Georgia, a time of high stress, challenges with staffing and resources, and the rollout of vaccines (November 2020-April 2021).

Our findings:

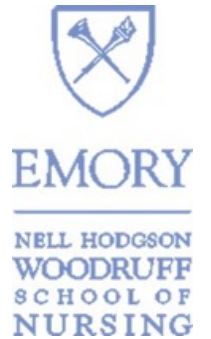
252 personnel enrolled from across Emory hospitals

Participants: 100 control group, 58 intervention group completed the 3-month post-survey

Results for intervention group: Significant differences observed:

- Improved well-being (WHO-5) $p < .0001$ (Effect size .66)*
- Reduced secondary stress symptoms (STSS) $p < .0042$ (Effect size .44)*
- Improved perception of teamwork/collaboration $p < .0029$ (Effect size .35)*

CRM is a purely sensory type of mindfulness (somatic awareness or interoception) which anyone can learn and practice without much effort. The model is a set of concepts and skills which are biologically-based and quickly-taught.



References

TRM and CRM (Teacher) Training www.traumaresourceinstitute.com

CRM free app (Spanish 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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Appendix

How to resource someone else

- 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).***
- 6. If the sensations are pleasant or neutral, stay with them for at least 10-15 seconds.***
- 7. You can think about your resource when you notice you are outside your resilient zone.***

Thank you!

Questions?

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