

# Community Resiliency Model

CRM takes a clinical public health approach to address the impact of trauma and stress on the nervous system. That information is then translated into unique wellness skills created to increase and/or restore resiliency. CRM trained professionals utilize the following six skills to bring awareness to individual resilient zones while calming the nervous system.

## Shift and Stay

Moving from a state of distress to wellbeing



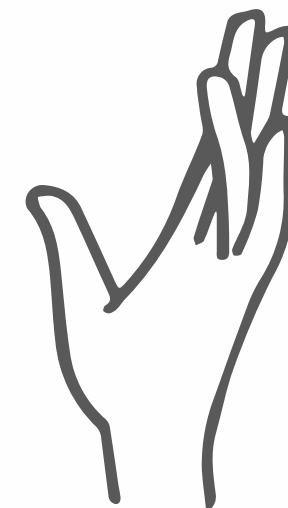
## Help Now

Wellness skills associated with distress and the Autonomic Nervous System (ANS)



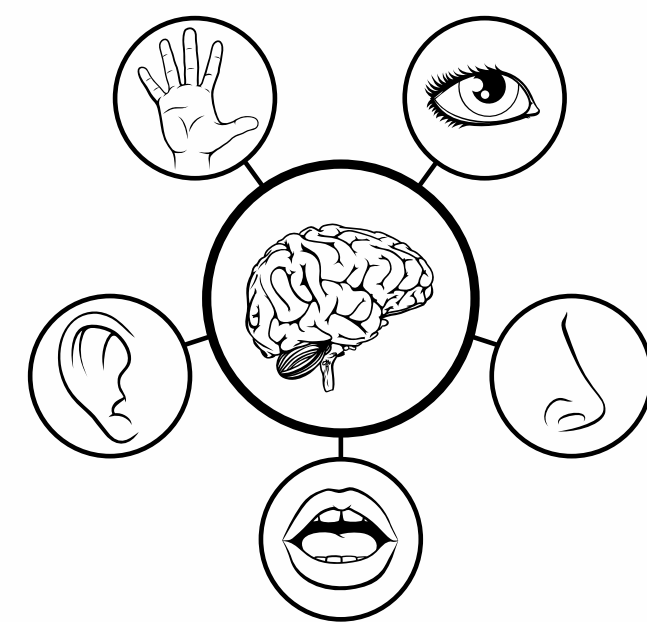
## Gesturing

Movement of the body expressing or emphasizing ideas or attitudes



## Grounding

Experiencing direct bodily contact with a support structure



## Tracking

Intentionally acknowledging and reading internal sensations



## Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient



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# Community Resiliency Model:

## First Responders

CRM takes a clinical public health approach to address the impact of trauma and stress on the nervous system. That information is then translated into unique wellness skills created to increase and/or restore resiliency. CRM trained professionals utilize six skills to bring awareness to individual resilient zones while calming the nervous system.

First responders have the sacred honor of protecting and serving our community. The Community Resiliency Model helps first responders protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily schedule of a first responder.

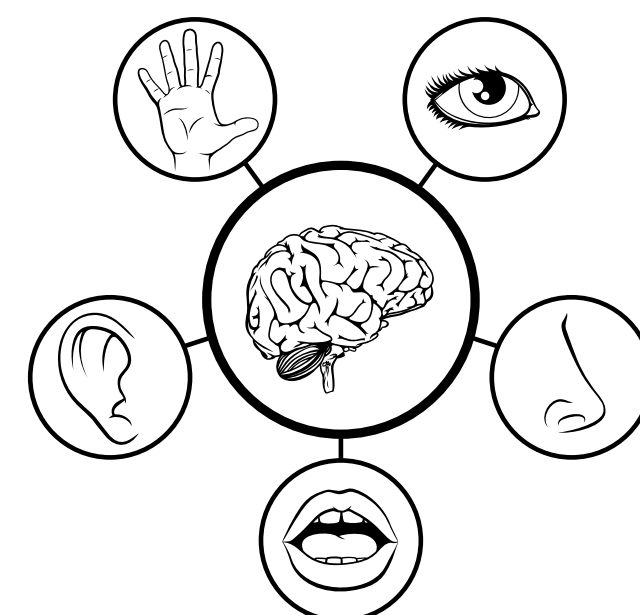
### Grounding

Simply leaning against the ambulance truck to take a deep breath can help bring first responders back to their resilient zone.



### Gesturing

Movement of the body expressing or emphasizing ideas or attitudes



### Tracking

Intentionally acknowledging and reading internal sensations that occur prior to, during or after stressful situations



### Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient



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# Community Resiliency Model:

## Healthcare Providers

CRM takes a clinical public health approach to address the impact of trauma and stress on the nervous system. That information is then translated into unique wellness skills created to increase and/or restore resiliency. CRM trained professionals utilize six skills to bring awareness to individual resilient zones while calming the nervous system.

Healthcare providers work to promote health and wellbeing in their community. The Community Resiliency Model helps healthcare providers protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily schedule of a healthcare provider.

### Gesturing

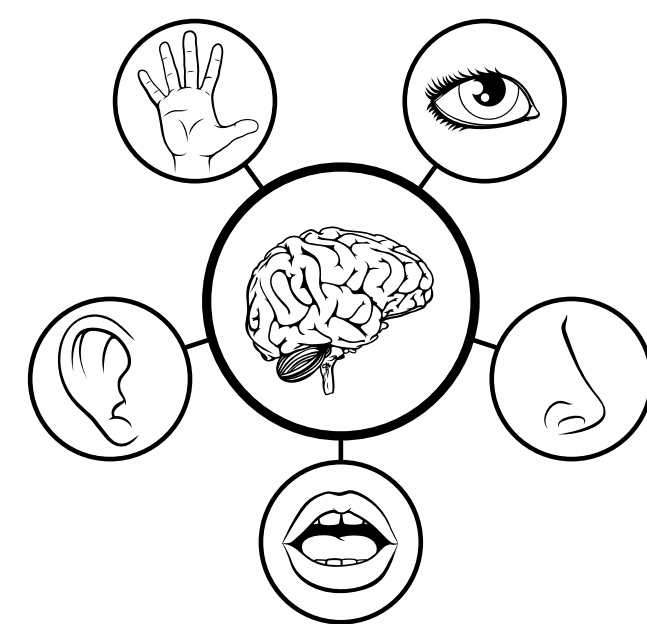
Healthcare providers have to communicate continuously with varied populations. Simply moving the body to express or emphasize ideas or attitudes during these conversations can keep them present and in tuned with the task at hand.



### Grounding



Experiencing direct bodily contact with a support structure such as scrubs, white coat, or stethoscope.



### Tracking

Intentionally acknowledging and reading internal sensations

### Resourcing



Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient



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# Community Resiliency Model:

## Faith-Based Organizations

CRM takes a clinical public health approach to address the impact of trauma and stress on the nervous system. That information is then translated into unique wellness skills created to increase and/or restore resiliency. CRM trained professionals utilize six skills to bring awareness to individual resilient zones while calming the nervous system.

Faith-Based Organizations exist to promote wellbeing through a spiritual lens. The Community Resiliency Model helps faith-based organizations protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily schedule of a faith-based organization.

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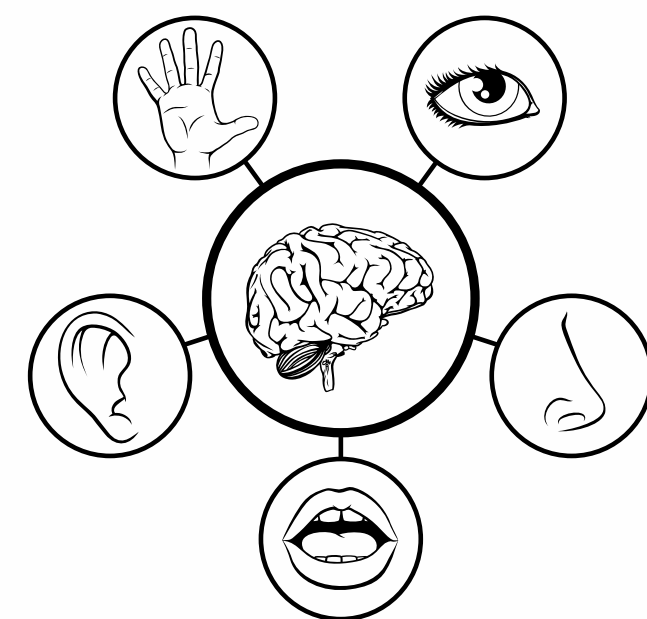
### Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient such as remembering personal conversion stories or being reminded of the challenges that the author and finisher of your faith went through.



### Grounding

Experiencing direct bodily contact with a support structure such as rubbing a Bible.



### Tracking

Intentionally acknowledging and reading internal sensations

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### Gesturing

Movement of the body expressing or emphasizing ideas or attitudes



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# Community Resiliency Model:

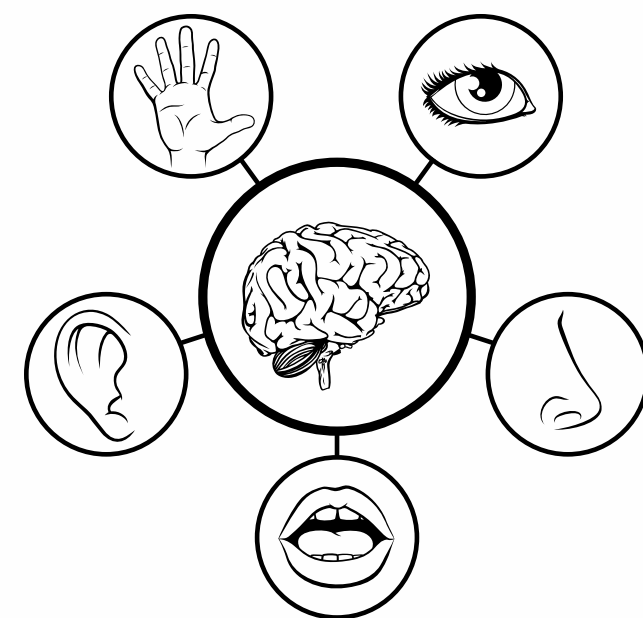
## Juvenile Justice

CRM takes a clinical public health approach to address the impact of trauma and stress on the nervous system. That information is then translated into unique wellness skills created to increase and/or restore resiliency. CRM trained professionals utilize six skills to bring awareness to individual resilient zones while calming the nervous system.

The juvenile justice system works to maintain public safety through helping youth reintegrate into the community. The Community Resiliency Model helps those who work in juvenile justice protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily schedule of a juvenile justice professional.

### Tracking

Intentionally acknowledging and reading internal sensations that occur during various activities will allow those who serve in juvenile justice to assess their actions and change course if needed.



### Grounding

Experiencing direct bodily contact with a support structure



### Gesturing

Movement of the body expressing or emphasizing ideas or attitudes



### Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient



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# Community Resiliency Model:

## Community Professionals

CRM takes a clinical public health approach to address the impact of trauma and stress on the nervous system. That information is then translated into unique wellness skills created to increase and/or restore resiliency. CRM trained professionals utilize six skills to bring awareness to individual resilient zones while calming the nervous system.

Community professionals have a vast presence and influence on their communities. The Community Resiliency Model helps all community professionals protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily schedule of a community professional.

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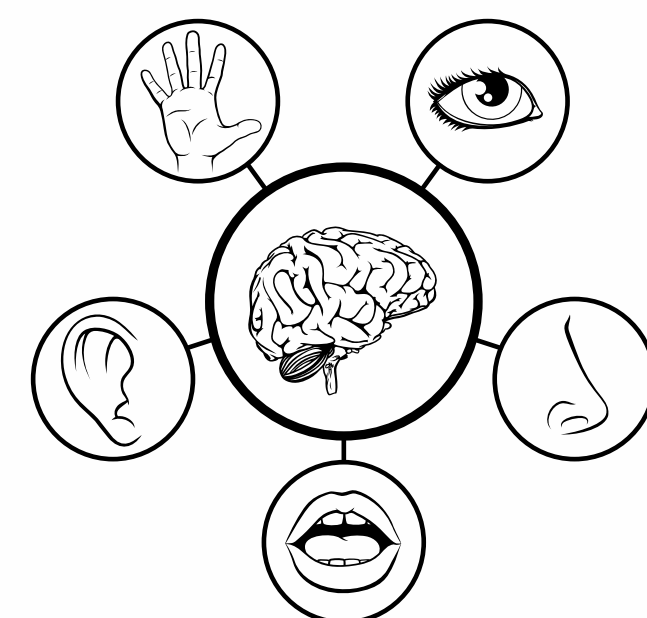
### Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient is a simple yet powerful tool that all community professionals can use. This skill is done internally and has the ability to instantly change ones mood.



### Grounding

Experiencing direct bodily contact with a support structure



### Tracking

Intentionally acknowledging and reading internal sensations

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### Gesturing

Movement of the body expressing or emphasizing ideas or attitudes



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# Community Resiliency Model:

## Early Childhood Education

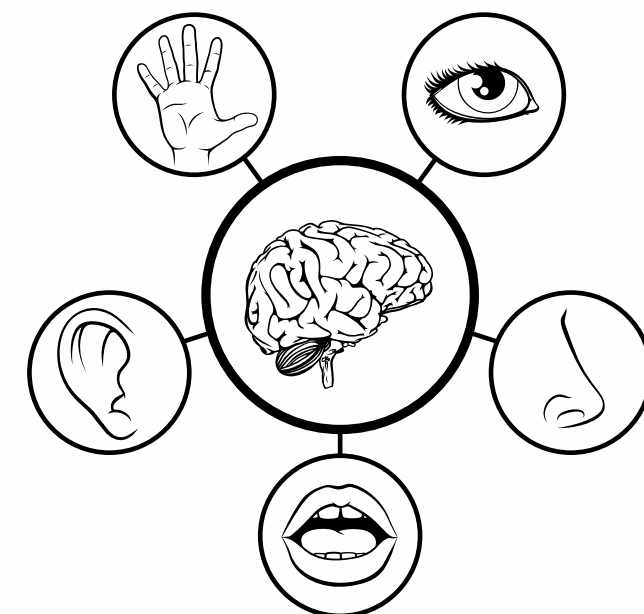
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The mission of early childhood education is to create and maintain a safe, supportive, and nurturing learning environment for the children in the community. The Community Resiliency Model helps early childhood educators protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily schedule of an early childhood educator.

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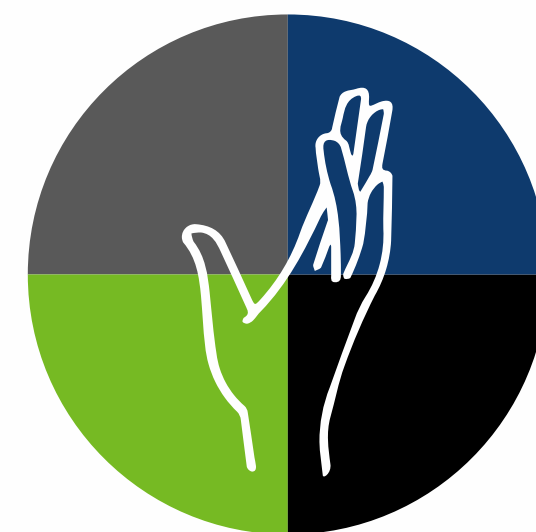
### Tracking

Intentionally acknowledging and reading internal sensations by rubbing hands together and verbally noting the various internal sensations can bring peace and awareness to early childhood educators and their class.



### Grounding

Experiencing direct bodily contact with a support structure



### Gesturing

Movement of the body expressing or emphasizing ideas or attitudes



### Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient



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# Community Resiliency Model:

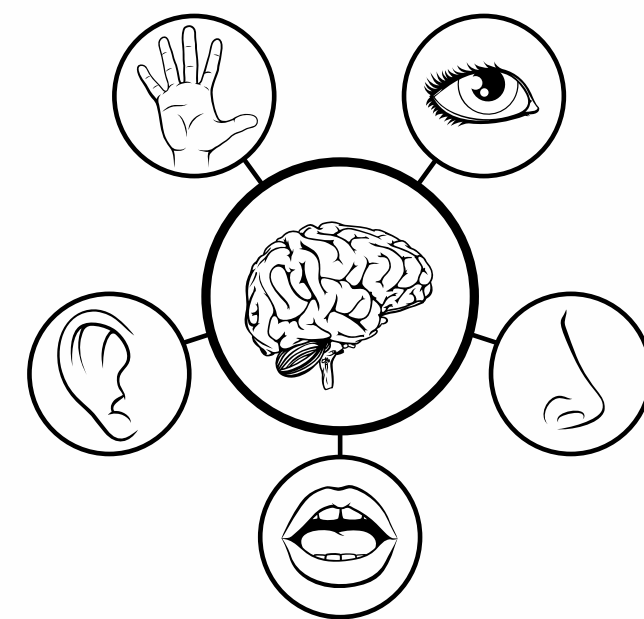
## Youth-serving Organizations

CRM takes a clinical public health approach to address the impact of trauma and stress on the nervous system. That information is then translated into unique wellness skills created to increase and/or restore resiliency. CRM trained professionals utilize six skills to bring awareness to individual resilient zones while calming the nervous system.

Youth-serving organizations give youth the opportunity to contribute positively to their community. The Community Resiliency Model helps youth-serving organizations protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily schedule of a youth-serving organization.

### Tracking

Intentionally acknowledging and reading internal sensations by rubbing hands together and verbally noting the various internal sensations can bring peace and awareness to early childhood educators and their class.



### Grounding

Experiencing direct bodily contact with a support structure



### Gesturing

Movement of the body expressing or emphasizing ideas or attitudes



### Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient



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# Community Resiliency Model:

## Public Health/ Social Services

CRM takes a clinical public health approach to address the impact of trauma and stress on the nervous system. That information is then translated into unique wellness skills created to increase and/or restore resiliency. CRM trained professionals utilize six skills to bring awareness to individual resilient zones while calming the nervous system.

Public health/social services have a duty to protect entire populations within various communities. The Community Resiliency Model helps all public health/social service professionals protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily schedule of a public health/social service professional.

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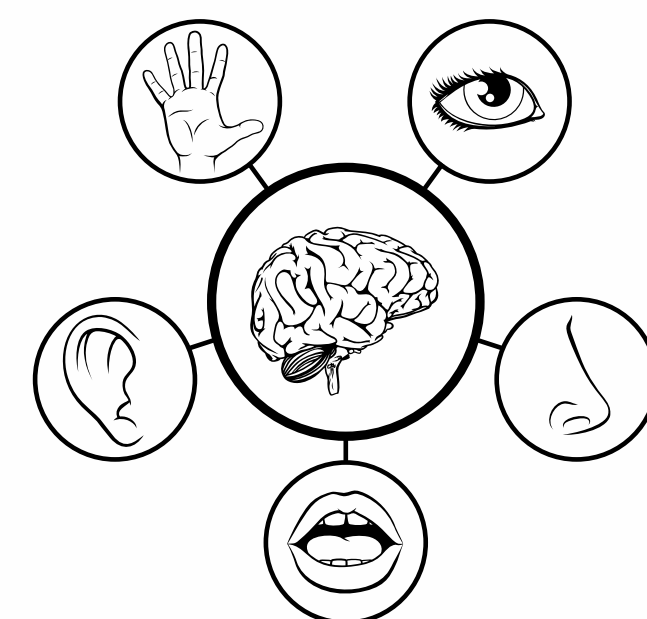
### Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient is a simple yet powerful tool that all community professionals can use. This skill is done internally and has the ability to instantly change ones mood.



### Grounding

Experiencing direct bodily contact with a support structure



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### Gesturing

Movement of the body expressing or emphasizing ideas or attitudes



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### Tracking

Intentionally acknowledging and reading internal sensations



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# Community Resiliency Model:

## Youth

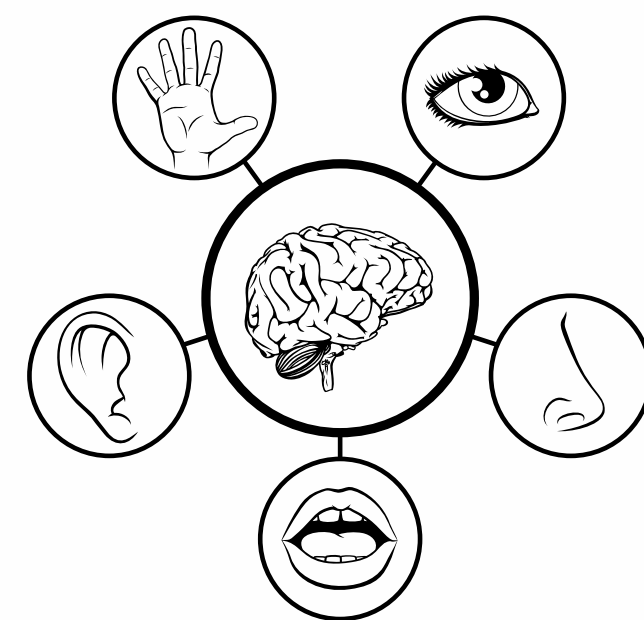
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Youth are an important population in any community. The Community Resiliency Model helps youth protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily schedule of all youth.

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### Tracking

Intentionally acknowledging and reading internal sensations that occur during various activities will allow youth populations to assess their actions and change course if needed.



### Grounding

Experiencing direct bodily contact with a support structure



### Gesturing

Movement of the body expressing or emphasizing ideas or attitudes



### Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient



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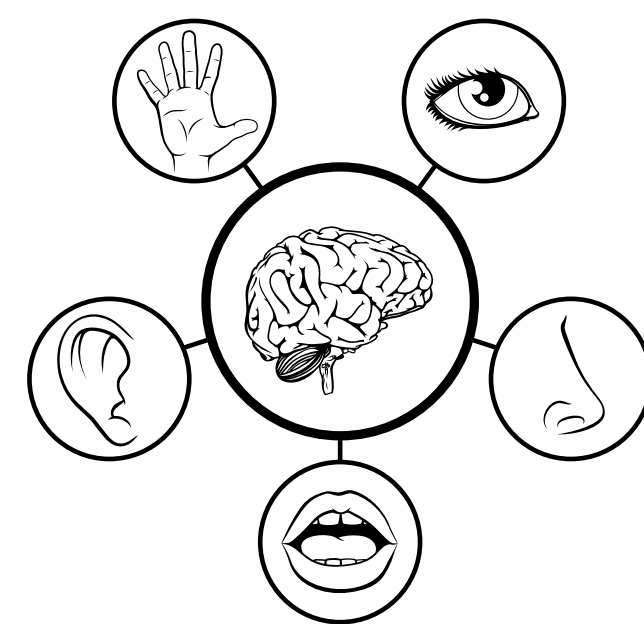
# Community Resiliency Model: Schools

CRM takes a clinical public health approach to address the impact of trauma and stress on the nervous system. That information is then translated into unique wellness skills created to increase and/or restore resiliency. CRM trained professionals utilize six skills to bring awareness to individual resilient zones while calming the nervous system.

Schools have the great honor to educate all members of the community ranging from the youngest youth to the most mature adult. The Community Resiliency Model helps schools protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily school schedule.

## Tracking

Intentionally acknowledging and reading internal sensations that occur during various activities will allow school faculty, staff and students to assess their actions and change course if needed.



## Grounding

Experiencing direct bodily contact with a support structure



## Gesturing

Movement of the body expressing or emphasizing ideas or attitudes



## Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient



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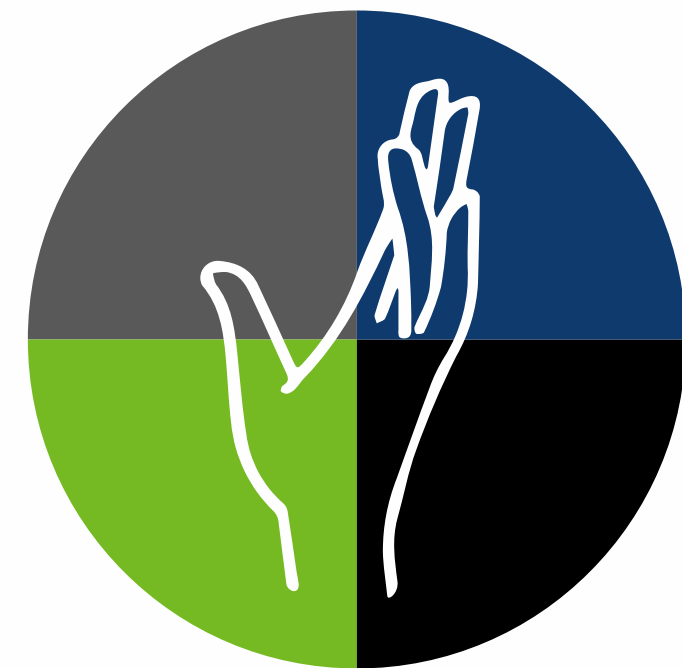
## Parents and Caregivers

CRM takes a clinical public health approach to address the impact of trauma and stress on the nervous system. That information is then translated into unique wellness skills created to increase and/or restore resiliency. CRM trained professionals utilize six skills to bring awareness to individual resilient zones while calming the nervous system.

Parents and caregivers can utilize CRM to help themselves return to a calmer, more resilient space to better attend to the needs of individuals they care for or their children. The Community Resiliency Model helps parents and caregivers protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily schedule of a parent or caregiver.

### Gesturing

Parents and caregivers have stressful jobs in all communities. Simply moving the body to express or emphasize ideas or attitudes by removing themselves from high stress environments just for a moment will allow them to return to their individual resilient zones.



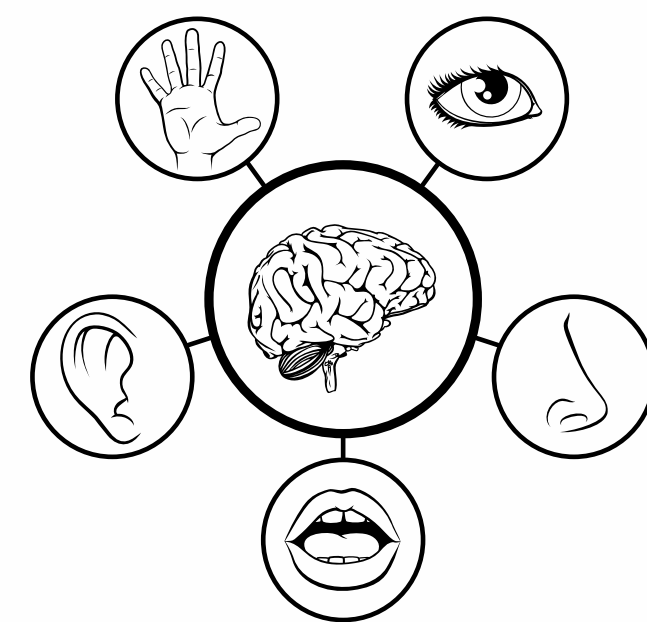
### Grounding

Experiencing direct bodily contact with a support structure



### Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient



### Tracking

Intentionally acknowledging and reading internal sensations



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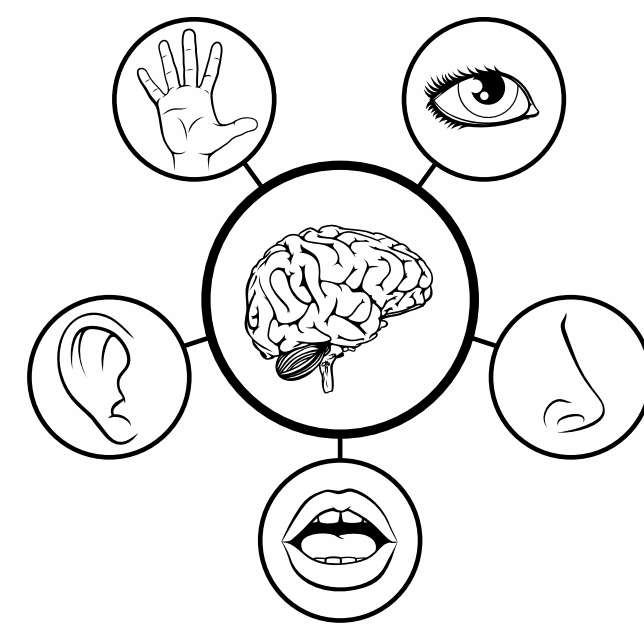
## Business

CRM takes a clinical public health approach to address the impact of trauma and stress on the nervous system. That information is then translated into unique wellness skills created to increase and/or restore resiliency. CRM trained professionals utilize six skills to bring awareness to individual resilient zones while calming the nervous system.

The business sector is important not only to the economic development of the community but also the resiliency development as well. The Community Resiliency Model helps business professionals protect and serve themselves and the community at large. The six wellness skills that can be used are shift and stay, help now, gesturing, grounding, resourcing and tracking. There are four examples outlined here that can be included in the daily schedule of a business professional.

### Tracking

Intentionally acknowledging and reading internal sensations during stressful meetings will allow business professionals to stay engaged in conversation while acknowledging internal feelings and bringing them back to their resilient zone.



### Grounding

Experiencing direct bodily contact with a support structure



### Gesturing

Movement of the body expressing or emphasizing ideas or attitudes



### Resourcing

Finding a person, place, thing, memory or individual characteristic that makes one feel calm or resilient



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