

THE COMMUNITY RESILIENCY MODEL®

*AFFORDABLE,
TRANSPORTABLE,
ADAPTABLE*

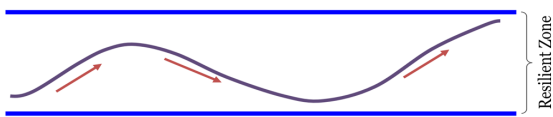
www.traumaresourceinstitute.com
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THE BASIC THREE

Tracking, Resourcing and Grounding
& Help Now!

Help Now!



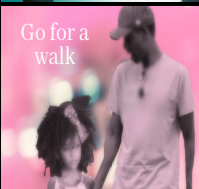
Drink a glass of water



Count backwards from 20



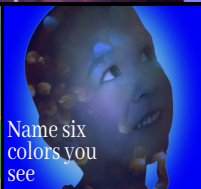
Go for a walk



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



The Community Resiliency Model® trains community members to not only help themselves, but to help others within their wider social network. The primary focus of CRM® is to educate individuals about the biology and neurophysiology of trauma and resilience as well as teach simple biologically-based wellness skills, which can help re-set and stabilize the nervous system. Through CRM®, individuals learn to read sensations connected to their own well-being, which TRI calls the “Resilient Zone”. CRM®’s goal is to help to create “trauma-informed” and “resiliency-informed and focused” communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

CRM® have been used worldwide, including in the United States, Mexico, Haiti, Guatemala, Iceland, Northern Ireland, Germany, the Ukraine, Serbia, Turkey, Sierra Leone, the Ivory Coast, Darfur, Uganda, Kenya, Somalia, Tanzania, Rwanda, South Africa, Nepal, the Philippines and China.

Climate change and its repercussions can cause climate change disasters. Natural disasters can disrupt the fabric of our lives. People can have a wide variety of reactions. We can help our community and ourselves by remembering how we get through tough times. People may or may not want to talk about what happened to them. You can interweave resiliency questions into the conversation to remind the person what else is true about their story. Asking questions about coping and surviving can be important to help people get through. This is at the core of CRM® concepts.

SKILL 1 TRACKING
READING THE NERVOUS SYSTEM

CRM focuses on noticing body sensations and using them as an internal compass. Sensory awareness also called interoception is an important human ability. How do you know to go under a shady tree when you are standing outside on a hot day? You are reading your nervous system “Experiencing heat” sensations prompts a behavior “Seeking shade.” Once in the shade, you will notice the body cooling down. In CRM, learning to read your nervous system is key to helping to tell the difference between sensations of distress and well being. As you become your own navigator of your internal experience, you now have choice. When experiencing distress, you can shift your awareness to a neutral or pleasant sensation. Learning about your sensory system is the first step.

Tracking Exercise:

Bringing your hands together, move your hands back and forth quickly. What are you aware of in your hands? Are they hot, cold, warm or neutral?

What follows is a list of sensory words.

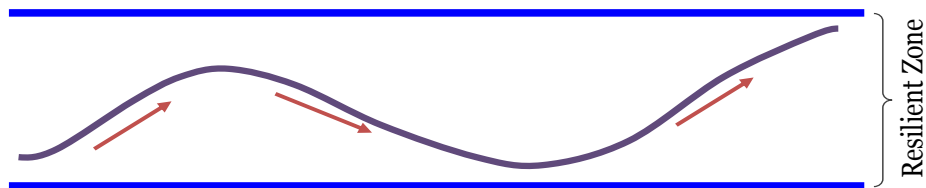
Vibration	Size/Position	Temperature	Pain	Muscles
Shaking	Small	Cold	Intense	Tight
Twitching	Medium	Hot	Medium	Loose
Trembling	Large	Warm	Mild	Calm
Quick/Slow	Up/Down/Center	Neutral	No pain	

Breathing	Heart	Taste	Density	Weight
Rapid	Fast	Spicy	Rough	Heavy
Deep	Slow	Sweet	Smooth	Light
Shallow	Rhythmic	Sour	Thick	Firm
Light	Flutters	Juicy	Thin	Gentle
		Bland		

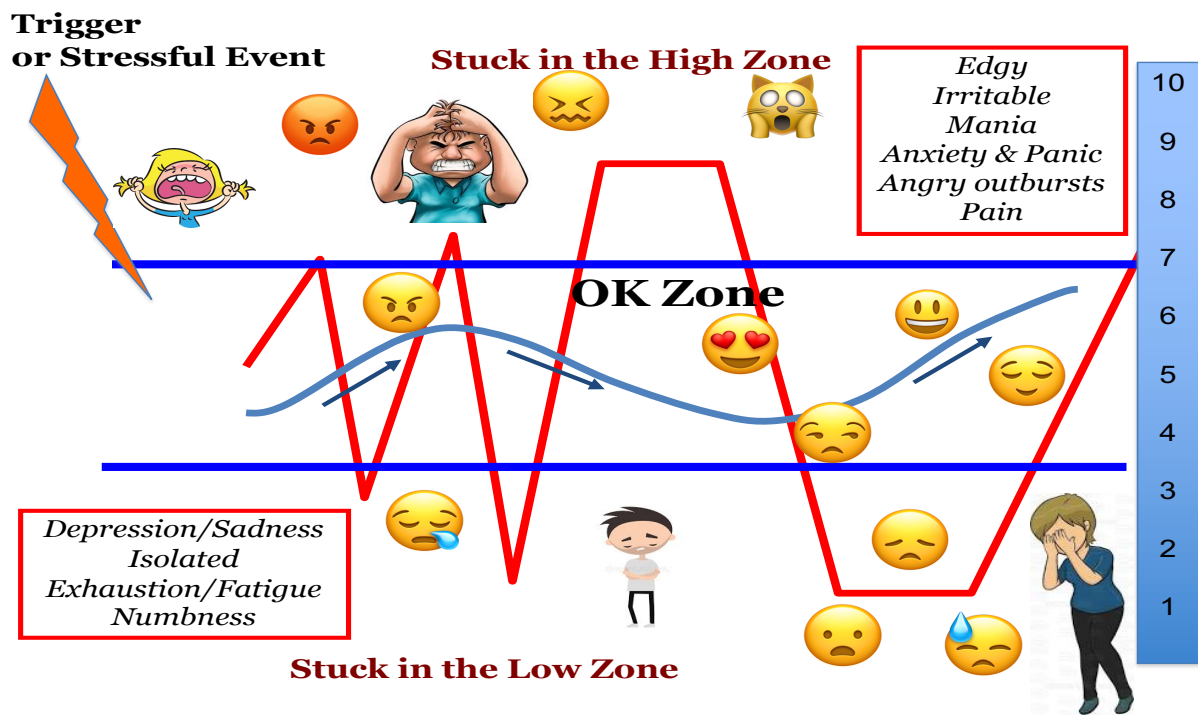
Trauma/Stress	Balance	Release
Constricted Breath	Deeper Breath	Shaking
Rapid Heartbeat	Steady Heartbeat	Trembling
Tense Muscles	Relaxed Muscles	Burping, Yawning
Pain	Grounded	Warmth
Numbness Heat	Calm	Vibration, Tingling
Agitation	Solid	Tears

What is the Resilient Zone?

- ❖ A state of well-being in mind, body and spirit
- ❖ When in the Resilient Zone one is able to handle the stresses of life
 - ❖ You can be annoyed or even angry but do not feel like you will lose your head
 - ❖ You can be sad but not feel like you will be washed away by the river of sorrows



(c) Trauma Resource Institute



SKILL 2 - RESOURCING
What gives you hope, strength or peace?

Resources are personal experiences bringing a person peace, calm, pleasure and a sense of well being. We invite people learning the resourcing skill to think about a person, place, animal, a spiritual belief, a favorite sport, a scene in nature, a personal space of well being or any thing that is uplifting or calming. Another way to develop a resource is to think about the best day in the last week, month, year or in one's life.

One of the best ways to learn to track is to notice the sensations connected to your resource. It is important to fill in the details about the resource as in painting a picture on a blank canvas. This is called resource intensification. Fill in the detail including the colors, the sounds and smells. If naming a person or an animal, think about meaningful experiences with the person. As you fill in the detail of your resource, bring awareness to the sensations connected to the resource.

Write down one of your resources:

Write down three or more details about your resource.

Read your resource and the details to yourself bringing your awareness to pleasant and/or neutral sensations. What did you notice? Look at sensory list and write down sensations your noticed.

Tracking and Resourcing in a Conversation after a Crisis

The following questions are resiliency focused and can be helpful:

- **“Do you remember when help arrived?” or “Do you remember the moment you knew you had survived? or Do you remember the moment that your friend/family member survived?** can be powerful questions that can bring about feelings of hope, gratitude and relief.
- **“When you have had hard times in the past, what or who helped you get through?”** can remind us of past experiences when life was tough and what helped the person get through. This question can bring people to the awareness that they can get through tough times. If they have been through other hurricanes, asking “What helped you the most during that time?” can be a way of remembering a person's strength and courage.
- **“Who or what is helping you the most now?”** can remind us of personal resources that help us in the here and now.

SKILL 3 GROUNDING
SKILL 5 HELP NOW!

Grounding is the direct contact of the body or a part of the body with something that provides support to the body. You can ground by sitting in a chair, standing against a wall, walking and paying attention to how your feet make contact to the ground, lying down on the floor or on a bed. Some individuals ground by floating in the water.

When you are grounded, you are aware of your body the present moment. When you are in the present moment, you are not worried about the past or the future.

Grounding Exercise:

Step 1: Find a comfortable position sitting, standing against a wall or laying on a sofa or floor.

Step 2: Slowly bring attention to how your body is supported by the chair, wall or sofa/floor.

Step 3: Bring attention to all places inside that feel more pleasant or neutral. Bring attention to even small places inside your body that feel better. Stay with what feels better on the inside.

For some people it is helpful to ground through their hands by simply placing their hand on a surface and noticing the texture and temperature. This simple strategy can remind us to be in the present moment and is a simple form of Grounding.



Sometimes people can't or do not want to learn new skills. When all of our choice has been taken away, it is important not to push talking or introducing new skills. A better way can be to offer choices that may help the person reset out of the High or Low Zones. So inviting people to bring their awareness to the present moment by the following **Help Now!** strategies can be helpful.

1. Would it be helpful to go for a walk together?
2. Sometimes it helps to get the energy of anxiousness out by pushing against the wall with our hands or pushing our back against the wall. Do you want to do it with me?
3. Can I get you a drink of water?
4. Sometimes it can help to look around the room, and see what catches your attention? Is there a color you like for example?
5. When I am not feeling like my best self, I have found it helpful to remember a time in my life that was better than this moment.
6. If I am really anxious, sometimes it helps me to count down from 20, would you like to try it with me?
7. I found this app called iChill and I listen to it when I am down or too anxious. You might want to think about using it when you are stressed or down.