

The Community Resiliency Model: A Biological-Based Model of Intervention

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NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

Division of Mental Health, Developmental Disabilities and Substance Use Services NC Problem Gambling Program

NC PROBLEM GAMBLING PROGRAM

1-877-718-554

https://morethanagame.nc.gov

If gambling is more than a game, free help is available.

Learning Objectives

Utilize the resilient zone description and research-based information about the brain as teaching tools.

Learn wellness skills to help reset the nervous system and widen the resilient zone.

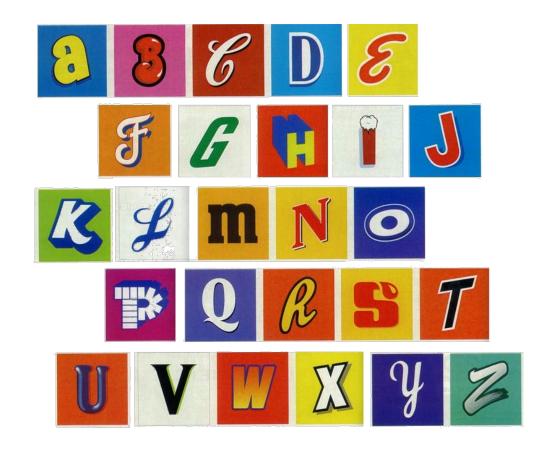




and

Activity Book

Warm-Up Activity





ABC's Product Answers

All

Bubblicious

Campbell's

Downey

Eggo

Fritos

Gatorade

Hebrew National

hot dogs

Icee

Jello

Kool Aid

Lysol

M&Ms

Nabisco

Oreos

Pez

Q-Tips

Reese's Pieces

Starburst

Tide

Uncle Ben's rice

V-8

Wisk

Ajax

York

Mints

Zest

How do we form Attitudes?



- Experience
- Social Rules
- Social Norms
- Classical Conditioning (Advertising)
- Operant Conditioning (Rewards and Punishments)
- Observing People

Health Literacy Skills

Health Literacy Skills

- 30 percent of parents in US have basic to below-basic health literacy skills.
- 30 to 40 percent of adolescents and young adults have low health literacy skills.

"Health literacy represents the cognitive and social skills which determine the motivation and ability of individuals to gain access to, understand, and use information in ways which promote and maintain good health"



Health Literacy and Media Literacy

 Access, analyze, evaluate, create, and act on all forms of communication

> Media Literacy

E-health Literacy

 Ability to seek, find, understand, and appraise health information Can begin to think critically about the way media are used to influence behavior

Adolescence

Developing Health Literacy Skills in Children and Youth: Proceedings of a Workshop (nih.gov)



Mental Health Literacy Components

- **Emotional literacy:** recognize, read, and respond to feelings and emotions
- **Body literacy: understanding** how the nervous system responds to thoughts and emotions
- **Brain literacy: environment** and genetics are intertwined and affect brain development

Ways to maintain and promote good health Reducing Knowledge of mental health stigma and negative disorders and attitudes causes Health literacy Knowledge of how to seek Knowledge of out mental risk factors health information Knowledge and beliefs about helpseeking behaviors





Health Literacy and Universal SEL in Schools SOCIAL & EMOTIONAL COMPETENCIES

- Self-Awareness: Recognizing emotions, strengths, confidence, perception and self-efficacy
- Self-Management: Regulating stress, managing stress, motivating oneself
- Responsible Decision-Making: Making smart choices by evaluating consequences and the impact of others
- Relationship Skills: Maintaining strong relationships
- Social Awareness: Empathizing with others, appreciate diversity, and respect





What does it mean to regulate emotions?

- Regulating emotions, thoughts and behaviors effectively in different situations to achieve goals and aspirations.
- It is also the capacity to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.
 - · Managing one's emotions
 - Identifying and using stressmanagement strategies
 - Exhibiting self-discipline and self motivation

- Setting personal and collective goals
- Using planning and organizational skills

- Showing the courage to take initiative
- Demonstrating personal and collective agency

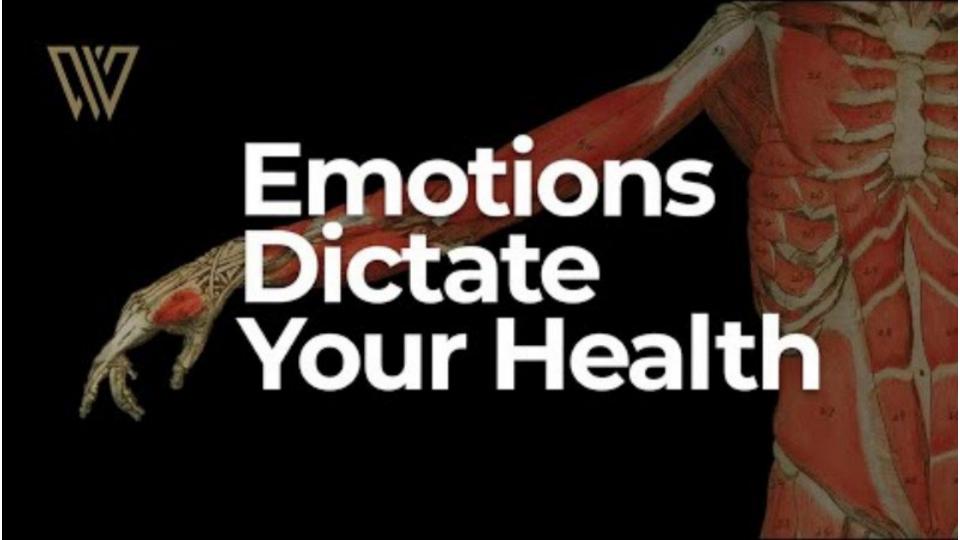
What is self-awareness?

- Understanding one's own emotions, thoughts, and values and how they influence our actions in different situations.
- It is also our capacity to recognize our strengths and limitations.
 - Integrating personal and social identities
 - Identifying personal, cultural, and linguistic assets
 - Identifying one's emotions

- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases

- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose





Bio-Psycho-Socio-Plus

Biological: Genetic predisposition

Psychological: Mental health concerns

Family/Social/
Spiritual/ Cultural:
Attitudes and
behaviors

Technology: Increased access

Biological Psychological Technology Family Social Spiritual Cultural

Brief Interlude: Building the Case for Support

Neuroscience

Brain Development

Interoception

Addictions and Mindfulness



Neuroscience 101

What is Neuroscience?



- Neuroscience is the scientific study of the nervous system.
- It analyzes what makes the brain and the broader nervous system function, biological and chemical processes.



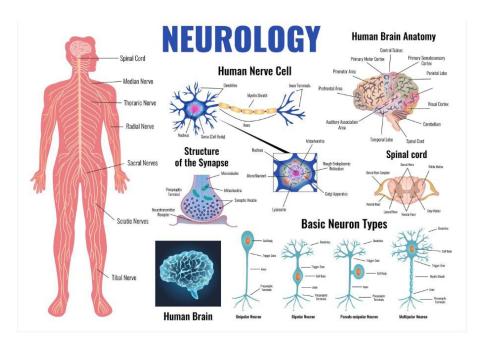
- Neuroscience also looks at how the nervous system changes and malfunctions.
- Neural pathways in the brain transmit information and its these connections that are a key area of study for neuroscientists.



What is Neuropsychology?

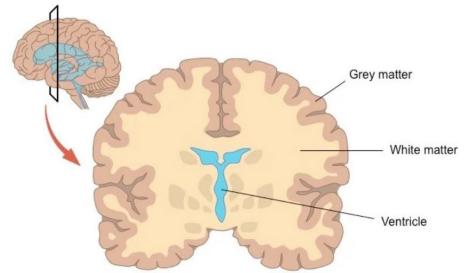
- Clinical neuropsychologists are psychologists who have specialized knowledge about the links between behavior and thinking and the nervous system.
- They apply this knowledge in assessing concerns about memory, reasoning, perception, attention, and other cognitive abilities.

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Picture Source: What is Neuroscience In Psychology? (simplypsychology.org)

Grey and White Matter Make Up the CNS



"If you think about the brain as a big map, the grey matter represents all of the busy towns and cities. The white matter represents the highways and local roads that connect the towns. All of these things have to work smoothly in order for your brain to function at its best capacity." Colleen Hanlon, PhD

- Grey matter includes neuron cell bodies. dendrites, and synapses and runs throughout your central nervous system is essential for controlling movement, memory and emotions.
- White matter includes neural tissues and fibers and is the brains communication network.



- Genetics play a role in brain development.
- Epigenetics is the study of turning on and off genes.

What Can Impact Brain Development?

What Can Impact Brain Development?



Life experiences perceived as traumatic can include cognitive delays, stunting of physical growth, impairments in executive functioning, self-regulation skills, and disruption to body's stress response.



Social determinants of health where we live, work, go to school, play, and worship can impact brain development.



Patterns of
Attachment become
the rules we use
unconsciously in the
way we interact with
the world around us.



Neurodiverse individuals have brain structure and chemical differences which create differences in social understanding, sensory processing, and communication.

What is Trauma?

Trauma is a disconnect from the body

Unable to express emotions

Unable to understand emotions



Trauma is not having needs met

Not being seen

Not being heard



Letting in nurturing

Keeping out toxic



"The body keeps the score. It keeps the score, or the running bill and the payment is your health."

Dr. Gabor Mate, Somatic Healing Lab, 2024

TELUS Health

Attachment Verses Authenticity and Health and Wellbeing

Authenticity Feelings Attachment Health Expressing **Physical** Feelings Emotional Secure Regulation Mental Being Fully Connected to the Body **Emotional Emotional** Insecure Ability to Feel Suppression Sensations in Behavioral Body



Dr. Gabor Mate, Somatic Healing Lab, 2024; Psychology Today, 2024

Parenting Styles

Authoritarian Parent

- Rigid rules
- Requires Obedience
- Commanding

Authoritative Parent

- Sets guidelines
- Enables selfregulation
- Clear rules
- Empowering
- Democratic

Uninvolved, Neglectful Parent

- Passive
- Absent
- Uninterested
- Distant

Permissive Parent

- No guidelines
- Indulgent
- Blurred roles
- Child runs the show
- Appeases and gives in often



What Can Impact Brain Development?



Lifestyle such as sleep, diet and nutrition, neurotoxin exposure, psychical fitness, exercise, digital media and TV viewing, and exposure to sunlight.



Addiction "high jacks" the brain. The brain prunes nerve pathways of attention and motivation to seek out the substance or behavior.

ABCD Study

According to the ABCD study that provided population level evidence that lack of sleep during early adolescents and young adulthood makes an impact on the neurodevelopment of youth.

Insufficient sleep, less than 9 hours per night in kids, showed:

 Smaller grey matter volume in some key brain regions related to many different high-order functions like memory, attention, and inhibition control

An impact on memory, anxiety, depression, problem-solving, and school performance.

Less sleep is due to the screen use of youth today

❖ Interventions on the importance of sleep are needed in homes and in school curriculum.

What is suggested sleep time for young people by the American Academy of Sleep Medicine?

• 1–2 years: 11 to 14 hours (including naps)

• 3–5 years: 10 to 13 hours (including naps)

6–12 years: 9 to 12 hours13–18 years: 8 to 10 hours



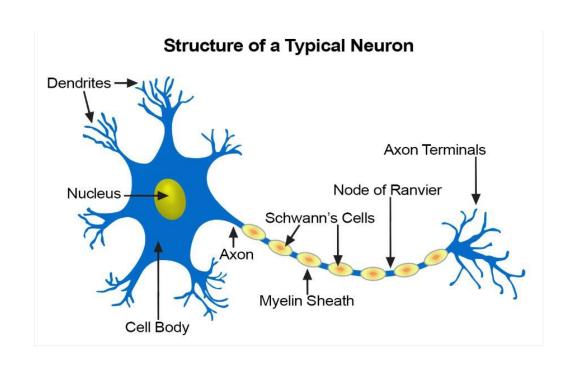
What is Next?



- What is happening inside of the body
- Identify sensations before they become emotions
- Regulate emotions
- Diversity and Difference
- Our social reality
- Shared reality with others



What is neuroplasticity?



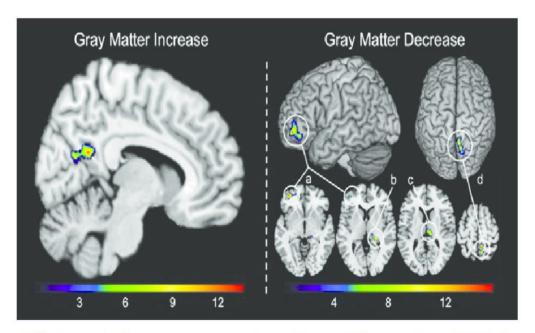
"Plasticity refers to the brain's malleability or ability to change; it does not imply that the brain is plastic. Neuro refers to neurons, the nerve cells that are the building blocks of the brain and nervous system. Thus, neuroplasticity allows nerve cells to change or adjust."

Picture Soure: What is Neuroscience In Psychology? (simplypsychology.org)

Mindfulness and Brain Development

"Studies suggest that mindfulness practices lead to an increase in gray matter concentration in the parts of the brain that affect learning, memory, emotion regulation, self-referential processing, and perspective taking."

<u>Mindfulness Increases Gray Matter Density</u> — <u>Mind Body</u> Seven (mindbody7.com)



Significant increase and decrease in gray matter over the mindfulness meditation intervention period; threshold at $p \le 0.05$ (corrected for multiple comparisons). The color bar encodes T-values. Significant gray matter increase was located in the right precuneus. Significant gray matter decreases were located in (a) the left prefrontal cortex, (b) the right hippocampus, (c) the right thalamus, and (d) the right parietal cortex.

(PDF) Brain Gray Matter Changes Associated with Mindfulness Meditation in Older Adults: An Exploratory Pilot Study using Voxelbased Morphometry (researchgate.net)

Why does attention to "the self" matter?

- Interoception refers to the way the nervous system senses, interprets, and integrates signals from within the body, providing a moment-by-moment mapping of the body's internal landscape across conscious and unconscious levels.
- Disfunction of interoception is increasingly recognized as an important component of different mental health conditions such as anxiety disorder, mood disorders, eating disorders, addictive disorders, and somatic symptom disorders.

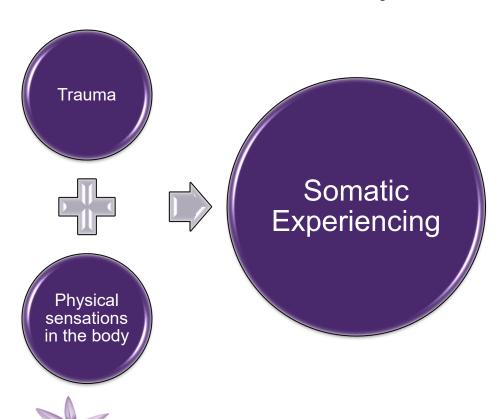
(Khalsa, 2021; Chen, 2021)



Self-regulatory control has been found in research to be one of the strongest predictors of outcomes in longitudinal studies of MEB disorders in children (IOM, 2009).



What is Somatic Experiencing?



- The autonomic nervous system is the part of the nervous system responsible for control of the bodily functions not consciously directed, such as breathing, the heartbeat, and digestive processes.
- Somatic Experiencing brings awareness to our experience at any given moment can alter our physiological state.
- Sometimes people get stuck in dysregulated states, which contributes to physical, emotional, psychological, immune system, and nervous system ailments.

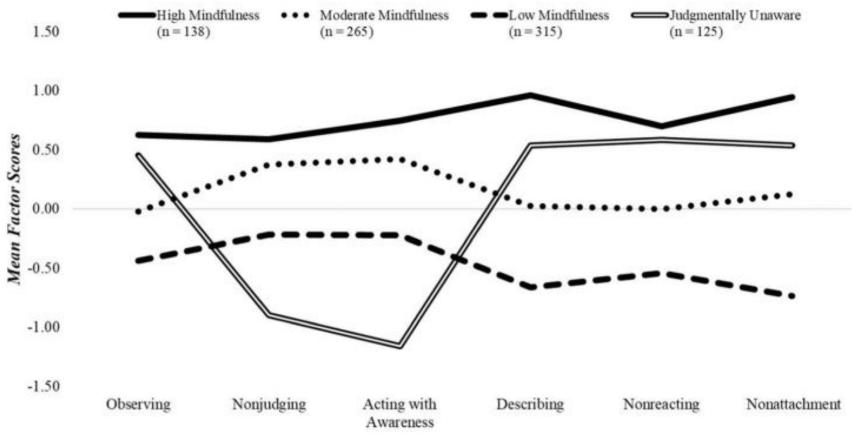


Let's Connect the Conversation to Gambling Disorder and Other Addictions

Research: Mindfulness Profiles Among Gamblers

 Sensory Awareness Observation Ease of describing experiences, thoughts **Description** and feelings Acting with awareness of thoughts, actions Awareness and feelings Accepting self Nonjudgemental Ability to detach from or respond flexibly to Nonattachment one's experiences Ability to refrain from responding Non-reactivity impulsively to negative thoughts

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"Findings suggest in the judgmentally unaware group has the highest levels of depression, anxiety, and problem gambling severity (Stanmyre, 2020)."

Emotional Dysregulation and Problem Gambling

"Ninety-six percent of studies reviewed found a significant association between ER/coping strategies and gambling severity."

(Neophytou, 2023)

"Along with gambling-related cognitive distortions, uncertainty about mental states, and difficulties remaining in control of one's behavior when experiencing negative emotions contributed significantly to problematic gambling among adolescents."

(Ciccarelli, 2021)



Why do we have to talk about shame and vulnerability?

- Shame is focus on self. "I am bad. I am flawed. I am unworthy of love."
 - Shame is the secret behind many forms of broken behavior.
 - Shame is often used as a social tool for change.
- Guilt is focus on behavior. "I did something wrong."



Vulnerability is the birthplace of every meaningful experience we have. – Brene Brown





Why are mindfulness practices important?

 Mindfulness is the process of bringing attention to the moment-by-moment experience.

 Mindfulness may disrupt the stimulus response-reward cycle, allowing an individual to attend to internal and external events, non-judgmentally explore their meaning, and nonimpulsively respond.

- Mindful individuals may view aversive experiences as temporary and reduce the need to engage in maladaptive coping such as seeking out substances in response to unpleasant experiences.
- Mindfulness may facilitate the identification of situational triggers and complementary internal processes or enhance the ability to respond to cues without reacting.

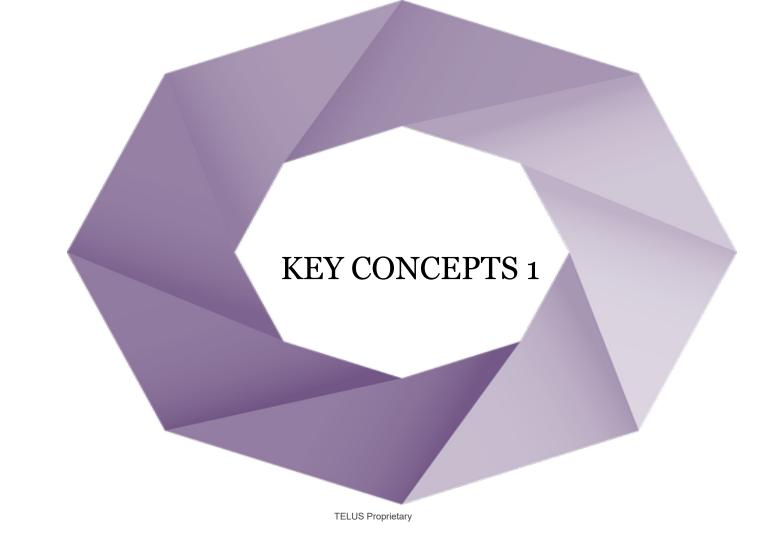
(Stanmyer, 2020)





CRM





Perspective Shift





Conventional Assumption

People are bad.

People need to be punished.



Trauma-Informed Awareness

> People are suffering.

People need to learn how trauma impact's a child's and adult's development.



Resiliency Informed Action

> People are resilient.

People need to learn how skills of well-being can be cultivated and how they can reduce suffering.



Questions

What is wrong with you?

What happened to you?

> What is right about you?

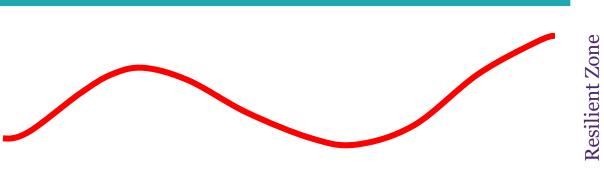
What are your strengths?



CRM Activity Booklet Resilient Zone & Mind Mapping



The Resilient Zone - "OK" Zone

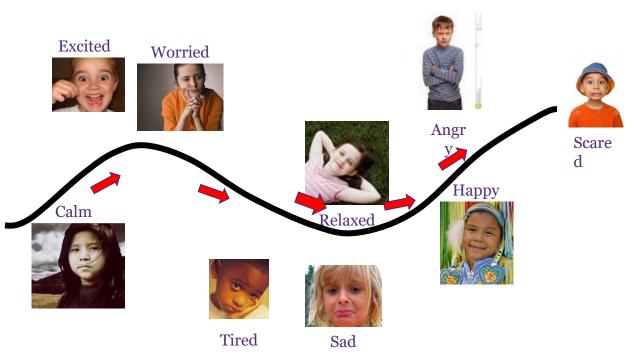


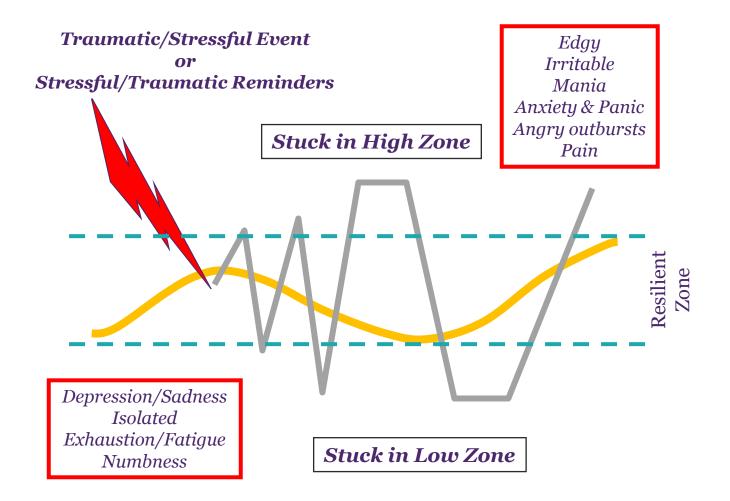
GOAL: TO WIDEN YOUR RESILIENT ZONE

(c) Trauma Resource Institute

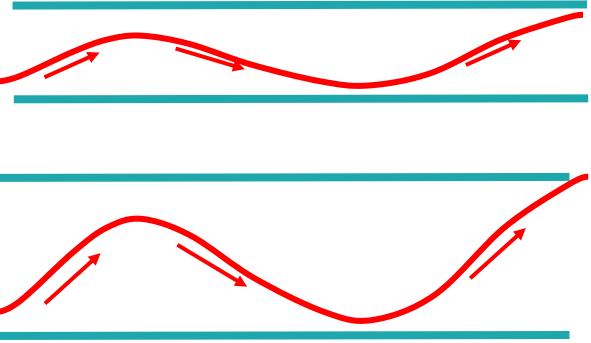
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Things happen in life and our thoughts, feelings and reactions move around in the OK ZONE

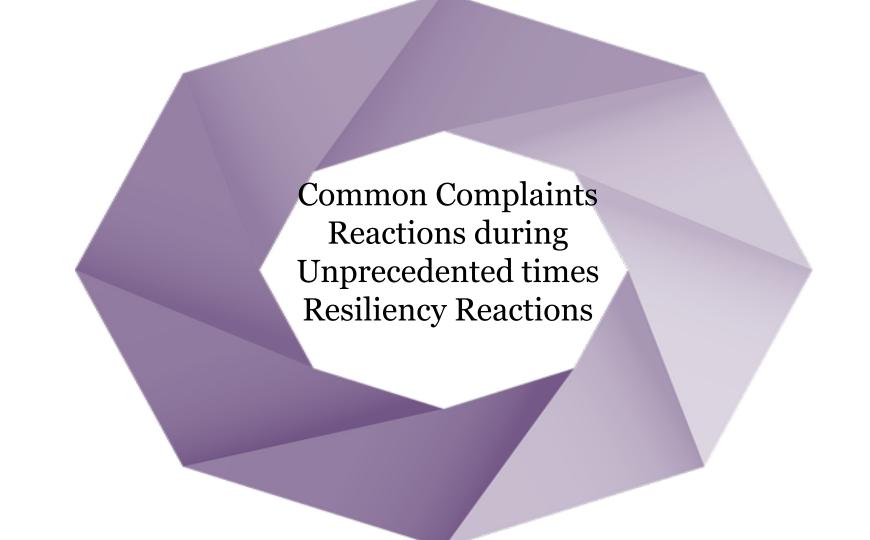




Narrow Resilient Zone: small stressors can bump a person into the Low/High Zone



Wide Resilient Zone: greater capacity to stay within your Resilient Zone even when faced with life stressors



Common Reactions During & After a Stressful or Traumatic Event

What are common emotional reactions? **Emotional** CRM What are the common physical reactions? **Physical Activity** What are the common spiritual reactions? **Booklet Spiritual** What are the common behavioral reactions? **Behavioral** Pair and Share What are the common relationship reactions? Relational What are the common thinking reactions? **Thinking**

Thinking Paranoid Nightmares Dissociation Forgetfulness Poor Decisions Distorted Thoughts Suicidal/Homicidal

Spiritual

Hopelessness
Loss of Faith
Hyper-religiosity
Deconstruction of Self
Guilt
Doubt

Emotional

Rage/Fear

Avoidance

Depression

Grief

Guilt

Shame

Apathy

Anxiety

COMMON REACTIONS

Behavior

Isolation

Tantrums

Self-Injury

Violent behaviors

Addictions

Eating Disorders

Abusive Behaviors

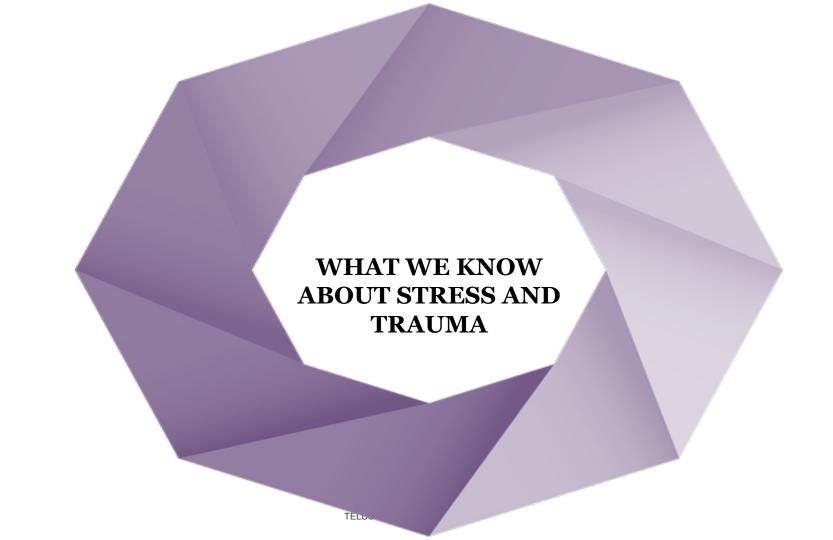
Physical

Numb/Fatigue
Physical Pain
Rapid heart rate
Breathing problems
Tight Muscles
Sleep Problems
Stomach Upset
Hypervigilance
Trembling

Relationships

Angry at others
Isolation
Missing work
Overly Dependent
Irritability

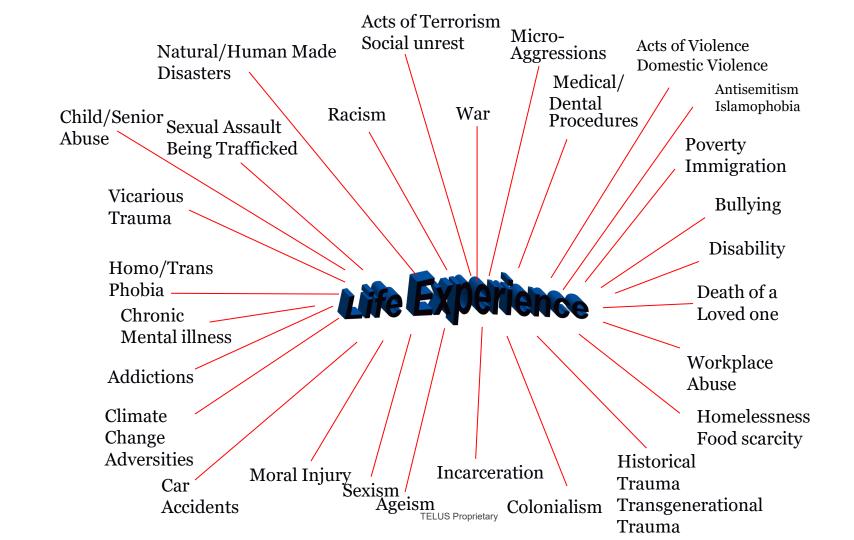




The Spectrum of Positive, Tolerable and Toxic Stress

TOXIC STRESS POSITIVE TOLERABLE THREE LEVELS OF STRESS **Ongoing** Body responses to a and relentless body mild/moderate stressor Time-limited stress responses to Intense response results in short-Brief stress response Stressors acting changes increases heart rate, blood pressure & hormone levels Prolonged activation of Balance returns with help from support system and stress response systems in Balance returns other interventions the absence of protective quickly relationships. STRESSFUL OR TRAUMATIC EXPERIENCES ARE EXPERIENCED BASED UPON A CHILD'S OR ADULT'S PERCEPTION

Source: Bucci M, Marques SS, Oh D, Harris NB. Toxic Stress in Children and Adolescents. *Advances in Pediatrics* 2016; **63**: 403–28. DOI: 10.1016/j.yapd.2016.04.002. Reproduced with permission. TELUS Proprietary



Positive Childhood Experiences(PCEs)

What are the Positive Childhood Experiences studied?

Bethell and her colleagues suggest in their study that PCEs may have lifelong consequences for mental and relational health despite co-occurring adversities such as ACEs.

Bethell, C, et al, Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample Associations Across Adverse Childhood Experiences Levels, JAMA, 2019 The PCEs score included 7 items.
Participants were asked to report how often or how much as a child they:

- 1. felt able to talk to their family about feelings;
- **2.** felt their family stood by them during difficult times;
- **3.** enjoyed participating in community traditions;
- 4. felt a sense of belonging in high school
- 5. felt supported by friends;
- 6. had at least 2 non-parent adults who took genuine interest in them; and
- 7. felt safe and protected by an adult in their home.

A joint inventory of ACEs and PCEs may improve efforts to assess needs, target interventions, and engage individuals in addressing the adversities they face by leveraging existing assets and strengths.







Tuning and Pruning

- Tuning: Positive experiences can change the actual structure of the brain by increasing the number of connections between neurons.
- Pruning: Neural connections that aren't used weaken and often disappear—the "use it or lose it" principle.







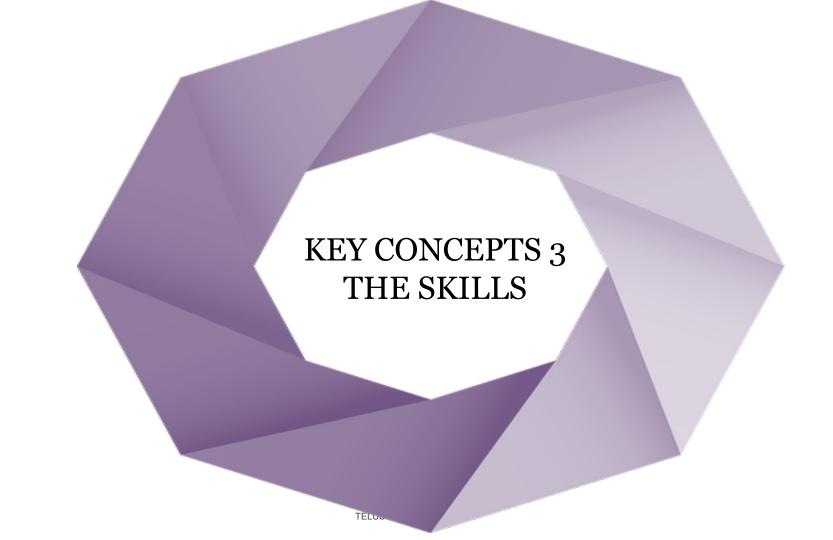
Resilience and Problem Gambling Research: Brief Digression from CRM

Adolescents high risk factors and low protective factors

Adolescents high risk factors and high protective factors

Eighty-Six Percent of vulnerable group were at-risk for problem gambling compared to 4.3 percent of resilient group.

Source Dickson, 2008





Tracking the Autonomic Nervous System

Sympathetic Prepares for Action Parasympathetic Prepares for Rest

CRM Activity Booklet The SNS controls organs during times of stress

Breathing rate
Heart rate
Pupils Dilate
Blood Pressure
Sweating
Stress Hormones

The PNS controls the body during rest

Breathing rate
Heart rate
Pupils Constrict
Blood Pressure
Sweating
Stress Hormones



Digestion Saliva Digestion Saliva

A COMMUNITY RESILIENCY MODEL GUIDE

is a person who shares the wellness skills of the Community Resiliency Model with others

- Does not interpret or assume meaning.
- Asks open-ended questions.
- Gives the person time for sensations to develop.
- Is non-judgmental.
- Observes and stays one step behind and does not direct.





Be non-directive and non-judgmental.



I invite you to open or close your eyes which ever is most comfortable.

INVITATIONAL LANGUAGE



Notice spontaneous parasympathetic breaths DO NOT direct breath.



I invite you to find a comfortable position, you can sit or stand or lay on the floor.



Which skill would you like to use? I invite you to use the skill you like the best.



The Six Skills of the Community Resiliency Model

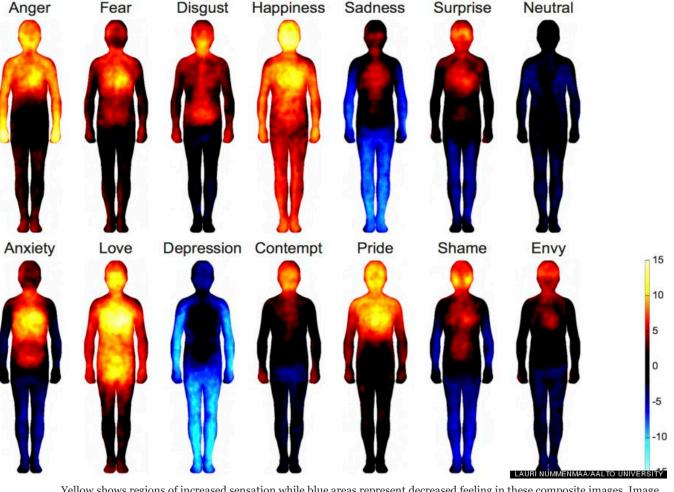




Tracking is the foundation for helping stabilize the nervous system.

Tracking is noticing or paying attention to sensations - to what is happening inside the body in the present moment.





Yellow shows regions of increased sensation while blue areas represent decreased feeling in these composite images. Image created by Lauri Nummenmaa, Enrico Glerean, Riitta Hari, and Jari HARAMER. Proprietary

A sensation is a physical experience in the body.

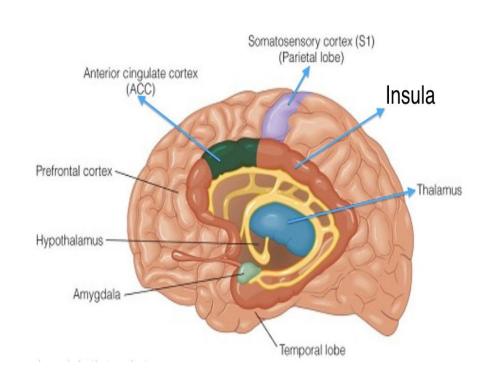
Sensation originates in billions of receptors distributed in every part of the body.

Life experiences, including our thoughts and feelings, have a corresponding sensation within the body.

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.







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.

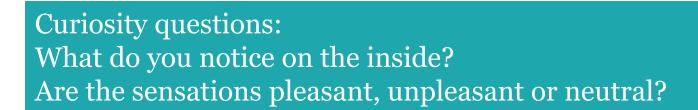
What we pay attention to grows.



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

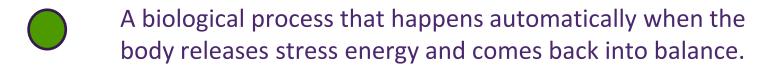
Determining if the sensation is pleasant, unpleasant or neutral

Sitting or staying with sensations that are pleasant or neutral





Tracking the Nervous System Release



- 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.





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.

Learning to Speak Sensation language

Learning Sensation Words



CRM Activity Booklet

Tracking Exercise Pair and Share



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?



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.











Developing Resources –Acts of Kindness and Gratitude

- 9- to 11-year-old children who practiced acts of kindness became happier (Layous et al., 2012)
- 14- and 15-year-old youth who practiced gratitude not only got happier but reported healthier eating habits and intentions to become a better person over the course of a semester.

(Fritz et al., 2019)

 An experiment showed that doing acts of kindness for others leads to changes in immune cell gene expression associated with disease resistance (Nelson-Coffey et al., 2017)

"Happy habits can be nurtured, acquired, or directly taught."

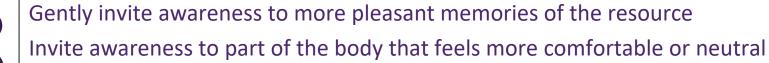
Sheldon & Lyubomirsky, 2019



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.





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



Why do we notice TEARS?

To embody the tears.

Tears activate the parasympathetic nervous system regulating blood pressure, heart rate, and breathing.

SENSORY AWARENESS



Notice the warmth of the tears.

Notice the wetness of the tears



Research has found that in addition to being self-soothing, shedding emotional tears releases oxytocin and endorphins.

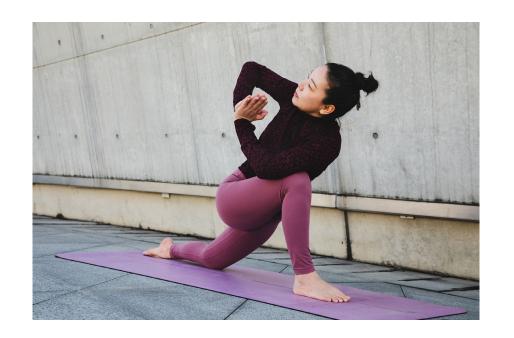
These chemicals make people feel good and may also ease both physical and emotional pain.

Crying may help reduce pain and promote a sense of well-being.

Bylsma, L. M., Gračanin, A., & Vingerhoets, A. (2019). The neurobiology of human crying. Clinical autonomic research: official journal of the Clinical Autonomic Research Society, 29(1), 63-73. https://doi.org/10.1007/s10286-018-0526-y

CRM Activity Booklet

Resourcing Exercise



CONVERSATIONAL RESOURCING: During or After A Crisis

- During or after a stressful or traumatic event, some people will want to speak about what happened and some will not. We guide the storyteller in a different way to avoid being bumped out of the Resilient Zone.
- These questions can be integrated as "resiliency pauses" as the person is relating their experience or can be gently asked in a conversational way.
- Introduction: you can tell me as little or as much as you want about what is happening or what has happened. If you want to tell me about what is happening, can I ask you a few questions as you begin?
 - As the person brings attention to the present moment, they can access the Resilient Zone more readily.

CONVERSATIONAL RESOURCING: During or After A Crisis

During a Crisis.

After a Crisis.

Death of a Loved One.

After a resource question is interwoven into the interchange, you can ask the person, if they would like to continue with the story or not.







Skill 3: Grounding

The direct contact of the body or part of the body with something that provides support in the present moment

- Gravitational security is the foundation upon which we build our interpersonal relationships.
- If our relationship to the earth is not safe, then all other relationships do not develop optimally.
- When we are grounded, we have a sense of self in relationship to present time and space.
- We are not worried about the past or the future.



YOU CAN GROUND IN MANY POSITIONS



Walking and paying Attention to steps



Laying down on a surface or Floating in water



Through a part of your body like your hands or feet



Standing against a wall



Sitting on a chair, sofa or ground





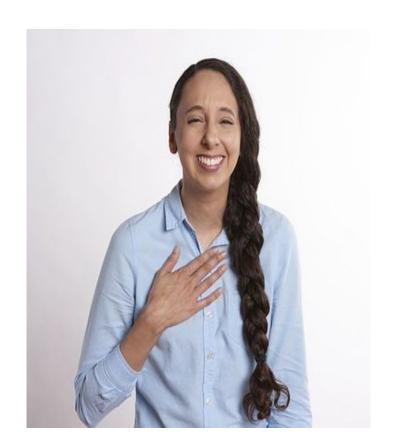
- Some children and adults who have experienced physical and emotional trauma may have difficulty with the skill of "Grounding."
- For some children and adults, "Grounding" can increase sensations connected to traumatic memory.

CRM Activity Booklet Grounding Exercise





- A movement usually of the body or limbs that expresses or emphasizes an idea, sentiment, or attitude.
- Movements & gestures made below conscious awareness
- The use of motions of the limbs or body as a means of expression. (Merriam Webster Dictionary)
- Movements and/or gestures that do not cause self-injury or self-harm.





Movements and Gestures





Release





Universal Spiritual Gestures





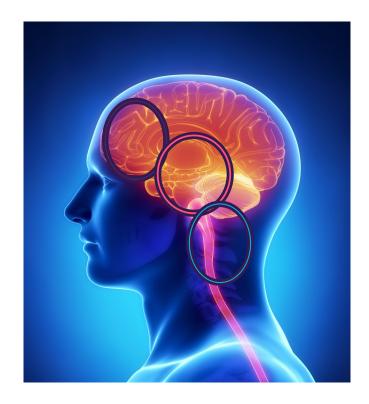
- A person can be encouraged to identify their self-soothing gesture.
- The soothing gesture can be called to mind by intention to help get back to the Resilient Zone if bumped out.
- Encouraging the person's curiosity about self-comforting gestures is another way the guide reinforces the person's inherent resiliency.

CRM Activity Booklet Gesture Exercise





Organizing Principle Brain Networks





Associated with consciousness, thoughts, speech, emotion, reasoning, language, and memory.

Limbic Area: Emotional Network

Assesses risk.

Expression and mediation of emotions and feelings, including emotions linked to attachment.

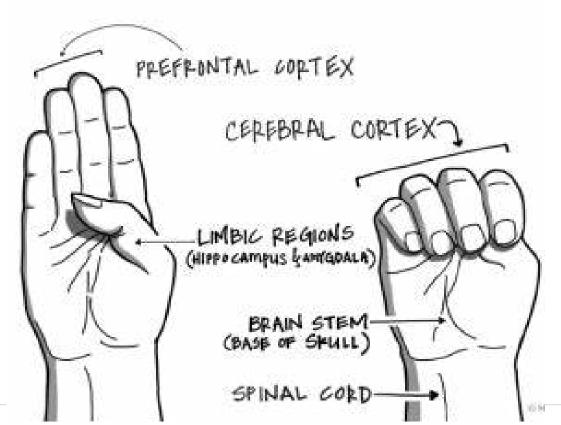
Survival Network: Instinctual

Carries out "fight, flight, & freeze." Unconscious.

Digestion, reproduction, circulation, breathing - responds to sensation.



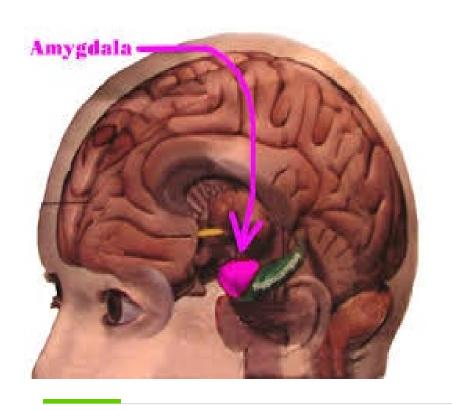
Hand Model of the Brain





TELUS Health

The Amygdala is the appraisal system



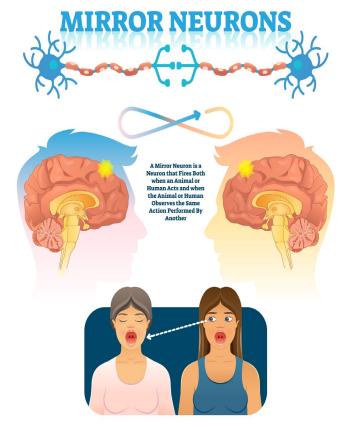
- Signals rest of nervous system when there is a threat.
- Creates templates from highly charged emotional memories.

- Generalizes information to sound an alarm if there is a perceived threat.
- Organized by past experiences and has a negativity bias. Humans are designed for survival.

Four Brain Circuits By Richard Davidson



- **1. THE RESILIENCE CIRCUIT:** Resilience is the rapidity with which you recover from adversity.
- 2. THE POSITIVE OUTLOOK CIRCUIT: One has a healthy and robust positive-outlook circuitry when they are able to see and recognize the positive in others, as well as the ability to savor positive experiences.
- **3. THE ATTENTION CIRCUIT:** Emotional well-being is linked to the ability to pay attention.
- **4. THE GENEROSITY CIRCUIT:** Engaging in generosity reliably activates brain circuits that support well-being.



A **mirror** neuron is a neuron that fires both when a person takes an action and a person observes the same action being made by another.

The neuron "mirrors" the behavior of the other, as though the observer were acting.

When a person is in their Resilient Zone and responds from their best self, another can mirror the experience of being in the Resilient Zone by observation of their behavior.





Survival Responses: Tend & Befriend, Fight, Flight & Freeze

SURVIVAL RESPONSES



Survival Responses are automatic responses that occur during times when we perceive a threat.



We respond instinctually to survive.



If the environment is threatening or perceived to be threatening, the person may live in a constant state of distress.



This can reset the NS so even small reminders can release an automatic survival response.

TEND AND BEFRIEND

Refers to protection of offspring – TENDING and seeking out the social group for mutual defense – BEFRIENDING Taylor, 2013

- A survival response directed toward a perpetrator, exhibited by some animals, including humans under threat.
- Works in two ways:
 Protection of offspring (tending)
 Seeking out the social group for mutual defense (befriending)
- Oxytocin is released during "tending and befriending"
 Prompts social behaviors, including protective responses towards offspring and the protection of the social group.
- This social response to threat accesses parasympathetic nervous system and reduces the release of cortisol.

FIGHT AND FLIGHT

Fight-or-flight reactions are associated with sympathetically driven heart rate acceleration.











- A Freeze or "tonic immobility" response can happen as a result of a perceived inescapable attack.
- Inescapable attack and the corresponding fear and terror can overwhelm biological & psychological coping.
- Motor and vocal inhibition (scared stiff or scared speechless) can occur.

The Community Resiliency Model





HELP NOW! RESET NOW! SKILL #5

HELP NOW!



- Drink a glass of water.
- Count backward from 20 as you walk around the room.
- Name six colors you see.
- Pay attention to anything that catches your eye.

- Notice the temperature of the space you are in.
- Touch the surface of something in nature.
- If you're inside, notice the furniture and touch the surface.
- Notice the sounds within the space.
- Push your hands or back against a wall.
- Walk around and pay attention to the movement in your arms and legs and your feet making contact with the ground.

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





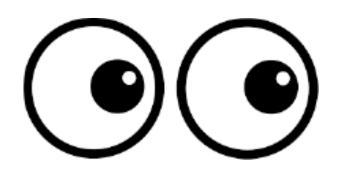
Help Now!

DRINK a glass water, juice or tea?

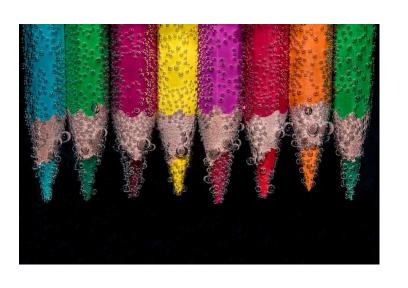


Touch a surface.

Is it hard, soft, rough, etc.?



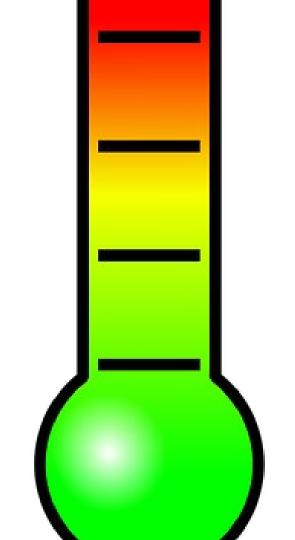
Look around the room or space, paying attention to anything that catches your attention.



Name six colors that you can see right now

Count backwards from 20





What is the temperature of the room or space?

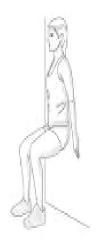
Is it cool, warm, hot, cold?

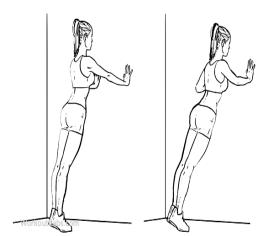


Notice the sounds within the room and outside.



Walk around the room and notice feet making contact with ground





Push your hands or back against the wall.

Conversational Help Now! Reset Now!

Would it be helpful to go for a walk?

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 for example?

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 realy 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.



CRM Activity Booklet

Help Now Exercise





EXPLICIT MEMORY

The process of conscious learning and storing of information like facts and events.

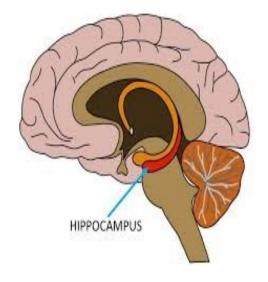
- Accessed by our <u>intention</u>
- There is a sense of self & time
- Develops between 18-24 months of age



The hippocampus processes <u>explicit</u> memory in the cortex.

- Stores memories in their proper perspective and place in our life's time-line.
- When the amygdala is highly stimulated:
 - Stress hormones are released which interfere with functioning of the hippocampus.
 - May result in a traumatic experience not being explicitly remembered or remembered in fragments.

(van der Kolk, 1994, 1996, 2001)





Implicit Memories



Includes body memories like sensations associated with traumatic memories

Cues set off implicit memories

The Neuroscience Of Psychotherapy

Cozolino (2002)

Does not have a sense of self & time

Develops before birth

Can be triggered out of the blue





MEMORY CAPSULE

A Compartment of Memory:

 Holds the implicit memories of an emotionally charged experience.

The multisensory reminders of a traumatic event can set off an experience in the present moment perceived as occurring in the present moment.

External Reminder

Sounds





Breath



Internal body sensation

Internal Reminder<

Muscle relaxation







Memory Capsule

Muscle relaxation, slower breathing, steady Heart rate, relaxed stomach muscles. Feelings of peace or happiness



Heart rate

Smells

Visuals (people,

places

& things)

Scaer, R,(2007) The Body Bears the Burden

External Reminder

Internal Reminder



Muscle tension



Visuals

(people,

places

& things)



Smells

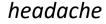


Sounds



Internal body

sensation





Implicit capsule of traumatic memory

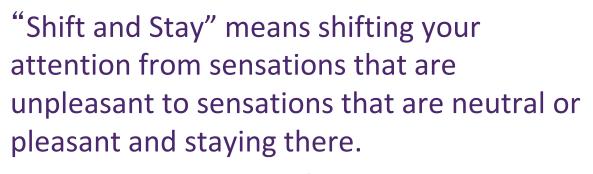
pain, numbness, dizziness, trembling, paralysis, nausea, palpitations, anxiety, terror, shame, anger, rage, flashbacks, nightmares or intrusive thoughts

Scaer, R,(2007) The Body Bears the Burden





TELUS Proprietary







You can shift by using one of your CRM Skills and follow the sensations of well being and stay with them.



SHIFT TO:

Resource

Grounding

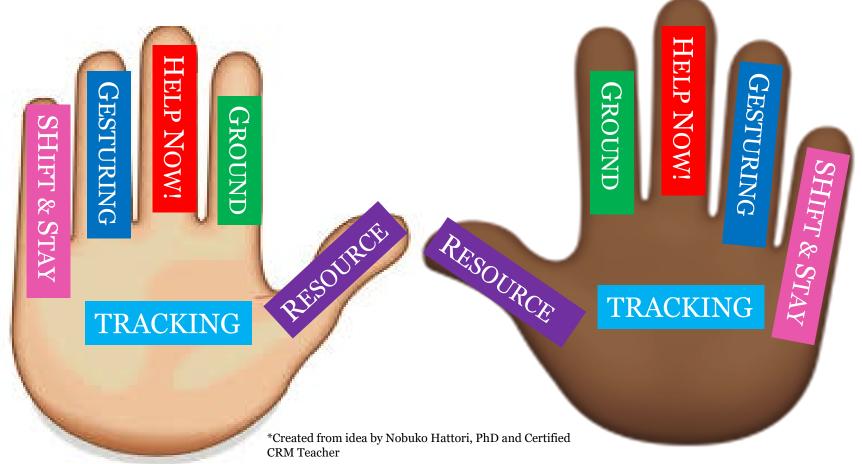
Help Now!

Gesture

Pleasant or Neutral Sensation



Shift and Stay in the Palm of Your Hands



I ELUS Proprietary

A SELF-CARE PLAN

- 1. What are you doing to widen your Resilient Zone?
- 2. If you found the CRM skills helpful, how could you weave the skills into your daily routine? Which skills would be the most helpful?
- What specifically do you need to do differently to embark on a better self-care plan if you think yours needs improvement?
- 4. Write a statement of encouragement to yourself, strengthening your resolve to improve your self-care.



Thank you

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THE COMMUNITY RESILIENCY MODEL (CRM)®

CRM is a set of biologically-based wellness skills aimed to re-set and stabilize the nervous system.



HUMAN BEINGS HAVE COMMON, BIOLOGICAL REACTIONS TO STRESSFUL AND TRAUMATIC EVENTS

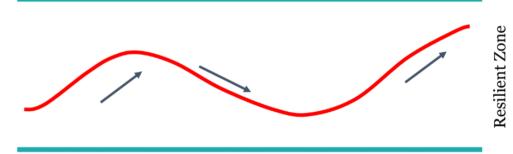
We can learn to read our nervous system and bring it back into balance through practicing the CRM skills.

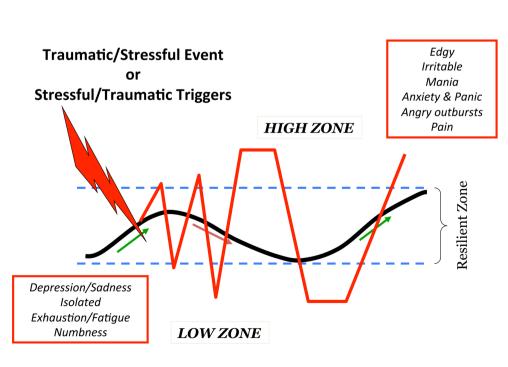
Resilient Zone:

Your "Resilient Zone" is a state of wellbeing where you are able to handle the stresses of life.

High & Low Zones:

Life experiences can bump you out of your Resilient Zone and you may get stuck in the High or Low Zone.





More information at traumaresourceinstitute.com

WELLNESS SKILLS



To practice daily and when you are bumped out of the Resilient Zone.

TRACKING (reading the nervous system)

Tracking is paying attention to sensations in your body in the present moment.

- What do you notice happening inside?
- Are the sensations inside pleasant, neutral, or unpleasant?
- Bring your attention to the sensations that are pleasant or neutral.







A Resource is any person, place, thing, or memory (real or imagined) that provides you comfort, joy, peace, or happiness.

- What or who uplifts you?
- What or who gives you strength?
- What or who gets you through hard times?

GROUNDING

- Grounding is the contact of the body or part of the body with something that provides support in the present moment.
- You can ground by sitting in a chair, standing against a wall, laying down, walking, or floating in water.





iCHILL APP

 Download the iChill App to practice these skills and learn more skills. It's free and available in English and Spanish on iOS, Android, or at ichillapp.com.

More information at traumaresourceinstitute.com

HELP NOW! SKILLS

O

If you feel too much stress inside, you can try the following to help return to your Resilient Zone. Some will work better for you than others. So use the one(s) that fit the best for you.

- Drink a glass of water or juice.
- 1 If you are outside, touch the surface of something in nature.
- Look around the space where you are, paying attention to anything that catches your eye.
- Name six colors you see in the space you are in.
- If you're inside, notice the furniture and touch the surface.
- Count backward from 20 as you walk around the room.
- Notice the temperature of the space. Is it cold, warm, hot, just right?
- Notice the sounds within the space inside or outside.
- Walk and pay attention to the movement in your arms and legs and how your feet are making contact with the ground.
- Push your hands against the wall or door slowly and notice your muscles pushing. Or push your back against a surface and notice your back and legs making contact with the surface.

iCHILL APP

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