The Community Resiliency Model
A Public Health Model for Promoting Health and Healing

Mary Lynn Barrett, LCSW, MPH
Director of Behavioral Health  MAHEC Family Health Center
A set of six wellness skills

Resets the natural balance of our mind, body, and spirit

Can be used by individuals for self-care, by peer helpers, and systemically at agency, interagency, and community levels

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 a range of ages – from children to elders
- Accessible to people of different cultures and ethnic backgrounds
- Useful in an endless number of contexts – inside office or home, or “out in the field”
- Attractive educational materials reinforce the wellness skills – the iChill app, wristbands, pocket cards
Creating a Resiliency Focused Culture

Moving Beyond Trauma-Informed – the Next Step

A Trauma-Informed System

• **Realizes** the widespread impact of trauma and understands potential paths for recovery
• **Recognizes** the signs and symptoms of trauma in individual and systemic level
• **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices
• **Resists** re-traumatization

A Resiliency-Focused System

• **Identifies** programs and best practices proven to build resiliency at both individual and systemic levels
• **Inoculates** the system culture from the effects of stress and trauma **proactively** rather than reactively by having a strategic plan that
• **Instills** a shared vocabulary and skills for resiliency into every aspect of the life of the system
• **Improves** the health of the entire system by promoting restoration, health, and growth in ongoing ways
Responses to stress and trauma can have a major effect on the mind, body, and spirit.

- CRM views symptoms as facts of biology, not as mental weakness
- CRM’s focus is on the nervous system
- CRM helps individuals track sensations connected to their wellbeing and resilience
The Goal and Vision of CRM

• 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.
The promise of neuroplasticity

_In the last decade we have begun to fully appreciate the potential of the human brain to form new connections and change its structure in response to experience._

Research on how stress and trauma effect the brain

_We have the inherent ability to bring our nervous system back into a state of balance._

The potential for post-traumatic growth

_“Trauma is a fact of life. It doesn’t have to be a life sentence.”_  
– Peter Levine
The Resilient Zone

When we are in our Resilient Zone, we have the best capacity for flexibility and adaptability in mind, body, and spirit.

CRM skills help *widen* the Resilient Zone
Traumatic or Stressful Event

Stuck on **HIGH** Hyper-arousal

Hyperactivity
Hyper-vigilance
Mania
Anxiety and Panic
Rage
Pain

Resilient Zone

Stuck on **LOW** Hypo-arousal

Depression
Isolation
Exhaustion
Fatigue
Numbness

Adapted from Levine/Heller
Stuck on LOW Hypo-arousal

Stuck on HIGH Hyper-arousal

Endocrine

Cardiovascular

Immune

Autonomic
  • Sympathetic
  • Parasympathetic

Diabetes
  • Coronary Artery Disease and COPD
  • Autoimmune Diseases
  • Depression, Suicidality, Maladaptive Coping Behaviors, Addictions

Human Body System

ACE Score Impact

Sympathetic

Parasympathetic
The CRM Skills “turn off” the body’s stress response

Give me a place to stand and I will move the world.”

Archimedes
HINDBRAIN

Automatic Defensive Responses
The Portal to Resilience

To restore balance to our nervous system – including getting our thinking brain back online – we have to signal safety to

**THE HINDBRAIN**
CRM is uniquely effective because it capitalizes upon this foundational principle of cutting-edge neuroscience:

**THE HINDBRAIN**

*only understands*

The Language of SENSATION
Learning to recognize and track positive and neutral sensations— that is, “speaking” this language is the most direct and most effective intervention for calming the parts of our brain that signal fight/flight/freeze!

SENSATIONS

The Language of the Nervous System
<table>
<thead>
<tr>
<th>Stress and Trauma</th>
<th>Resiliency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shallow breath</td>
<td>Deeper breath</td>
</tr>
<tr>
<td>Rapid heart rate</td>
<td>Slower heart rate</td>
</tr>
<tr>
<td>Tense muscles</td>
<td>Relaxed muscles</td>
</tr>
<tr>
<td>Pain / cold / chill</td>
<td>Pleasant or neutral temperature</td>
</tr>
<tr>
<td>Numbness</td>
<td>Flow</td>
</tr>
</tbody>
</table>
WE ONLY TRACK
POSITIVE OR NEUTRAL SENSATIONS

Because what gets fired together gets wired together!
THE CRM SKILLS

RESOURCING and RESOURCE INTENSIFICATION

GROUNDING

TRACKING

HELP NOW

SHIFT AND STAY
The Community Resiliency Model

CRM skills empower people with a knowledge of their nervous system and the ability to restore balance to their own body, mind, and spirit.

The skills are used in tandem with any direct service offering or intervention.

Social transformation is made possible because people with regulated nervous systems can participate more fully in every form of support they receive.
CRM as a Public Health Strategy

Primary Prevention
- Targets high risk CHILD
- Response based on Parent’s ACE score to interrupt

Secondary Intervention
- Targets high risk PARENT
- Addresses Parent’s risk factors before disease manifests

Tertiary Intervention
- Targets high risk PARENT
- Addresses Parent’s chronic disease progression

Simultaneously a Prevention and Intervention
Creating a Culture of Resilience

Community
- Public Safety Organizations
- Faith Communities
- Mentoring Programs
- Recreation Departments

Interagency
- YMCA
- School Systems
- Community Mental Health
- Parenting Programs

Agency
- Primary Care Clinic
- Staff Care (self and peer support)
- CRM Skills as a component of Integrative Service Delivery

Individual
- Self Care
- Family
- Peer Support
- Social Network
RESOURCES

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

External Resources
May include people, places, activities, skills, hobbies, and animals we know and love.

Internal Resources
May include values or beliefs that give strength, peace or calm. They may include memories of important people or experiences. They may also be personal characteristics such as kindness, compassion and humor – or body resources such strong legs or the ability to heal from illness.
• Tracking pleasant and/or neutral sensations that are 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.
Research
[insert date] CRM pilot project brought biologically based intervention training to seven marginalized groups

San Bernardino County, CA

Training 32 hours & Student Teaching – 8 hours
Follow-up Consultations
Approximately 60% of the participants were female and 40% were male
Participants were from a diverse communities: African American, Latino, Pacific Islanders-Asian, LGBTGQ, Native American and High Risk Youth, and Veterans

DBH-State of California Mental Health Services Act 2013
Statistically significant decreases in
• the average number of depression, hostility, anxiety, and somatic symptoms

Statistically significant increases in the average number of symptoms related to
• relaxed, contented, somatic wellbeing, and friendly indicators
3-6 Months Follow Up

3-6 month follow-up data received from 57 trainees across the underserved groups indicated that over 90% either completely or somewhat agree that the CRM skills were useful in

- managing stress (95%)
- having better self control (96%)
- helping get through hard times (92%)

All trainees used the skills frequently, with 93% reporting they were using the CRM skills daily, and 7% indicating a few times a week.
Research Underway

- ARMC Burn Unit
- Claremont Graduate University, Paul Zak’s Laboratory
- Walter Reed Medical Military Center
- North Carolina MAHEC
- Loma Linda University: Philippine Project
The Western North Carolina Resiliency Collaborative

COMMUNITY PARTNERSHIPS

for a Resiliency-Focused Western North Carolina
Building Capacity through our
Train-the-Trainer Programs

Moving our community! into THE ZONE

An invitation to join us! Help us live into a future where kids and adults have the skills to shape how they react to all sorts of stressful situations, keeping them healthy and resilient for life!

We need Community Resiliency Model Skills (CRM) Trainers who can bring these highly effective tools for wellness to a diverse population in their own neighborhoods. If you’d like to explore becoming a CRM Skills Trainer please fill out the sections below and we’ll be in touch to discuss possible next steps.

<table>
<thead>
<tr>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email</td>
</tr>
<tr>
<td>Best Contact Number</td>
</tr>
<tr>
<td>Have you already attended a CRM Skills Training?</td>
</tr>
<tr>
<td>Trainer(s) Names</td>
</tr>
<tr>
<td>Date of class (approximate)</td>
</tr>
<tr>
<td>What are some groups you are currently associated with? (for example, parent or neighborhood groups, churches, schools)</td>
</tr>
</tbody>
</table>
MaryLynn, perhaps this is where we list all the trainings/locations=contexts that people are sending to you. I can put them around in an interesting configuration.
By 2018... Western North Carolina is
A Culture of Resiliency

Where at least 308,000 (22%) people are using CRM for themselves and others and confirm benefits, with 25% representing diverse or marginalized populations, e.g. people of color, low SES, LGBT, Veterans, at-risk adolescents.

Where 20 institutions have at least 50% of staff who are CRM trained and a CRM Skills Trainer embedded or linked.

Where application of CRM skills measurably improves five of health outcomes.
Turning Adversity into Creative Growth

The human body has the inner capacity to heal and restore itself and a wisdom that words cannot speak.