



RESILIENCE IN ACTION: SHOWCASING  
THE COMMUNITY RESILIENCY MODEL  
ACROSS GEORGIA

# GENERAL MEETING

APRIL 2026

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This document shares key takeaways, resources, interactive question responses, and questions for the speakers shared in the chat during the meeting, with their responses. Please visit our [General Meeting](#) page on our website to view the [agenda](#) and [slides](#).

**[In case you missed our meeting, check out the recording here.](#)**

# Opening Remarks



Elaine Miller-Karas



Co-Founder / Executive Director of the **Trauma Resource Institute**

Elaine Miller-Karas, the developer of the **Community Resiliency Model (CRM)** and Co-Founder of the **Trauma Resource Institute**, opened the meeting by framing resilience as a "movement" currently taking root in Georgia's schools, healthcare systems, and community organizations

## The Biological Basis of Trauma

- Elaine Miller-Karas emphasized that reactions to stress and trauma are not signs of weakness but are biological responses of an intelligent nervous system trying to protect the individual.
- A key shift in this model is moving away from asking "What is wrong with you?" and instead asking "**What has happened to you?**" and, most importantly, "**What is right about you?**"

## A Public Health Approach to Healing

- Miller-Karas described CRM as a public health approach designed to be simple, accessible, and sharable.
- She highlighted that while trauma is complex, the tools for healing must be reachable for everyone, involving simple sensory awareness to come back to the present moment.

### CRM includes six wellness skills:



**Tracking:** Paying attention to bodily sensations helps individuals recognize signs of distress or well-being, allowing them to manage their responses more effectively.



**Resourcing:** Identifying and recalling positive people, places, or experiences provides comfort and strengthens a sense of safety and stability.



**Grounding:** Focusing on the present moment through sensory awareness, such as noticing textures or sounds, helps reduce stress and increase a sense of calm.



**Gesturing:** Recognizing and using natural self-soothing movements, like placing a hand on the heart or stretching, supports relaxation and emotional regulation.

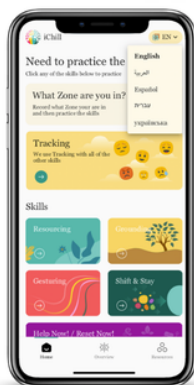


**Help Now!:** Engaging in quick, practical strategies, such as sipping water or naming objects in a room, provides immediate relief when feeling overwhelmed.



**Shift & Stay:** Intentionally shifting attention to positive sensations and staying with them for a moment strengthens resilience and emotional well-being.

## iChill App



## Invitations to the Audience

*Be curious about your own nervous system and notice what helps you feel settled*

*Practice the skills regularly to make them part of your lived experience (The free iChill app is available to help)*

*Recognize your power as a regulator for others*



# The Best Kept Secret: CRM for First Responders

Chaplain Dale Simmons



President/Founder  
Chaplain's 10-33, Inc.

*There is a need for more counselors to become trauma-trained (specifically in areas like EMDR or CBT) to better support the unique needs of the first responder community.*

## CRM Skill: HELP NOW!

<p>DRINK A GLASS OF WATER, TEA OR JUICE.</p>	<p>LISTEN TO SOUNDS INSIDE OR OUTSIDE.</p> <p>NOTICE VIBRATIONS.</p>	<p>COUNT DOWN FROM 10 OR 20.</p>
<p>GO FOR A WALK, NOTICING YOUR FEET MAKING CONTACT TO THE GROUND.</p>	<p>NAME SIX OR MORE COLORS IN YOUR SPACE.</p>	<p>NOTICE THE TEMPERATURE INSIDE OR OUTSIDE.</p>
<p>TOUCH SOMETHING INSIDE OR OUTSIDE.</p>	<p>PUSH HANDS OR BACK AGAINST THE WALL.</p>	<p>NOTICE YOUR SURROUNDINGS.</p>

## Key Takeaways

**Dale Simmons**, president and founder of [Chaplain's 10-33 Inc.](#), highlights the critical mental health crisis facing first responders and how the Community Resiliency Model (CRM) serves as a vital intervention.

### The Mental Health Crisis in First Response

- 85% of first responders report symptoms related to mental health conditions, and nearly 30% develop behavioral health conditions, including depression and PTSD.
- The profession has historically pressured individuals to "suck it up," creating a stigma around seeking help for mental health.
- Reframing the Experience: A core message first responders need to hear is: **"We are NORMAL people, with NORMAL emotions to ABNORMAL situations."**
- The **Resilience Enhancement & Leadership Model (REALM)** and the **Community Resiliency Model (CRM)** are essential tools for addressing the mental health crisis among first responders.
- Early intervention is essential, implementing these models early in the career path can help first responders regulate their emotions from the start.

**Q: How can I coordinate a resilience training for First Responders and Law Enforcement in my region?**

**A: Email Dale at [chaplaindalesimmons@gmail.com](mailto:chaplaindalesimmons@gmail.com) to inquire about a training for your community.**

# Q&A



# How Life Care Specialists Use CRM at Patient Bedside



Cammie Wolf Rice

CEO & Founder  
CWC Alliance

## Key Takeaways

**Cammie Wolf Rice**, CEO and Founder of **CWC Alliance**, emphasizes the role of the **Life Care Specialist (LCS)** as a "care coach" who provides an extra layer of support for both patients and hospital staff.



Most importantly, all of us use CRM® for ourselves first!



The LCS role was created to fill a gap in healthcare by providing wellness skills and education intended to prevent opioid misuse before it begins! CRM is described as the "key" tool in the Life Care Specialist's toolbox for helping patients manage the anxiety, stress, and depression that often accompany a health crisis.

Practical Application	Impact	Outcome
CRM skills are embedded into every LCS interaction, typically taking only 2-5 minutes at the bedside during active moments of pain or stress	The use of CRM helps patients shift from a state of panic to a state of control	As the patient's attention shifts and their nervous system settles, pain becomes more manageable, which allows for safer and more informed care decisions

## Q&A

**Q: How is CRM being used to support youth substance use prevention?**

**A: The CWC Alliance has also incorporated CRM skills into its Youth Prevention Network (YPN) to help prevent opioid use among youth by building resilience and teaching practical stress-management strategies. [Learn more about the initiative here.](#)**

Email: [cammie@cwca.org](mailto:cammie@cwca.org)





# Fostering Community Resilience for Culturally & Linguistically Diverse Communities

Rosie Harrison



Callie Mauersberg



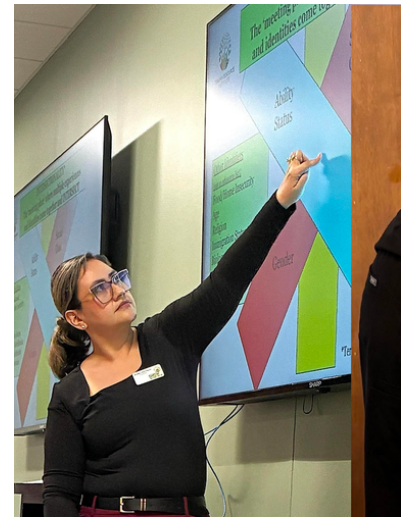
Executive Director  
The GROW Initiative GA

Community Outreach Coordinator  
The GROW Initiative GA

Rosie and Callie spoke to how their work at **GROW Initiative GA** uses the Community Resiliency Model (CRM) to support diverse, vulnerable and underserved populations in Coastal Georgia.

## Key Takeaways:

*The program aims to shift the community's perspective of stress from a sign of "weakness" to a biological response of a strong nervous system, helping individuals recognize stress as something that can be managed and even used as a strength*



## Overcoming Barriers to Care

- Vulnerable communities often face chronic stress, limited access to culturally and linguistically appropriate services, and a higher exposure to adverse experiences with reduced mental health support.
- A core lesson learned is the necessity of starting with safety and trust, using accessible language, and introducing CRM as a community tool rather than a clinical one.
  - CRM is not a standalone service but is integrated organically into existing programs, such as bilingual literacy classes, health initiatives (mental health and overdose prevention), and community navigation services.
- By applying CRM at the individual, organizational, and community levels, the initiative seeks to build thriving and resilient communities while creating broader awareness of existing disparities.

**Q: How can I become a CRM teacher?**

## Q&A

**A: CRM trainers are certified through the Trauma Resource Institute by completing a CRM Teacher Training. [You can find teacher training opportunities here.](#)**

Email: [info@thegiga.org](mailto:info@thegiga.org)

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# Peer Teaching CRM in Juvenile Justice Centers



CRM Georgia  
Emory University

Dr. Linda Grabbe



Omega Quest, LLC

Todd Wilcher



Resilience Rising

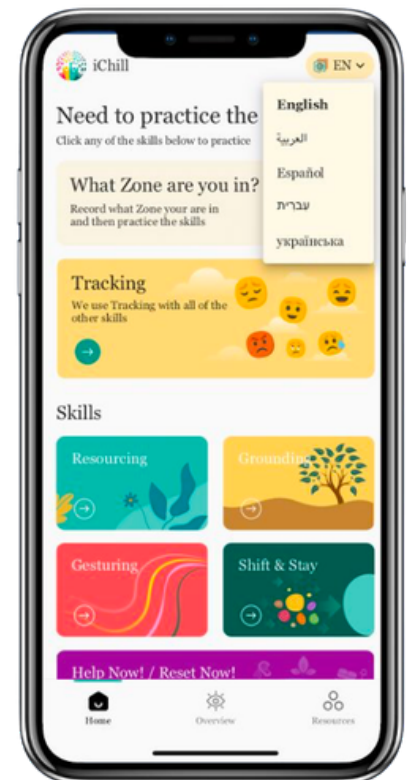
Dr. Doug Jackson

## Key Takeaways

**In 2023–2024, CRM Georgia and the Georgia Department of Juvenile Justice brought CRM to over 600 incarcerated teens at all of its 25 locked facilities in the State**

- Research conducted on 200 youth showed that CRM training led to reduced anger and reduced PTSD symptoms.
- The first **Youth Ambassador Program** was piloted, with 10 young men as "peer ambassadors" through a 12-hour virtual program, empowering them to share these skills with their peers rather than just being students of the model.
- Todd Wilcher noted that the training greatly increased communication between the youth and staff/guards.

**Beyond the youth, the program trained 90 teachers at an annual meeting and provided the ["iChill" app](#) and CRM playlists to family members to create a shared language of resilience.**



**Q: How can we effectively engage schools and youth-serving partners?**

**Q&A**

**A: Emphasize how CRM helps reduce burnout by teaching staff to manage stress and respond more effectively. Framing it as a practical tool for resilience in high-stress roles can open the door to engagement with schools and community organizations.**

Email: [lgrabbe@emory.edu](mailto:lgrabbe@emory.edu) | [todd.wilcher@yahoo.com](mailto:todd.wilcher@yahoo.com) | [dougj17@gmail.com](mailto:dougj17@gmail.com)

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Regional Program Manager  
Resilient Georgia

# Resilient from the Start: CRM in Early Care

Nikki Warner



## Key Takeaways

- **Infant & Early Childhood (IEC) Professional Development:** A self-paced, nine-module online course was developed for ECE professionals. It provides four DECAL-approved training hours (continuing education) and includes a dedicated CRM workshop.
- CRM was integrated into [Cobb Collaborative's Basics playgroups](#), which follow a 5-principle framework (maximize love, manage stress) for parents and children
- Resilient Georgia provides practical tools and guidance, including the [Resiliency Zones Guide for Infant and Early Care Settings](#) and the [Move Toward Resiliency Guide](#), to help early childhood professionals and caregivers create supportive, resilience focused environments for young children.
- A central theme is that **"when adults are regulated and supported, children experience safer, more responsive care environments"**. The goal is to move beyond individual skills to create a sustainable culture of wellness within classrooms and leadership practices.

*With support from funding provided by Liz Blake, Resilient Georgia is helping build more supportive and trauma informed environments for young children by equipping caregivers and early childhood professionals with Community Resiliency Model (CRM) skills, and promoting resilience focused practices across family serving settings.*

### Schedule a CRM training!

- **Free CRM trainings** are available for anyone supporting **young children ages 0–5**, including, but not limited to:
  - Childcare professionals & preschool teachers
  - Coaches & Girl Scout leaders
  - Parents & caregivers
  - Church nursery staff and more
- **Training Details**
  - **Flexible format:** In-person or virtual
  - **Length:** 1–3 hours, tailored to your group's needs

Email: [nwarner@resilientga.org](mailto:nwarner@resilientga.org)

## Q&A

**Q:**How does CRM help prevent child abuse?

**A:** When adults learn to calm their nervous system and regulate their emotions during stressful moments, they are better equipped to think rather than act impulsively, which ultimately fosters safer environments for children in their care.



Director of Workforce Strategy  
& Initiatives  
Resilient Georgia

# Support for Mental Health Workforce

Dr. Andrea Meyer Stinson



**Apply for the  
Accelerator Program  
here by May 27th!**

## Key Takeaways

- A critical issue in the field is that 50% or more of mental health professionals who earn a master's degree never achieve full clinical licensure
- The two-to-three-year journey following graduate school is often filled with obstacles, with finances being a primary barrier to completing the necessary steps for licensure

### **The Mental Health Career Accelerator**

- Funded and developed in partnership with Kaiser Permanente and administered nationally by the National Council
- Selected candidates receive up to \$10,000 in cash stipends to cover professional development and costs associated with their journey toward licensure
- Beyond financial aid, the program provides a "warm hug" of support, including monthly meetings and individual guidance to help candidates navigate the licensure process

**Email: [ameyerstinson@resilientga.org](mailto:ameyerstinson@resilientga.org)**

## Save the Date!

**Join us for our next  
General Meeting:  
November 12, 2026  
11:00am-12:30pm**

