

COMMUNITY RESILIENCY MODEL (CRM)



The Community Resiliency Model (CRM), developed by the Trauma Resource Institute in Claremont, California, introduces a paradigm shift in how individuals understand their own responses to stress and trauma. The wellness skills are excellent for self-care and help to expand resiliency over time while also mitigating uncomfortable somatic symptoms such as pain, upset stomach or headaches. CRM includes six wellness skills: Tracking, Resourcing, Grounding, Gesturing, Help Now!, and Shift and Stay. Each skill offers a portal to sense into our nervous system and regulate our emotions during challenging moments.

Six Wellness Skills



Tracking



Resourcing



Grounding



Gesturing



Help Now!



Shift & Stay

The CRM Introduction lays the foundation for self-care using body-based wellness skills. Participants will learn about the neuroscience that informs CRM and will be invited to engage in light practice with 1-2 wellness skills. Presenters will discuss how to introduce CRM skills within diverse settings and while working with diverse populations. Evidence supporting the use of CRM amongst healthcare providers and frontline workers experiencing burnout will be highlighted.

The CRM Workshop will guide participants toward expanding their own wellbeing while also equipping them with tools to guide others through the six CRM wellness skills. Extended practice in small groups and CRM Guide materials are provided. Registration is limited and attending a CRM Introduction prior to a CRM Workshop is strongly encouraged.

Evidence Base / Publications / References

- [Linda Grabbe, Ingrid Duva, Douglas Jackson, David Schwartz. The impact of the Community Resiliency Model \(CRM\) on the mental well-being of youth at risk for violence: A study protocol. Archives of Psychiatric Nursing, 2023, ISSN 0883-9417, https://doi.org/10.1016/j.apnu.2023.08.002](https://doi.org/10.1016/j.apnu.2023.08.002)
- [Duva, IM, Higgins MK, Baird M, Lawson D, Murphy JR, Grabbe, L. Practical resiliency training for healthcare workers during COVID-19: results from a randomized controlled trial testing the Community Resiliency Model for well-being support. BMJ Open Quality 2022;11:e002011. doi: 10.1136/bmjopen-2022-002011](https://doi.org/10.1136/bmjopen-2022-002011)
- [Duva, IM, Murphy, JR, Grabbe, L. A Nurse-Led, Well-Being Promotion Using the Community Resiliency Model, Atlanta, 2020-2021. Am J Public Health. 2022;112\(3\):S271-S274.](https://doi.org/10.1177/1099976222112112)
- [Freeman, K, Baek, K, Ngo, M, Kelly, V, Karas, E, Citron, S, Montgomery, S. Exploring the Usability of a Community Resiliency Model Approach in a High Need/Low Resourced Traumatized Community. Community Ment. Health J. 2021.](https://doi.org/10.1177/1099976222112112)
- [Grabbe, L, Higgins, M, Baird, M, Pfeiffer, K. Impact of a Resiliency Training to Support the Mental Well-being of Front-line Workers. Med. 2021;00: 000-000](https://doi.org/10.1177/1099976222112112)
- [Grabbe, L, Higgins, M, Jordan, D, Noxsel, L, Gibson, B, Murphy, J. The Community Resiliency Model®: a pilot of an interoception intervention to increase the emotional self-regulation of women in addiction treatment. Int J Ment Health Addict. 2020;19:](https://doi.org/10.1177/1099976222112112)
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- [Habimana, S, Biracyaza, E, Habumugisha, E, Museka, E, Mutabaruka, J, Montgomery, SB. The Role of Community Resiliency Model Skills Trainings in Trauma Healing Among 1994 Tutsi Genocide Survivors in Rwanda. Psychol. Res. Behav. 2021;14 1139-1148](https://doi.org/10.1177/1099976222112112)
- [Miller-Karas, E. Building Resilience to Trauma: The Trauma and Community Resiliency Models. 1st ed. Routledge; 2015.](https://doi.org/10.1177/1099976222112112)



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