


1



2



3




Resiliency Pause

Resiliency Pauses can help bring you back into a balanced state in mind and body.

- During this Pandemic it is so important to **remember what else is true.**
- For a moment we will pause to INVITE you to call to mind your answers to these resiliency questions.

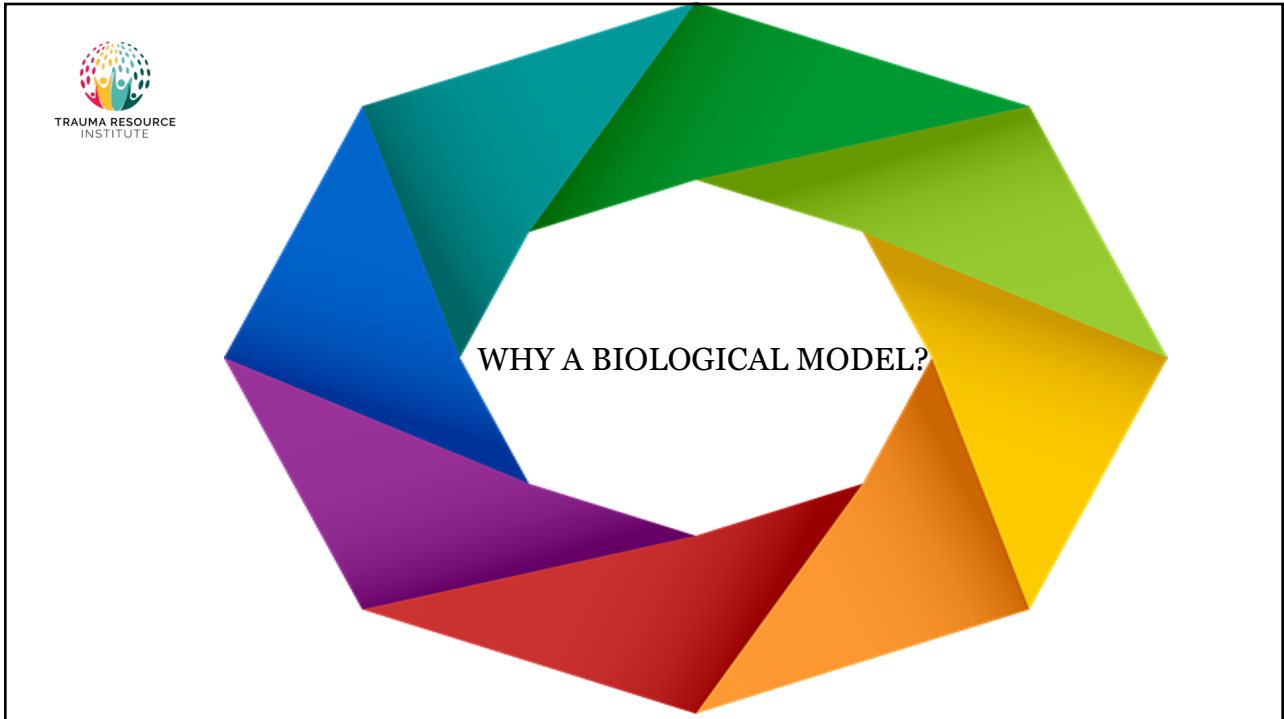
What or who uplifts you?
What or who gives you strength?
What or who helps you get through hard times?




4




5



6



3 Types of ACEs



3

Realms of ACEs

ACEs Connection accelerates the global movement to prevent and heal adverse childhood experiences (ACEs), and supports communities to work collaboratively to solve our most intractable problems. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. The ACEs in these three realms intertwine throughout people's lives, and affect the viability of organizations, systems and communities.

1 HOUSEHOLD

- incarcerated family members
- divorce
- homelessness
- physical and emotional neglect
- parental mental illness
- bullying
- domestic violence
- maternal depression
- alcoholism and drug abuse
- emotional and sexual abuse

3 ENVIRONMENT

CLIMATE CRISIS

- record heat & droughts
- wildfires & smoke
- record storms, flooding & mudslides
- sea level rise


NATURAL DISASTERS

- tornadoes & hurricanes
- volcano eruptions & tsunamis
- earthquakes

2 COMMUNITY

- historical trauma
- substandard schools
- structural racism
- poor water and air quality
- violence
- substandard wages
- poverty
- lack of jobs
- poor housing quality and affordability

7




Resiliency Pause

Staying Calm when Faced with a Challenge

ACE scores & Children's Development and Lifelong Health.

Resilience defined as "staying calm and in control when faced with a challenge."



Children ages 6–17 who stayed calm when faced with a challenge reduced the negative impact of ACEs

There were higher rates of school engagement among children with high ACEs who demonstrated resilience.

Christina D. Bethell, Paul Newacheck, Eva Hawes and Neal Halfon
 Adverse Childhood Experiences: Assessing The Impact On Health And School Engagement And The Mitigating Role Of Resilience
Health Affairs, 33, no.12 (2014):2106-2115

8


4



TRAUMA RESOURCE
INSTITUTE

ADVERSITY
IS NOT
DESTINY

9

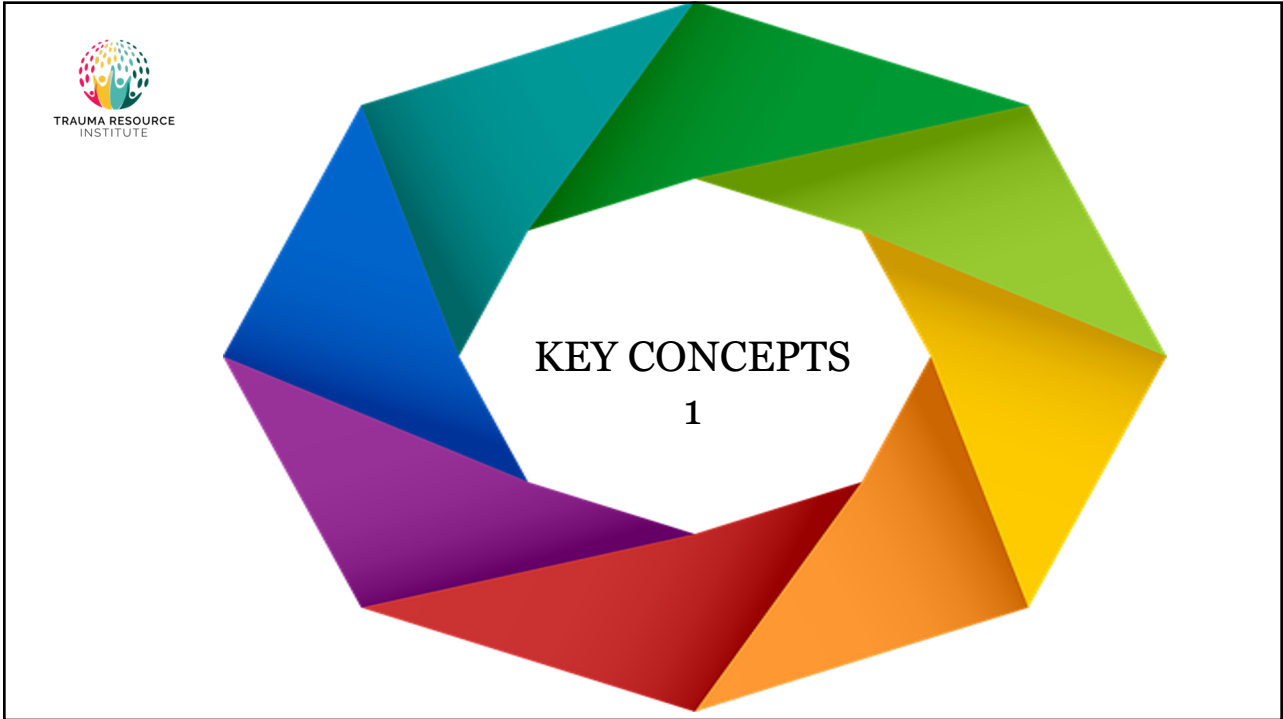


TRAUMA RESOURCE
INSTITUTE

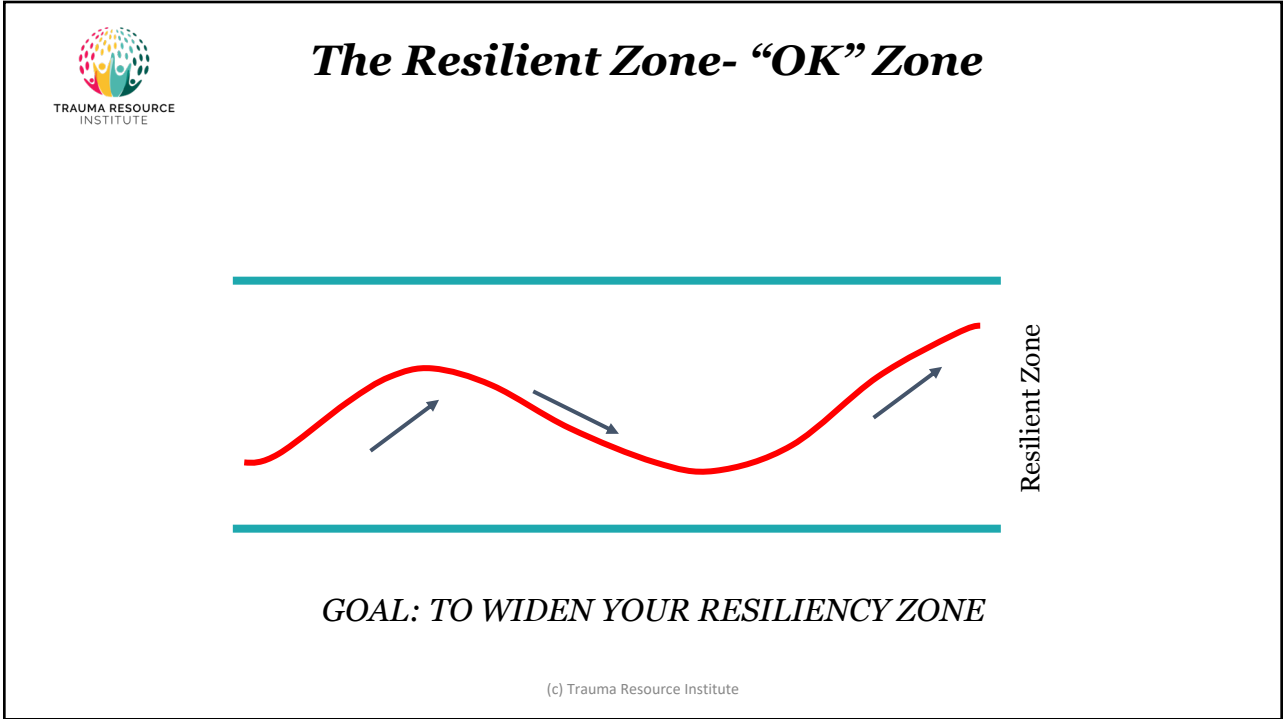
Perspective Shift

Conventional	Trauma-Informed	Resiliency-Informed
<ul style="list-style-type: none"> • People are bad. • People need to be punished. • People just don't care. • We need to stop making excuses for people. • What is wrong with you? 	<ul style="list-style-type: none"> • People are suffering. • People need an effective intervention. • Many people care but lack understanding and skills. • We need to learn how trauma impacts a child's and adult's development. • What happened to you? 	<ul style="list-style-type: none"> • People are resilient. • People need our compassion as they learn new skills. • Any person can learn self-regulation skills based on science • We need to learn how skills of well-being can reduce suffering. • What is right with you? What are your strengths?

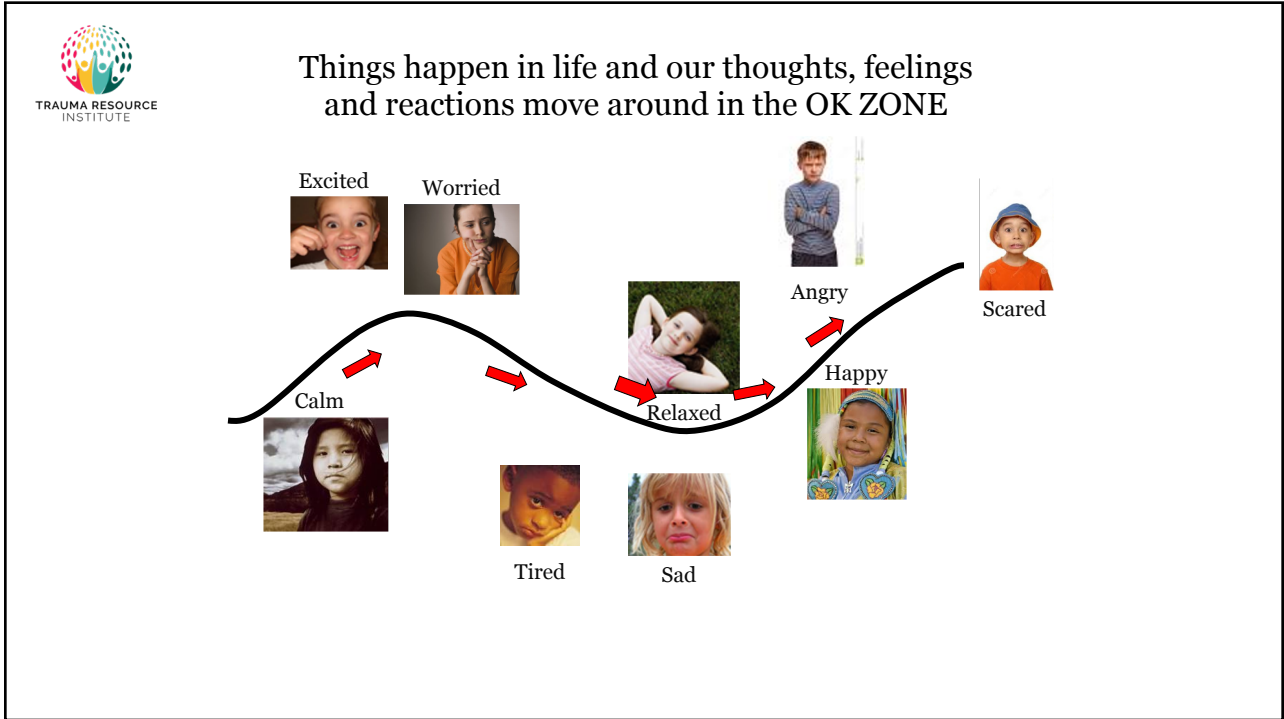
10



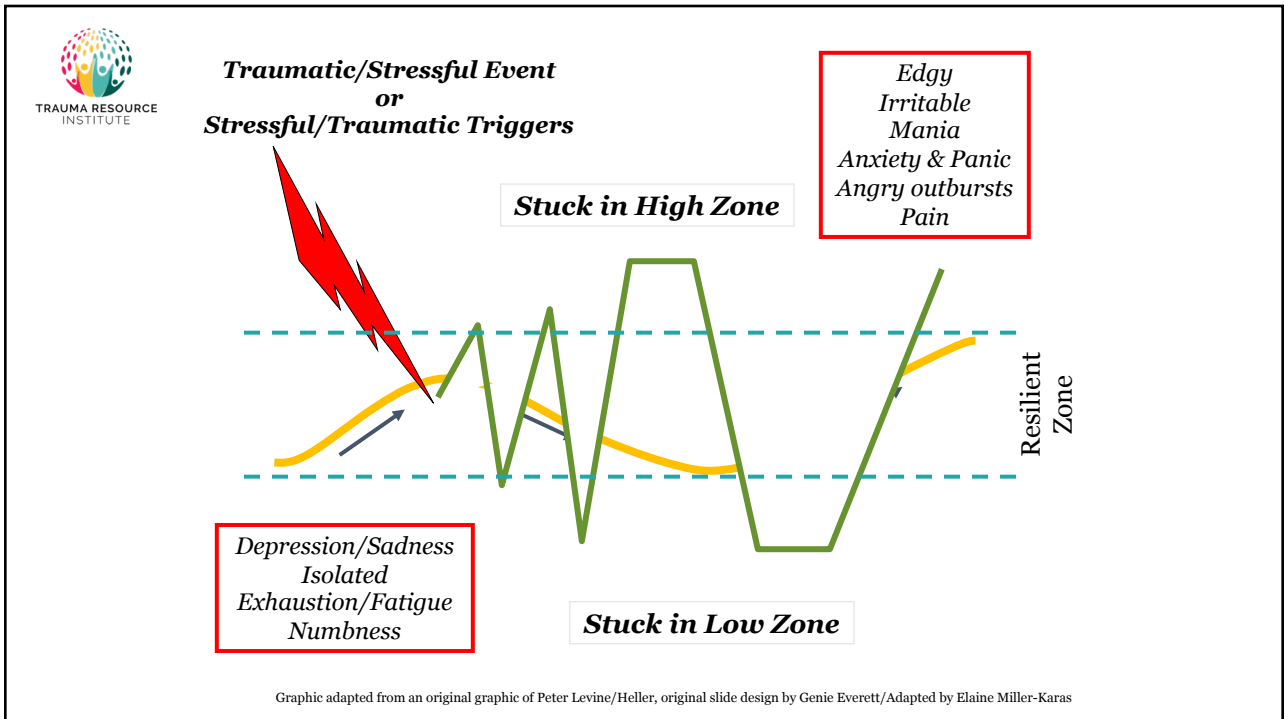
11



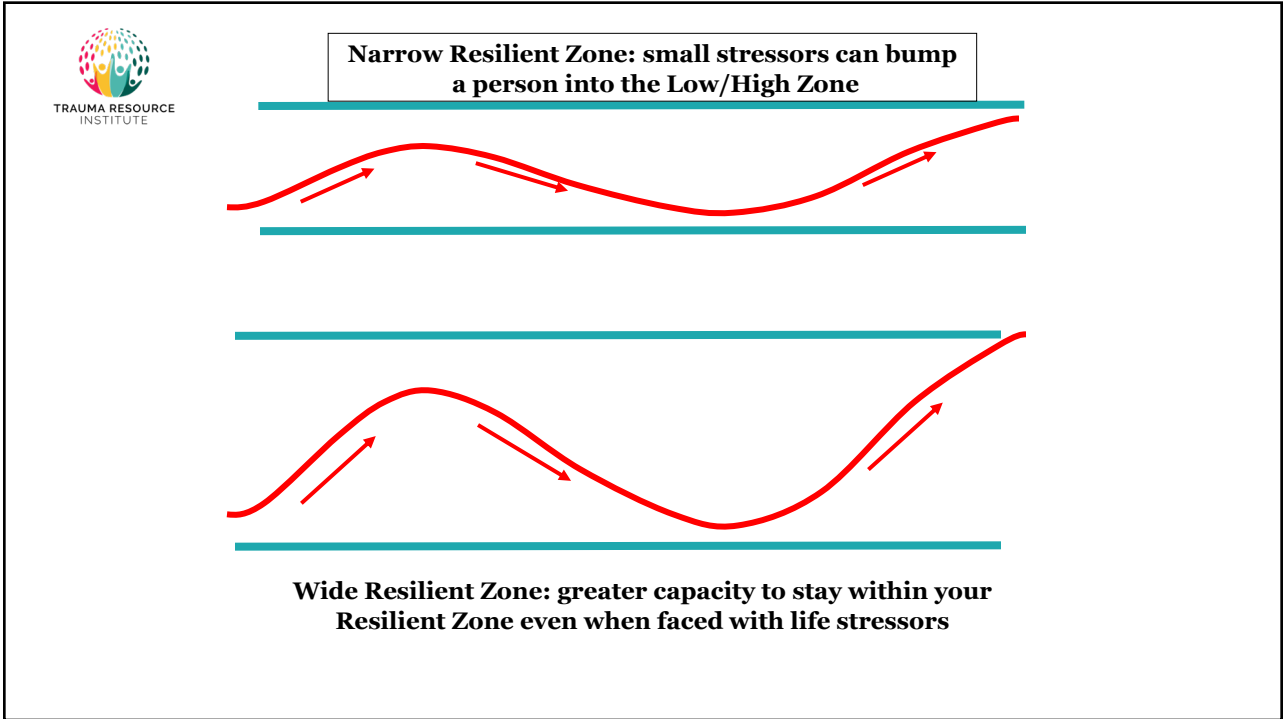
12



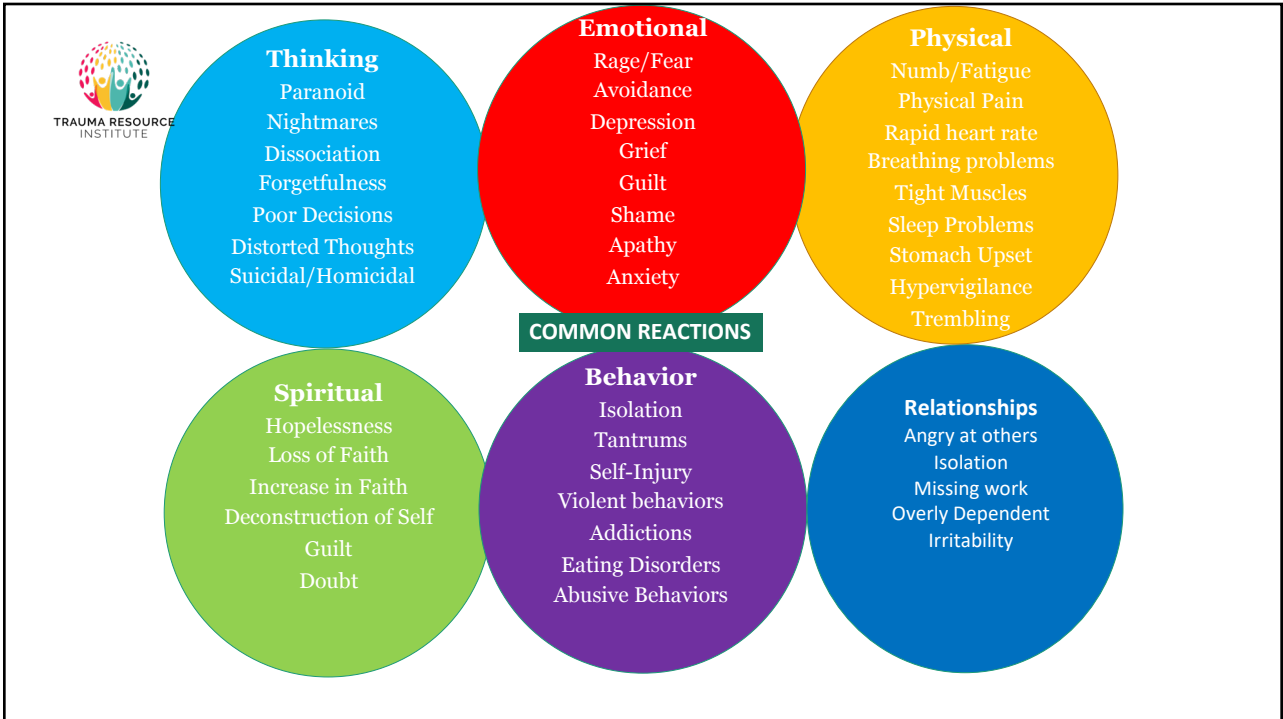
13



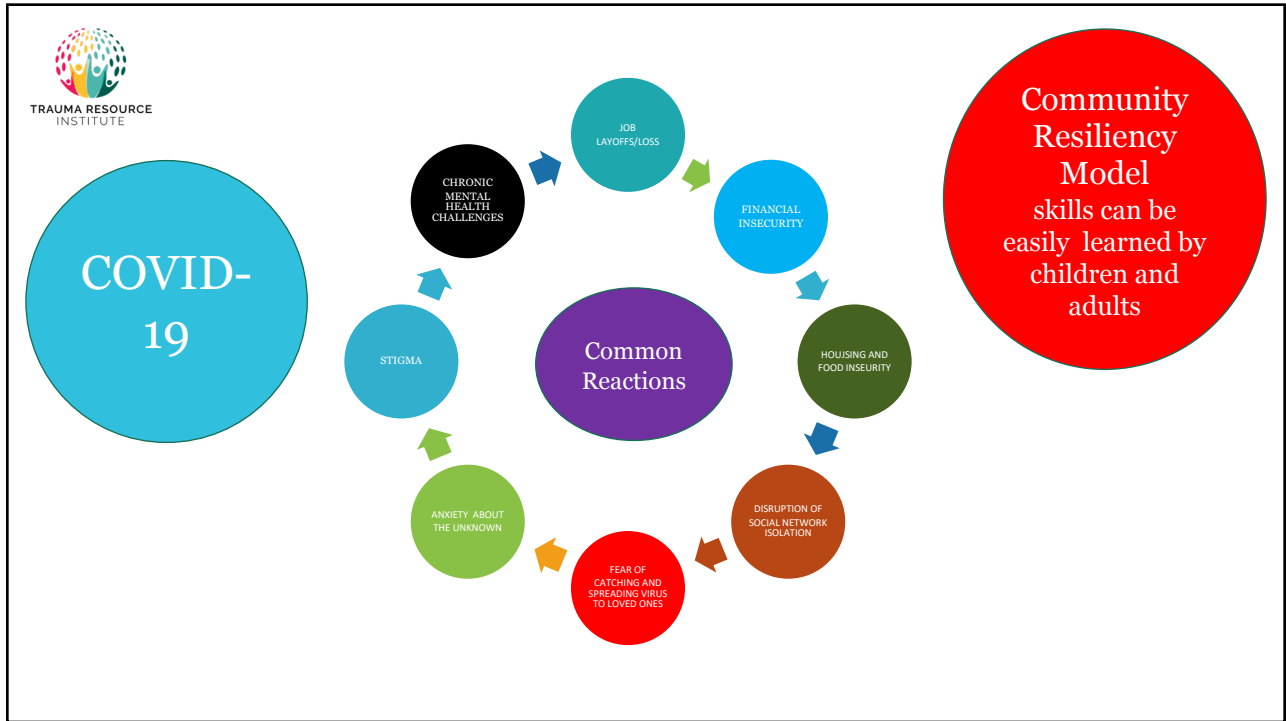
14



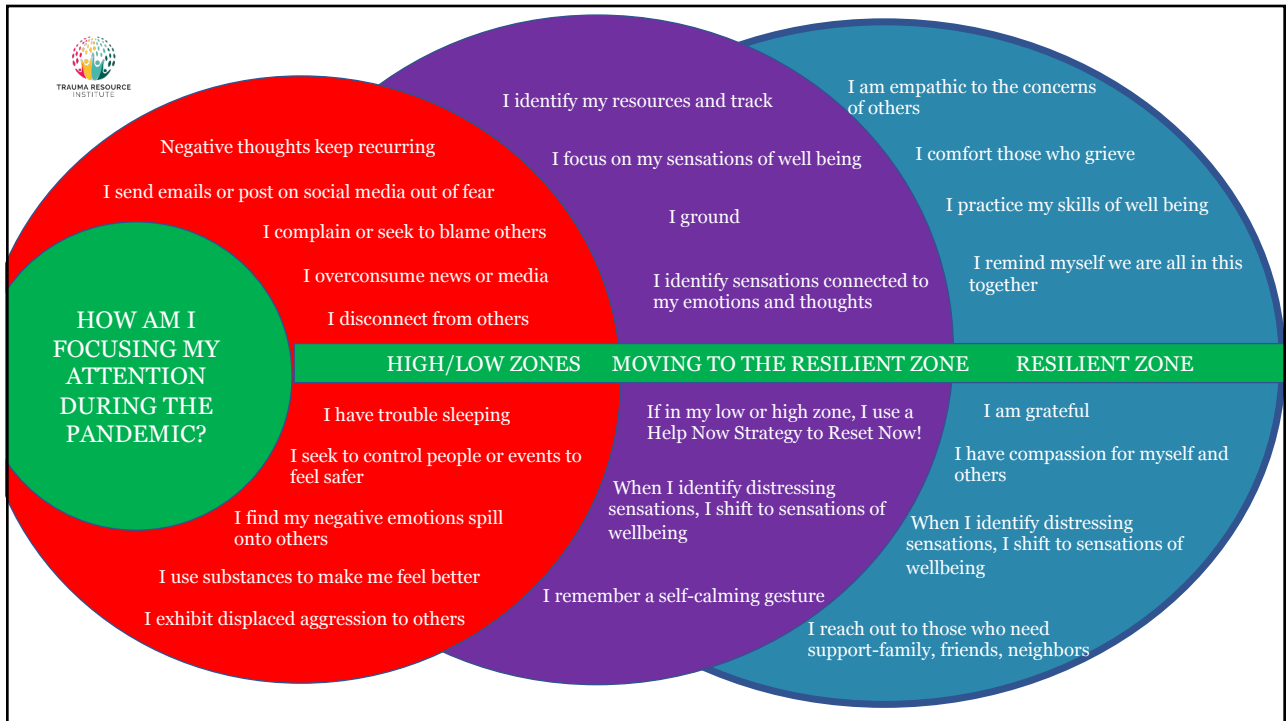
15



16



17




18

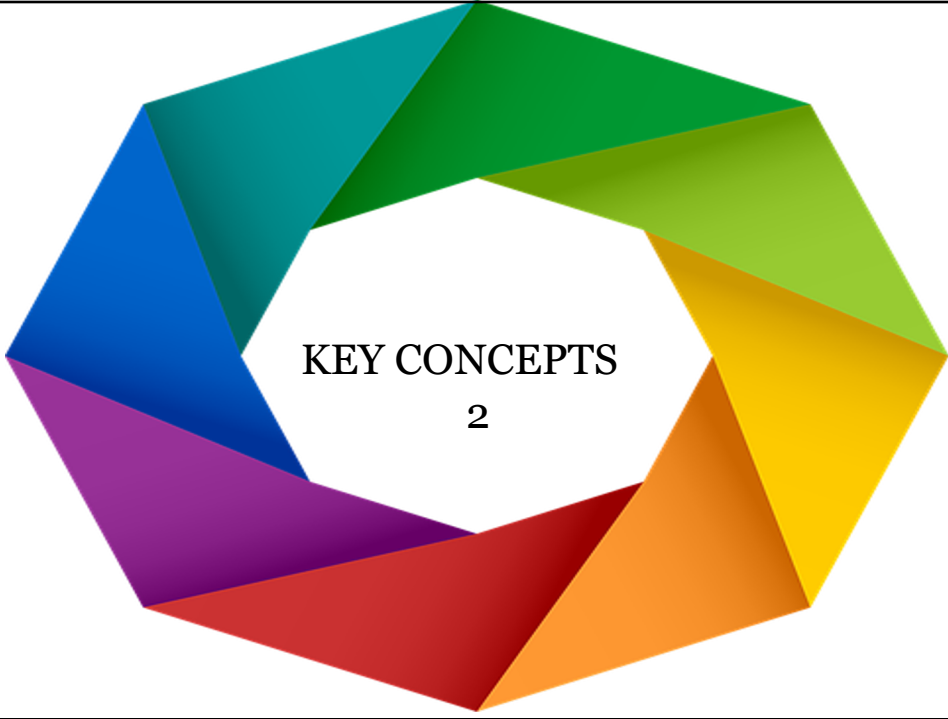
 **COMMON REACTIONS
CONNECTED TO OUR
WELL BEING**

- *Strength and Courage*
- *Coming together with a joint purpose*
- *Gratitude*
- *Advocate*
- *Appreciation of loved ones*
- *Hope*
- *Increased Faith*
- *Wisdom*
- *Compassion for self and others*
- *Forgiveness*
- *Transformation*




19

 **KEY CONCEPTS**
2





20




FACTS ABOUT CRM?

Community Resiliency Model can be used:

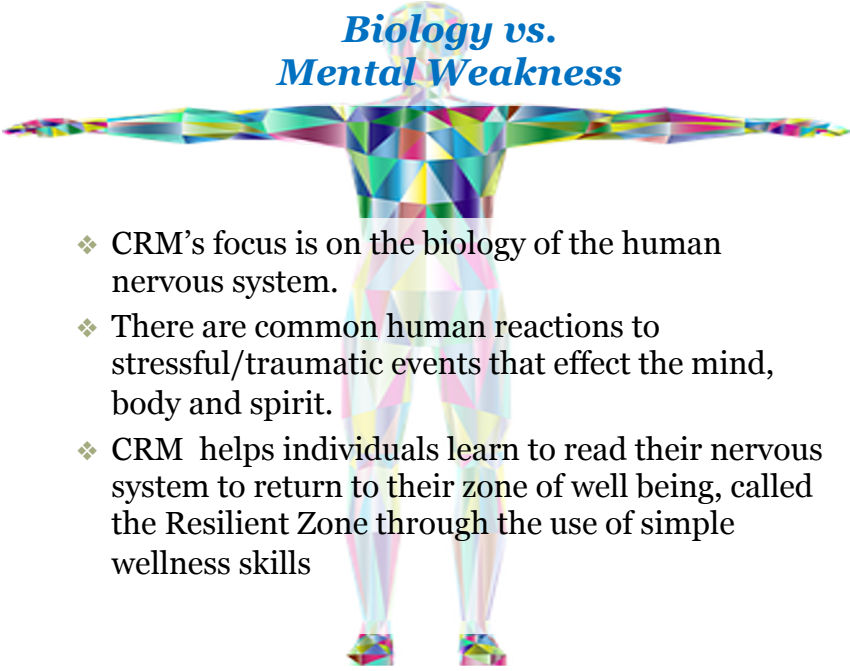
- across the lifespan
- across cultures
- with different literacy abilities

21



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 through the use of simple wellness skills

22



Laws of Nature

The natural rhythms in nature also exist within the human nervous system.



We do not have to be trapped by the storms of our body: sensations of discomfort and pain.
We can draw our attention to sensations of well-being and transform our experience.

23



Scientific Research About the Brain

“Neuroplasticity” - the lifelong capacity of the brain to change and rewire itself in response to the stimulation of learning and experience...Hope!



Neurogenesis is the ability to create new neurons and connections between neurons throughout a lifetime.” (Goldberg, 2013)

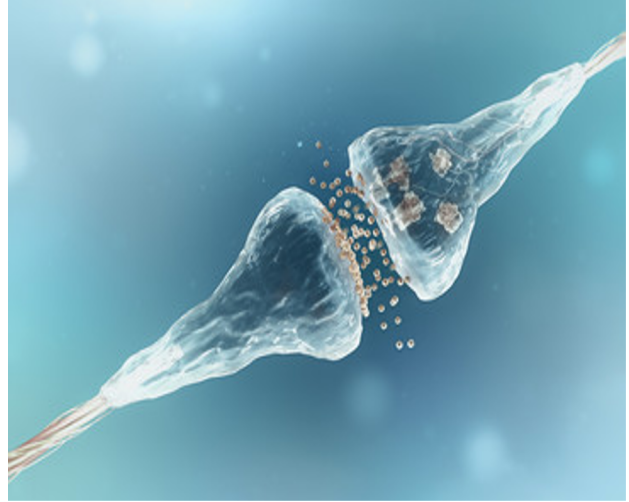
24



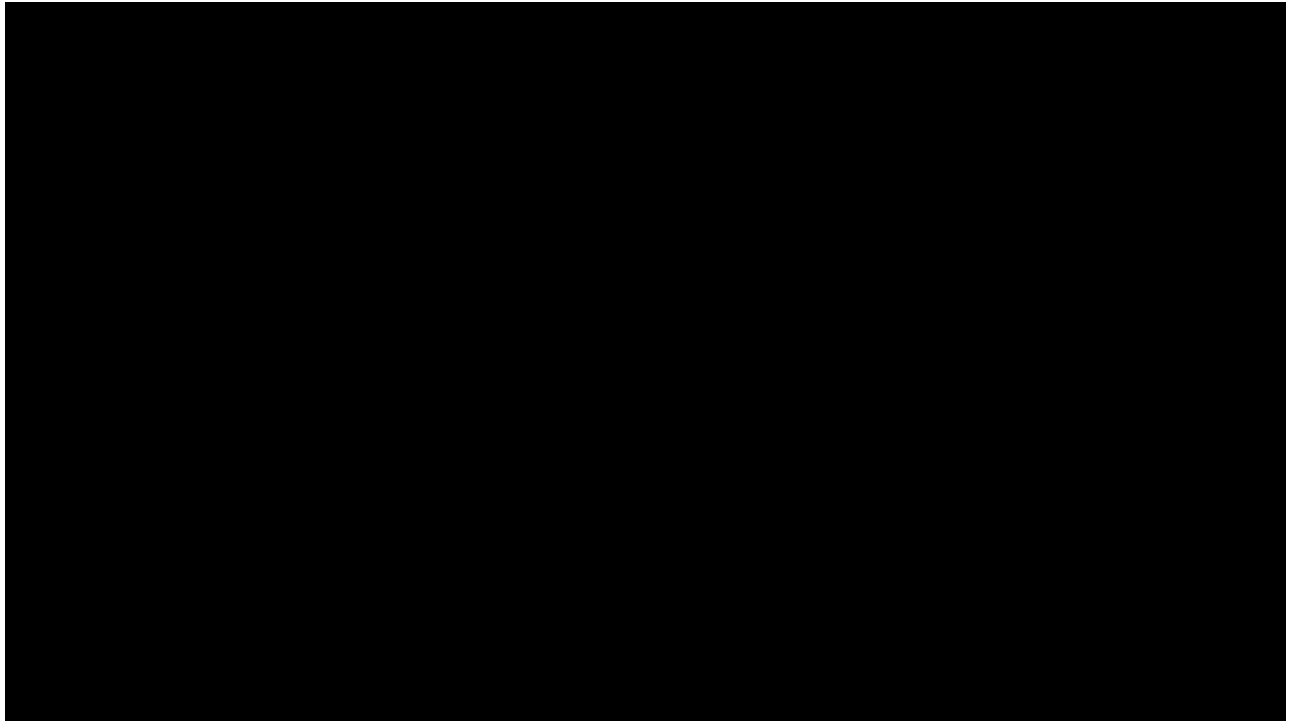
Scientific Research About Building Resiliency

Brain cells that fire together
wire together!

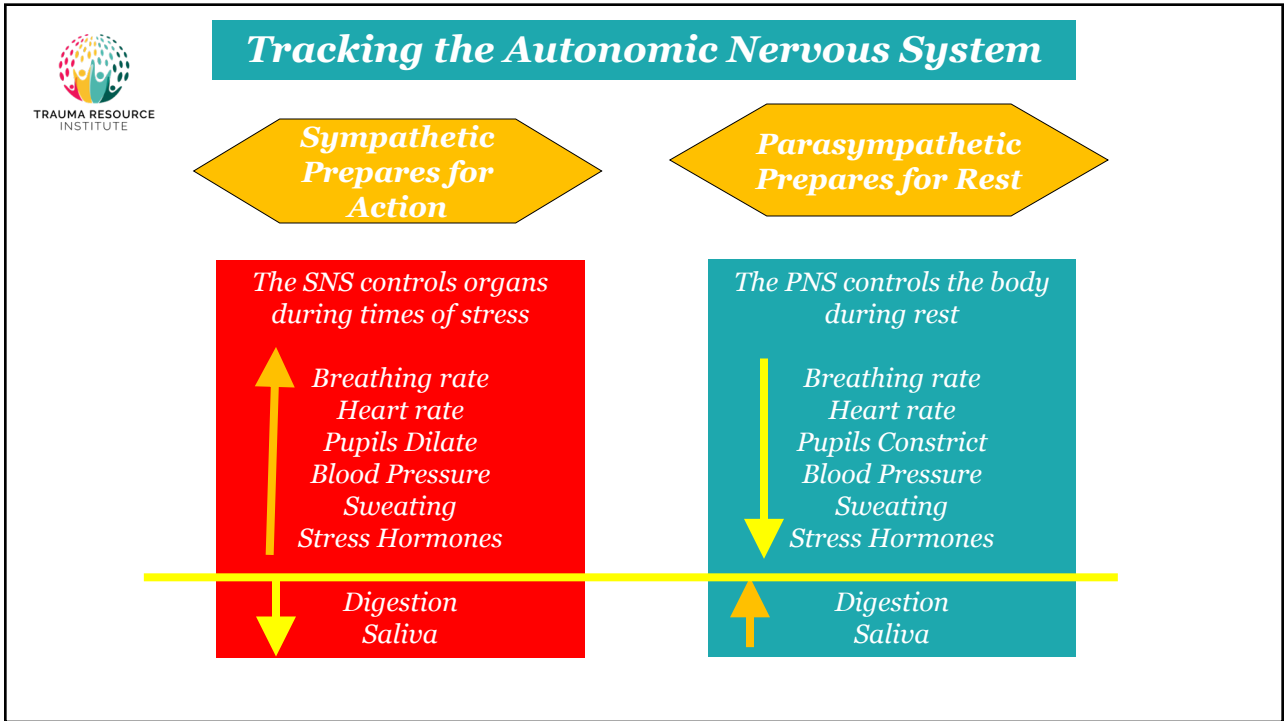
Carla Schatz



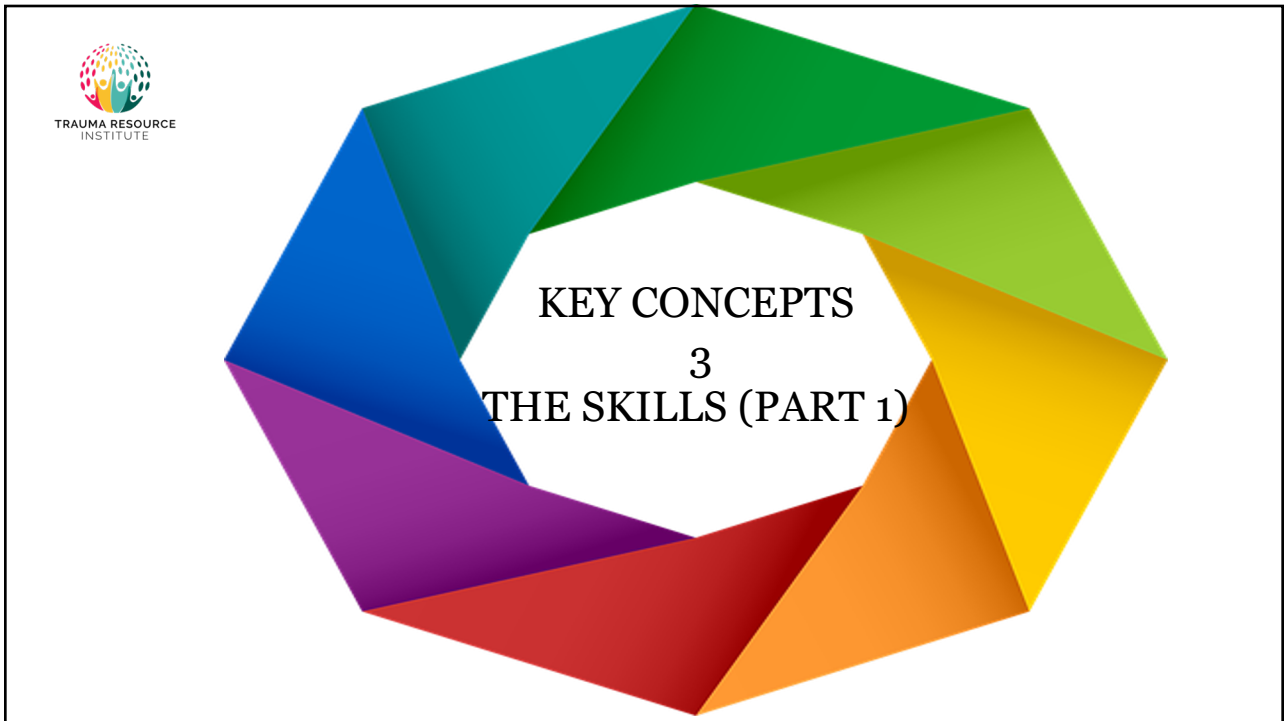
25



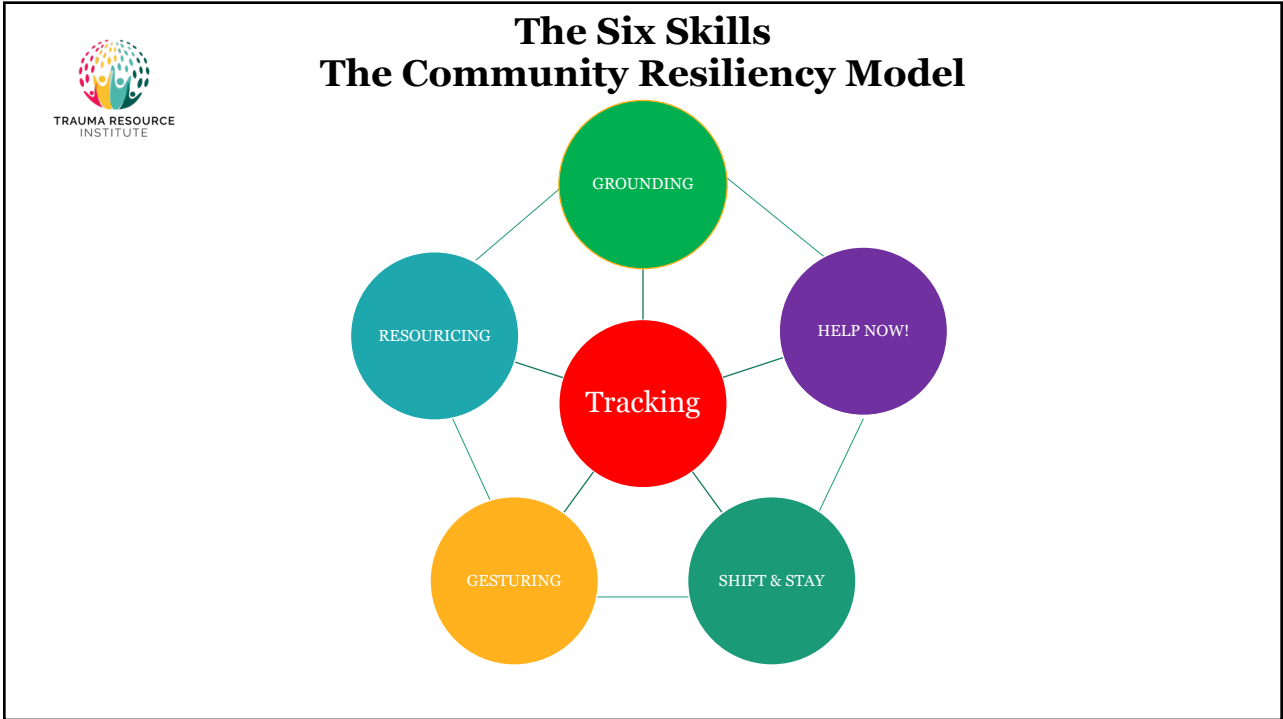
26



27



28

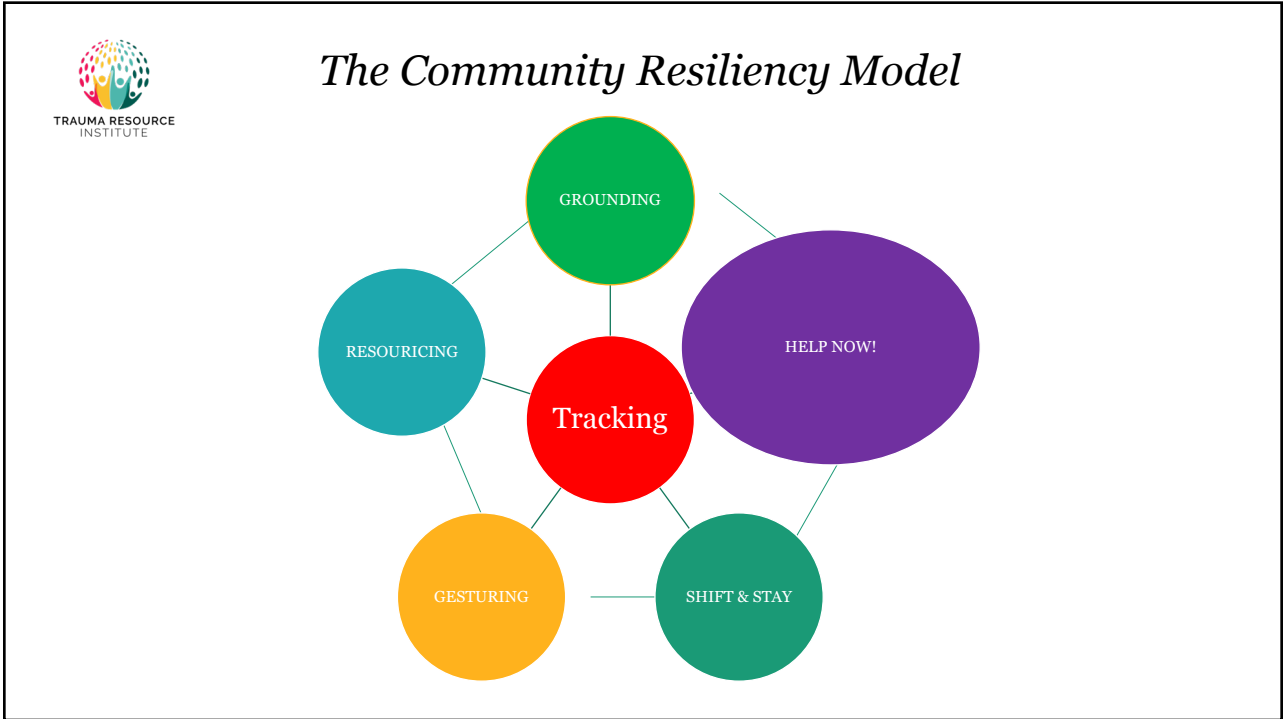


29

*Apply your Resiliency Mask First:
Learning Skills to Stay in Your Zone To Help Others*

The complex block contains two side-by-side illustrations. Both show a person in a blue shirt wearing a yellow and white resiliency mask connected to a white tube. In the left illustration, the person is adjusting the mask on their own face. In the right illustration, the person is reaching out to help another person, also wearing a similar mask, who is sitting in a blue chair. The background is a simple light-colored wall.


30



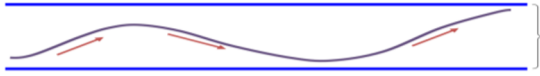
31




32




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®

HELP NOW!
RESET NOW!
SKILL #5

33



Help Now! Strategies

- When stuck in the High Zone or Low Zone, a Help Now! Strategy
- Can help you get back to your Resilient Zone



shutterstock.com • 54150514

34



Help Now!

*DRINK a glass
water, juice or
tea?*

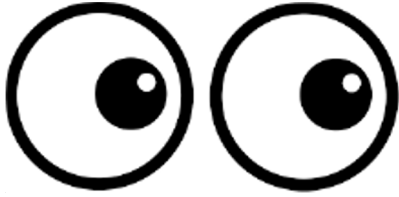
35



Help Now!

*Touch a surface
Is it hard, soft,
rough, etc....?*

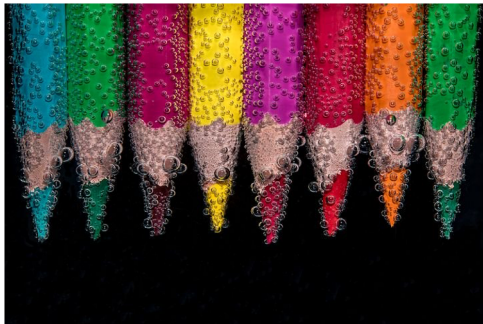
36



Help Now!

Look around the room or space, paying attention to anything that catches your attention.

37



Help Now!

Name six colors that you can see right now

38

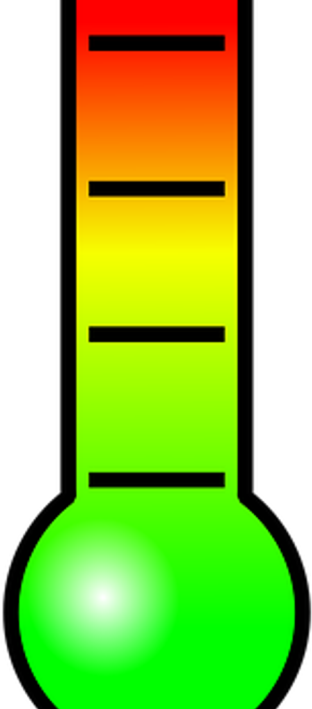


Help Now!

Count backwards from 20




39




Help Now!

What is the temperature of the room or space?

Is it cool, warm, hot, cold?



40



Help Now!

Notice the sounds within the room and outside.



41




Help Now!

Walk around the room and notice feet making contact with ground




42




Help Now!


Push your hands or back against the wall.



43



**HELP NOW!
RESET NOW!**



Would it be helpful to go for a walk together?

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?

Can I get you a drink of water?

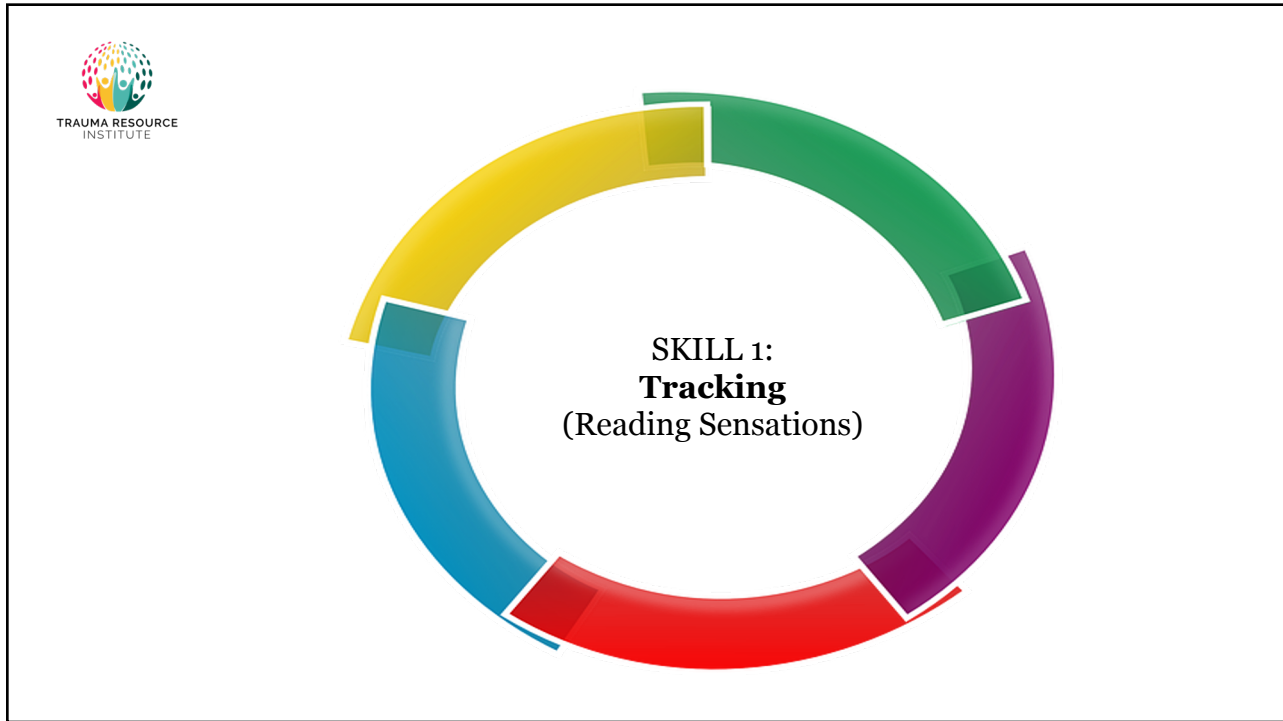
Sometimes it can help to look around the room, and see what catches your attention? Is there a color you like ?

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.

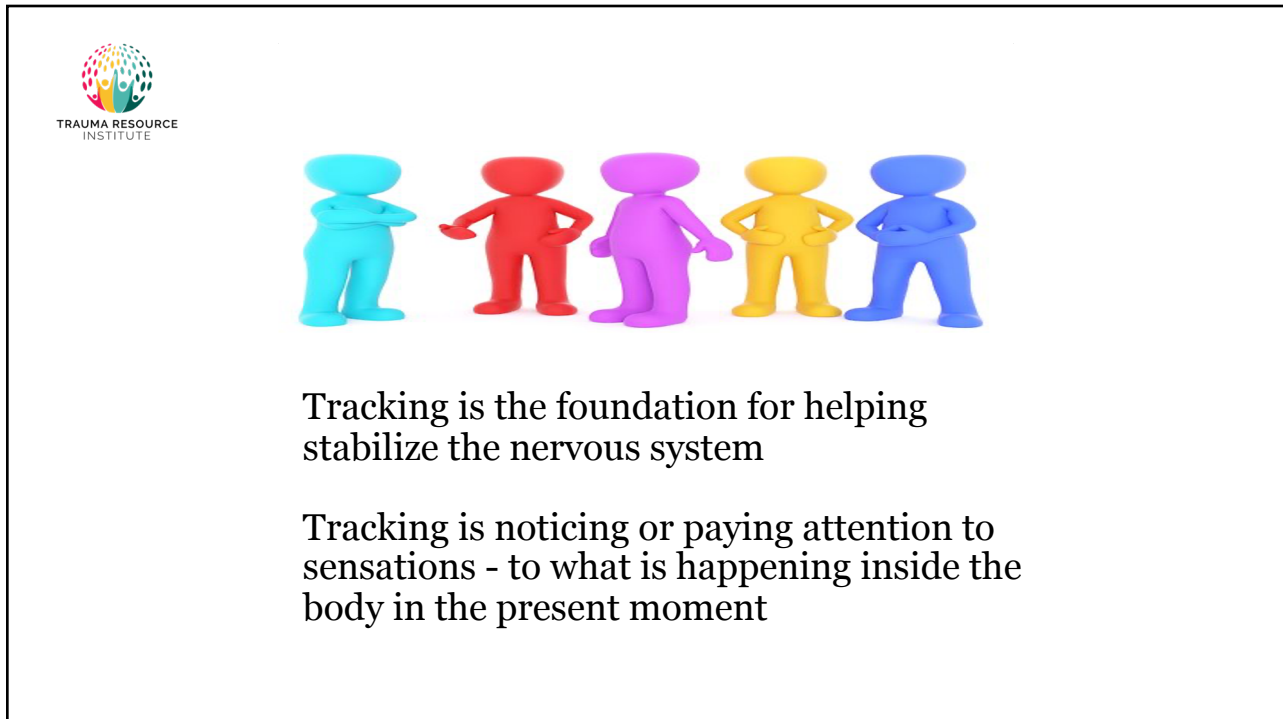
If I am really anxious, sometimes it helps me to count down from 20, would you like to try it with me?

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.

44



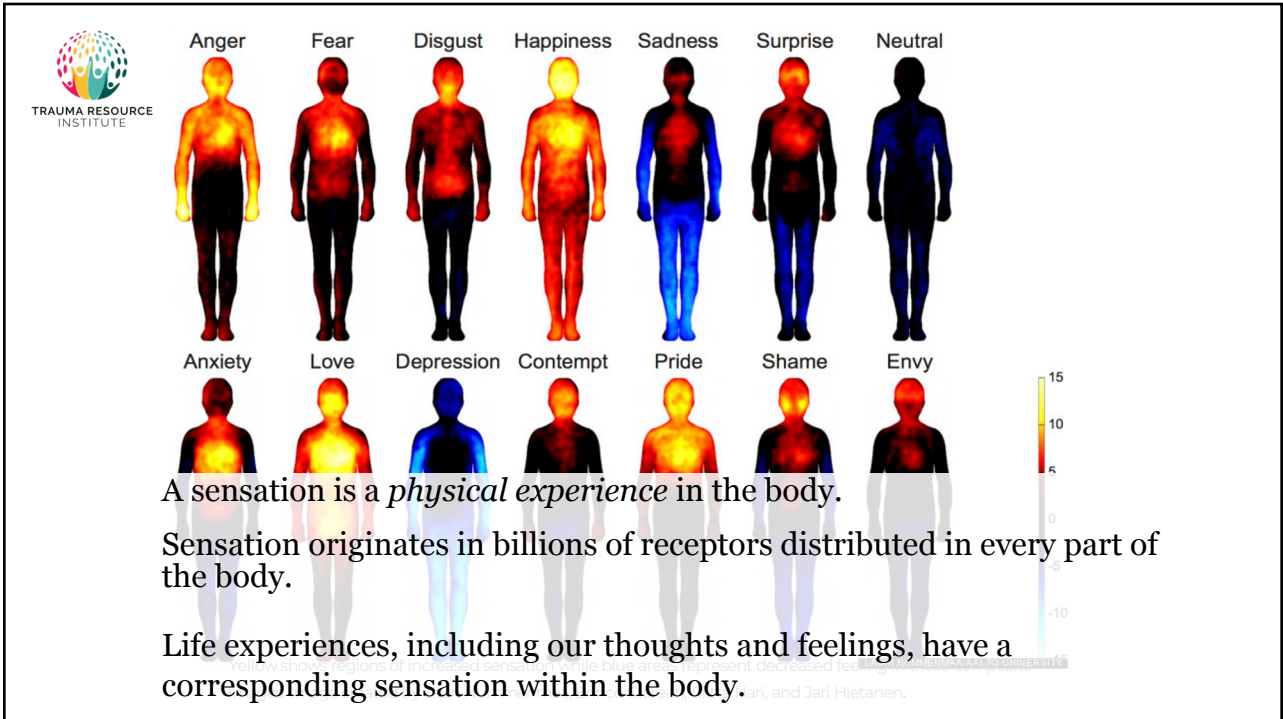
45



46





47



48

DOORWAYS OF EXPANDING WELL BEING





THINKING




SENSING



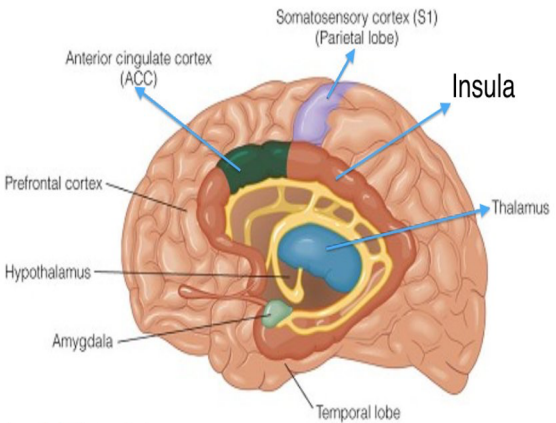
FEELING

49

Interoception & the Insula
*Our ability to observe body sensations
 in response to how we think, feel and move*



- The insula is a part of the brain that helps body and mind communicate to one another.
- It reads physical states of the body (sensations) like pain, an itch, temperature
- It communicates to the Medial Prefrontal cortex (thinking brain) to take action to keep the body in a state of internal balance
- Body awareness can reduce impulsivity and promote emotion regulation and clearer thinking.



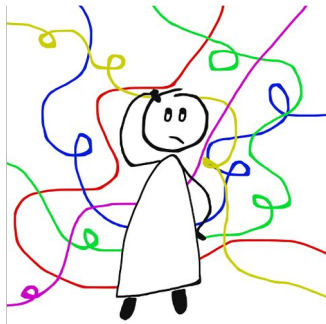
Paulus, et al (2010)

50



When we learn to discern the differences between sensations of distress and well being

We begin to have CHOICE of what to pay attention to on the inside



51



Tracking is noticing or paying attention to what is happening inside your body at the present moment



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?

52



Tracking Nervous System Release

- A biological process that happens automatically when the body releases stress energy and comes back into balance.
- Sensations can include trembling, tingling, yawning, stomach gurgling, burping, warmth, cooling down.
- Paying attention to release sensations can help the body return to the Resilient Zone.


53



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, always give a person the choice to stop learning the skills.

54



Learning Sensation Words

VIBRATION	SIZE/POSITION	TEMPERATURE	PAIN	MUSCLES
SHAKING TWITCHING TREMBLING FAST/SLOW	SMALL MEDIUM LARGE UP/DOWN CENTER	COLD HOT WARM NEUTRAL	INTENSE MEDIUM MILD THROBBING STABBING	TIGHT LOOSE CALM RIGID
BREATHING	HEART	TASTE	DENSITY	WEIGHT
RAPID DEEP SHALLOW LIGHT	FAST SLOW RHYTHMIC FLUTTERS JITTERY	SPICY SWEET SOUR JUICY BLAND	ROUGH SMOOTH THICK THIN	HEAVY LIGHT FIRM GENTLE

55




Let's Practice Tracking

Additional Exercises in
Activity Book
page 10

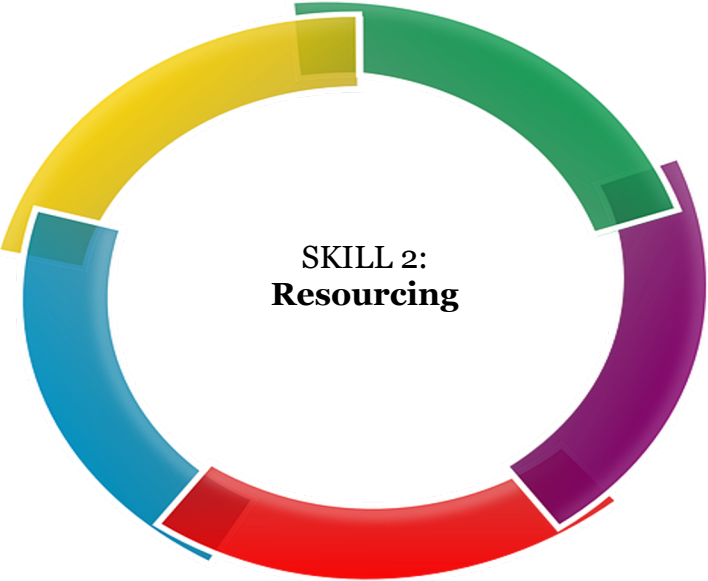


56




TRAUMA RESOURCE INSTITUTE

**SKILL 2:
Resourcing**




57



TRAUMA RESOURCE INSTITUTE

One of the best ways to learn how to develop your sensory vocabulary is through identifying a personal resource and then noticing sensations on the inside



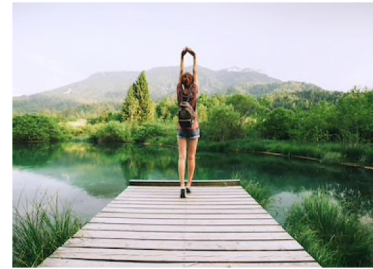
What might be pleasant for the people in this photo?

58



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



59



Resource Intensification



Ask 3 or 4 additional questions about the resource to expand the sensations connected to the resource

Resource intensification strengthens the “felt sense” of the resource and overrides attention that automatically goes to unpleasant sensations

60



Skill 2: 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. This can be a common occurrence.



- Acknowledge the shift (i.e. notice tears)
- Gently invite awareness to more pleasant memories of the resource
- Invite awareness to part of the body that feels more comfortable or neutral

If this is too hard, ask if it would be helpful to think of a different resource.

61



We invite you to take a minute to think about a resource.

We invite you to type your resource in the chat box.

Developing Resources
Activity Book
page 13



62



63



64

Connect With Us!

- Elaine Miller-Karas, LCSW
Questions with regard to trainings
about the Community Resiliency
Model, go to
hello@communitytri.com

Kelly Purcell, MAT
Instructional Coach and
MTSS Coordinator
kelly.purcell10@gmail.com

Allison Wine
Behavior Specialist
awine329@gmail.com

65

**NATIONAL LIFELINE
SUICIDE PREVENTION**

YOU CAN CALL OR YOU CAN CHAT

1-800-273-8255

66



*“When we bring awareness to the inner wisdom of our bodies, wellbeing can grow, even in times of great suffering. Moments of gratitude can be seen and sensed .”
Elaine Miller-Karas, 2020*



67



Our Vision
To create resiliency informed and trauma informed individuals and Communities



Our Mission
A commitment to bring wellness skills, based on cutting edge neuroscience, to our world community, one person at a time, one community at a time

68