Community Resiliency Model Benefits
Kishia James / Gloria Miranda
January 8, 2020

Poll – Who is in attendance?
Learning Outcomes:

- Understand the biology and neurophysiology of trauma and its impact on students

- Identify the concepts and biologically based wellness skills that help balance and stabilize the nervous system

- Understand how to practice and implement wellness and self-care skills

THE COMMUNITY RESILIENCY MODEL®

Parents, Teachers, Caregivers

By: Elaine Miller-Karas, LCSW

www.traumaresourceinstitute.com
To widen the “Resilient Zone” so one is better able to handle life stressors; reset the nervous system to bring it into balance after learning skills for self-care
To integrate the CRM skills into the classroom and home
To teach the wellness skills to children and teens in age-appropriate ways
To teach the wellness skills to the caregivers of children and teens

Apply your Resiliency Mask
First

When CRM skills are taught to parents/teachers/caregivers
They can model the skills & make better choices and respond better to challenging behaviors
Biology vs. Mental Weakness

There are common human reactions to stressful/traumatic events that effect the mind, body and spirit.

Perspective Shift

Conventional Punishment
What is wrong with you?

Trauma-Informed Understanding
What happened to you?

Resiliency-Informed Compassion
What is right With you? What are your Strengths?
A set of six wellness skills, can be used for self-care, restoring balance to mind, body and spirit.

Skills Are Easy To Learn

You don’t have to talk about the past. “You can share as little or as much of what happened, it is your choice.”
Resiliency

“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 while managing the activities of daily living.” ~Miller-Karas (2013)
GOAL: TO WIDEN YOUR RESILIENCY ZONE

Things happen in life and our thoughts, feelings and reactions move around in the OK ZONE.
**Traumatic/Stressful Event or Stressful/Traumatic Triggers**

- Edgy
- Irritable
- Mania
- Anxiety & Panic
- Angry outbursts
- Pain

**Depression/Sadness**
- Isolated
- Exhaustion/Fatigue
- Numbness

**Stuck in High Zone**

Responses can include:

- Angry outbursts
- Panic and phobias
- Irritability
- Hyperactivity
- Frequent crying
- Nightmares
- Night terrors
- Regressive behaviors
- Increase in clinging behavior
- Pain

**Stuck in Low Zone**

- Depression/Sadness
- Isolated
- Exhaustion/Fatigue
- Numbness

**Stuck in the Low Zone**

Responses can include:

- Daydreaming
- Forgetfulness / inattention
- Inability to make friends
- Shyness
- Sad/depressed
- Limited emotional expressions
- Tired

Graphic adapted from an original graphic of Peter Levine/Heller, original slide design by Genie Everett.
KEY CONCEPT 2

Trauma

Individual perception of the event as life-threatening
TOO LITTLE OR TOO MUCH
FOR TOO LONG

Perception is key

Big “T” Trauma

Little “t” Trauma

Cumulative Trauma
Emotional
- Rage/Fear
- Avoidance
- Depression
- Grief
- Guilt
- Shame
- Apathy

Physical
- Numb/Fatigue
- Physical Pain
- Rapid heart rate
- Breathing problems
- Tight Muscles
- Sleep Problems
- Stomach Upset
- Trembling

Spiritual
- Hopelessness
- Loss of Faith
- Increase in Faith
- Deconstruction of Self
- Guilt
- Doubt

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

Relationships
- Angry at others
- Isolation
- Missing work
- Overly Dependent
- Irritability

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

COMMON REACTIONS

POST TRAUMATIC RESILIENCY

Resilience
Strength and Courage
Gratitude
Advocate
Appreciation of loved ones
Forgiveness
Hope & Faith
Wisdom
Adverse Childhood Experiences Study (ACES)

The largest study of its kind ever done to examine the health and social effects of adverse childhood experiences over the lifespan (Felitti & Anda)

17,337

Original ACE Study

<table>
<thead>
<tr>
<th>ABUSE</th>
<th>NEGLECT</th>
<th>HOUSEHOLD DYSFUNCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical</td>
<td>Emotional</td>
<td>Mental Illness</td>
</tr>
<tr>
<td>Emotional</td>
<td>Physical</td>
<td>Incarcerated Relative</td>
</tr>
<tr>
<td>Sexual</td>
<td></td>
<td>Mother treated violently</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Substance Abuse</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Divorce</td>
</tr>
</tbody>
</table>
ACEs and Population Attributable Risks

- 52% disability days
- 67% life dissatisfaction
- 43% hopelessness
- 52% domestic violence
- 78% IV drug abuse
- 50% drug abuse
- 48% promiscuity
- 58% drug abuse
- 65% alcoholism
- 54% current depression

% that ACEs contributes to these issues

Stress Levels

Positive Stress
Mild/moderate and short-lived stress response for healthy development

Tolerable Stress
More severe stress response limited in duration which allows for recovery

Toxic Stress
Extreme, frequent, or extended activation of the body's response without buffering presence of a supportive adult

Social-emotional buffering, parental resilience, early detection, and/or effective intervention

Intense, prolonged, repeated and unaddressed
A Physiological Response Begins In Childhood
Implications For Physical And Mental Health Outcomes
Throughout A Lifetime

What Are Commonly Viewed As Behavioral And Public Health
Problems Are Often Personal Efforts To Cope With Adverse
Childhood Experiences

ADVERSITY IS NOT DESTINY

Options For Well Being Need To Include
Strategies That Consider Mind And Body Connection
**Organizing Principle: Three Parts of The Brain**

- **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.

**Mirror Neurons:**
What you think, feel and sense MATTERS
Neuroplasticity
The Brain can Change
The Hope of the Nervous System

The Skills of CRM

Resourcing
Grounding
Gesturing
Help Now!
Shift and Stay

TRACKING
The Skills of CRM: The Basic Three

Resourcing ➔ TRACKING ➔ Grounding

Skill #1
Tracking
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 refers to paying attention to sensations.

**TRACKING SKILL 1**

READING THE NERVOUS SYSTEM

The foundation for helping stabilize the nervous system.

WHAT YOU PAY ATTENTION TO GROWS!

When we learn to read the nervous system, to tell the difference between sensations of distress and sensations of well being, we can begin to have a CHOICE. We can begin to pay attention to sensations of well being...
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 and bring your attention to colors in the room.
Skill #2
Resourcing
A Resource can be real or imagined...

Conversational Resourcing and Tracking

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 her/him?
- What did you like to do together?
- What kind of words of encouragement would s/he say to you during difficult times?

Questionable
- The CRM Guide may need to ask questions about a questionable resource first before the person may be open to explore healthier resources.
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
Skill #4
Gesturing

Protective
Joyful
Powerful
When stuck in the High Zone or Low Zone, a Help Now! Strategy can help you get back to your Resilient Zone.
The human body has the inner capacity to heal and restore itself and has a wisdom that words cannot speak.

“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.”

~Oceana, CRM Teacher, South Africa
Presenter Contact Information

Kishia James
Counselor Coordinator
jameskishia@gmail.com

Gloria Miranda
Dean of Student Services
gmiranda@wcpss.net