

Welcome to Resilient Georgia's April 2026 General Meeting

Resilience in Action: Showcasing the Community Resiliency Model Across Georgia

We will begin at 11:00

Housekeeping:

- Please **mute** your microphone
- **Contact** kchambers@resilientga.org if you experience technical issues
- Feel free to ask questions and **engage with us in the chat!**
- **Q&A** from the chat will be shared in a follow-up document
- **Recording and slides** will be available on the Resilient Georgia website
- **2 raffle winners** will win a **\$50 gift card to Organic Harvest**. We will announce at the end of the call and you must be present to claim. Don't miss out!



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Welcome



Nikki Warner
Regional Program Manager
Resilient Georgia



Elaine Miller-Karas
Co-Founder/Executive Director Emerita
Trauma Resource Institute



What is the Community Resiliency Model (CRM)?

- A trauma-informed, skills-based approach that helps individuals understand and regulate their nervous system in response to stress and adversity.
- Developed by the Trauma Resource Institute (TRI) and is used to build resilience at both the individual and collective level.
- Grounded in neuroscience and teaches simple, practical tools that help people:
 - Recognize how stress and trauma affect the body
 - Track their own sensations (instead of getting overwhelmed by thoughts)
 - Bring their nervous system back into a **“resilient zone”**—a state where they can think clearly and feel more balanced

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.





RESILIENCE IN ACTION

Showcasing the Community Resiliency Model Across Georgia





The Best Kept Secret: CRM for First Responders

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



The Issue

- 85% of first responders report symptoms related to mental health conditions.
- Nearly 30% of first responders develop behavioral health conditions, including depression and PTSD.
- More first responders complete suicide each year than die in the line of duty.



Some Underlying Causes:

Some Underlying Causes:

- The average person will experience 2-3 traumas in their lifetime. A first responder may see 2-3 per shift.
- Survivor's guilt and flashbacks
- Stigma and Cultural Pressure of Mental Health
- Sleep Deprivation and Substance Abuse



YOU

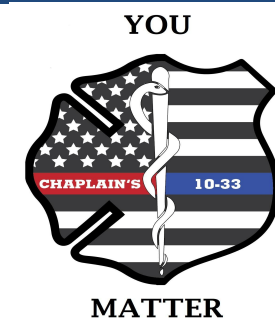


MATTER

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What We Need to Hear

We are NORMAL people, with NORMAL emotions to ABNORMAL situations.



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The Solution

Resilience Enhancement & Leadership Model

REALM is an evidence-informed skills building training focused on the 3 realms of resilience: personal, interpersonal, and organizational, with a look at stress and trauma and the impact on the mind-body connection.

Community Resilience Model

Designed to help individuals understand the biology of traumatic stress reactions and learn specific skills to return the body, mind, and spirit back to balance after experiencing traumatic events.



How You Can Help










- Help Chaplain's 10-33 get in front of first responder groups.
- Say, Thank You!
- Counselors, become trauma trained to understand our issues.
- The calls are the trigger. The issue is us: anxiety, stress, sleep deprivation, poor self image.
- We are the helpers. We shouldn't need help.

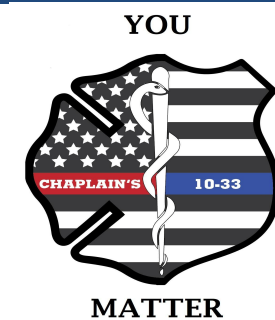


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CRM Skill: HELP NOW!

- These quick, practical “Help Now!” strategies provide immediate relief when feeling overwhelmed
- *Share in the chat: Which of these strategies would you choose to do during a stressful moment?*

<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> 



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YOU

Dale Simmons
President and Founder
Chaplain's 10-33, Inc.
www.chaplains1033.com
912-596-1656



MATTER

What Really Counts

Your presence on this earth makes a difference whether you see it or not.
Are you listening??
YOU MATTER!





How Life Care Specialists use CRM in hospitals at patient bedside

**Cammie Wolf Rice
CEO & Founder
CWC Alliance**

My Story: From Pain to Purpose



My son Christopher Wolf died after a 14-year battle with opioids.

- His addiction began in a health crisis when he was over-prescribed opioids.
- What he didn't receive: education, support, or alternatives.

I kept asking: What if someone had been there to fill that gap in his care?



The Missing Person in Healthcare: The Life Care Specialist



In 2018, I founded CwC Alliance and the Life Care Specialist:

- Life Care Specialists (LCS) serve as an extra layer of support for patients and hospital staff by providing wellness skills and education to prevent opioid misuse before it begins.
- The LCS provides:
 - Opioid Safety Education
 - Pain Management Alternatives
 - Mental Wellness Skills

We currently support 11 LCSs across 7 health systems in Georgia and Arkansas.



The Life Care Specialist Toolbox

The LCS meets patients where they are with tools, not just information.

No two patients experience pain or crisis the same way.

Each intervention is tailored in real time.

What's in the toolbox:

- Personalized pain management planning
- Opioid education & safety
- Mental wellness & regulation skills (CRM)[®]
- Motivational Interviewing & Reflective Listening
- Relaxation & grounding techniques
- Sleep coaching
- Caregiver support
- Music / acoustic therapeutics
- Care coordination & resource connection
- Post-discharge follow-up



How LCS Use CRM® at Bedside

- Skills of the Community Resiliency Model are embedded into every LCS interaction.

- The LCS guide simple CRM skills in real time:

- Grounding
 - Resourcing
 - Sensation Awareness***
 - Breath Awareness
 - Help Now Skills

- 2-5 minutes, at bedside, during pain or stress.

- What shifts?

- Patients shift from panic → control

- Pain becomes manageable

***** Tracking is hard in pain crisis.**

Patients struggle to notice anything but pain. We use PMR and other techniques to help notice areas of relaxation.

Attention shifts → nervous system settles → pain feels more



CRM Skill: RESOURCING

Share your resource in the chat:

- *Who or what uplifts you, gives strength, or helps you through hard times?*

Resourcing is a phenomenal tool to use with patients or caregivers!



Beyond the Bedside: Other Ways We Use CRM®



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

We don't just use CRM in the hospital...

- CWC Alliance has trained over **10k individuals** across a variety of disciplines:
 - University of Nevada Center for the Application of Substance Abuse Technologies
 - Emory University Atlanta's Resiliency Resource for Frontline Workers (ARROW)
 - Hope Movement Coalition National Grief Summit
 - Georgia Addiction Counselors Association
 - Youth Prevention Network (Youth Ambassadors Program)





Fostering Community Resilience for Culturally and Linguistically Diverse Communities in Coastal Georgia

Rosie Harrison & Callie Mauersberg
GROW Initiative GA
Coastal Georgia



Overview of Coastal Georgia and its Needs

GROW Initiative GA serves vulnerable communities

Vulnerable Communities often experience:

- Chronic stress
- Limited access to culturally & linguistically appropriate services
- Higher exposure to adverse experiences & reduced mental health support

Our Work with CRM & Why It Matters

- Integrated into our natural programming
- Builds **THRIVING** & Resilient communities
- Creates awareness of disparities



CRM Alignment and Adaptation with GROW Initiative

- Aligned with Community Education, Health & Social Services
- Applied at Multiple Levels: Individual (self-regulation) Organizational (trauma-informed culture) & community-focused (policy)
- Adapted for Accessibility & Equity
- Culturally Responsive Approach
 - Lived experiences (poverty, immigration, disability, community culture & biases)



Engaging & Partnering With this Sector/Population

- Establishing partnerships and community relationships
- Partnership and person-centered approach in presentations with dual backgrounds
 - Certified community health worker (Rosie) plus health professional with M.S. in Biology (Callie)
- Focus on encouraging large and small group conversation
- Groups respond well to:
 - Small group discourse
 - Practicing activities (such as Grounding)



Challenges, Benefits, & Outcomes

- Challenges & Adaptations:
 - Fear & Mistrust
 - Adaptation: Made the experience relatable to their own difficulties to engage in culturally sensitive practices
- Lessons Learned
 - Start with safety & trust
- Impacts
 - Participants recognized their own levels of stress & identified the difficulty in NOT recognizing it as a weakness
 - Opened door to more sensitive community topics



CRM Skill: GROUNDING

Demonstrative use of GROUNDING Activity

- Stress, emotional states, and trauma states have basis in the *autonomic nervous system*
- GROUNDING deactivates the sympathetic nervous system and activates the parasympathetic nervous system.
- To practice GROUNDING:
 - You can ground in any position: standing, lying down, sitting etc.



Looking Ahead and Contact

- What's Next
 - Continuing to deliver resources like CRM to improve community resilience through natural integration & community trainings
- Contact us and find us on social media!
 - info@thegiga.org
 - Instagram (GROW_InitiativeGA)
 - Facebook: (@GrowInitiativeGA)
 - Website: thegiga.org





Dr. Linda Grabbe
CRM Georgia
Emory University



Todd Wilcher
Omega Quest, LLC



Dr. Doug Jackson
Resilience Rising

Peer Teaching the Community Resiliency Model in Juvenile Justice Centers

Population and Overview of Project

1,000 youth are in JJ detention centers each day in Georgia

- About 80% are Black and 80% are male
- Average age is 16
- Many of the youth have a history of trauma and violence

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



CRM Alignment and Adaptation

Stage 1

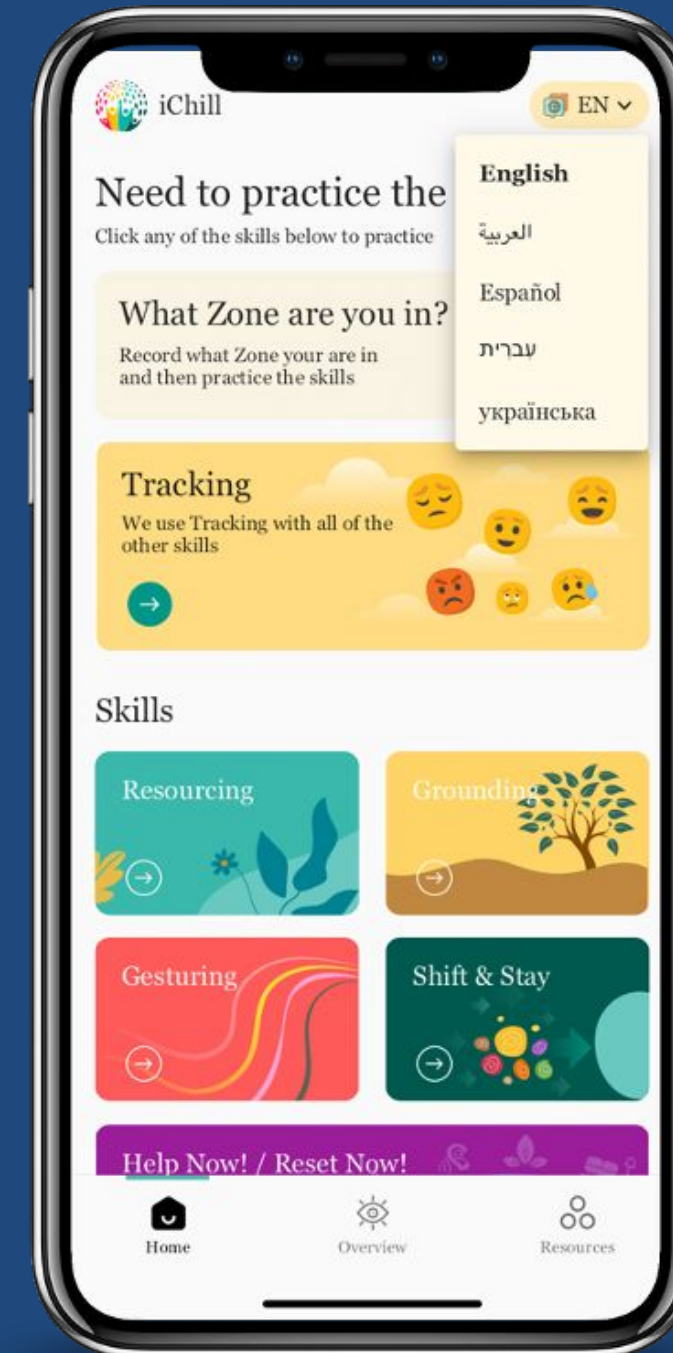
Individual-level

- CRM taught to 600 youth
 - Virtual or in-person
 - 1 to 2 hours
 - Research on 200 youth comparing before/after
Reduced Anger

Reduced PTSD symptoms

Systems-level

- Taught 90 teachers at annual teacher meeting
- CRM Playlist made available to family members
- “ichill” app shared with families
- Youth taught skills to families



CRM Alignment and Adaptation

Stage 2 Youth Ambassador Program or YAP

- Trauma Resource Institute--CRM Georgia--DJJ Collaboration
 - Pilot of the first “Youth Ambassador Program” (YAP)
 - Location: Atlanta JJ Center with 10 young men
 - 12-hour long virtual training program as “peer teachers”
 - Weekly follow-up with 2 CRM Georgia teachers throughout 2025-26
 - 7 of the youth have transitioned home



CRM Alignment and Adaptation

Stage 3 in progress

- YAP program taken into the community as the youth transition home
 - Dissemination of CRM to families and communities
- Partnering with:
 - Christopher Wolfe Crusade's Youth Prevention Network
 - Georgia Agricultural Wellness Alliance
 - Resilient Georgia



CRM Alignment and Adaptation

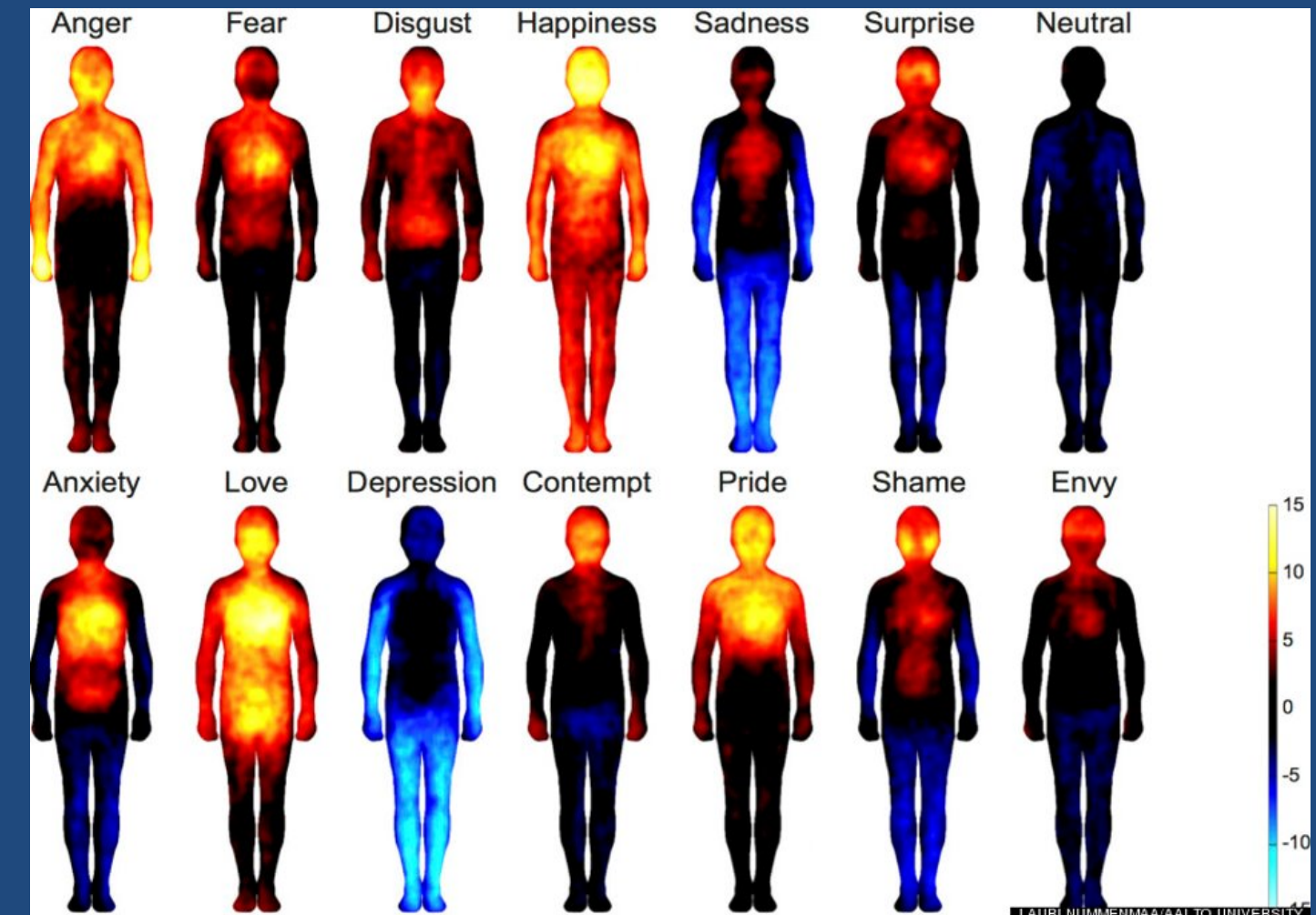
Stage 4 Planning Right Now

- Macon JJ facility with 15 young women starting in June
- TRI—CRM Georgia—DJJ partnership
- Research and dissemination



CRM Skill: TRACKING

- Paying attention to bodily sensations helps individuals recognize signs of distress or well-being, allowing them to manage their responses more effectively.
- **Practice:**
 - *Rub your hands together*
 - *Pick up the pace*
 - *What sensations do you feel?*
 - *Reflect in the chat*



THANK YOU!

Contact Us!

Linda Grabbe

lgrabbe@emory.edu

Todd Wilcher

todd.wilcher@yahoo.com

Doug Jackson

dougj17@gmail.com



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A background image showing a family of four: a man, a woman, and two children, all smiling and embracing each other. The image is slightly faded to allow text to be overlaid.

Resilient from the Start: CRM in Early Care and Learning Settings

**Nikki Warner
Regional Program Manager
Resilient Georgia**

Supporting the Early Childhood Workforce with CRM

Resilient Georgia is strengthening the adults who support young children by:

- Training early childhood staff and caregivers in CRM at no cost sponsored by funding from Liz Blake
- Expanding trauma-informed care across childcare, preschool, and family-serving organizations
- Supporting classroom resources like mindfulness zones and calm corners in early care and school settings

Why it matters: When adults are regulated and supported, children experience safer, more responsive care environments.



Online Course for Early Childhood Professionals

- **Developed with the Center for Interrelational Science and Pediatrics**
 - Free, self-paced, fully online
 - 4 DECAL-approved training hours
 - CRM Workshop Included
 - Focus on wellness, stress reduction, and resilience
- **Goal:** Build a resilient, supported, and retained ECE workforce

workforce.resilientga.org/iec-professional-development

Self-Guided Modules

- 01 Wellness for Early Childhood Professionals**
DECAL: 1 clock hr
- 02 Theoretical Framework for Infant and Early Childhood Mental Health** DECAL: 2 clock hr
- 03 Trauma and Memory**
DECAL: 2 clock hr
- 04 The Brain and Autonomic Nervous System**
DECAL: 1 clock hr
- 05 Promoting Healthy Relationships at Home & in the Classroom** DECAL: 1.5 clock hr
- 06 Introducción al Modelo de Resiliencia Comunitaria - Español** DECAL: 1 clock hr
- 07 Learning Difficulties**
DECAL: 0 clock hr
- 08 Intersection of Trauma and ADHD**
DECAL: 0 clock hr
- 09 Trauma y Memoria**
DECAL: 0 clock hr



Incorporating CRM into The Basics Playgroup Initiative: Cobb Collaborative

- Supports parenting knowledge & children's social-emotional development
- Play-based, developmentally appropriate activities for caregivers and children
- Emphasis on **serve-and-return** interactions and responsiveness
- Take-home newsletters reinforce skills and learning at home

Impact & Feedback

- 100% learned new ways to engage with their child & would recommend to others
- 80% built routines and coping skills & felt more connected to other caregivers
- **CRM and wellness training increase confidence, connection, and practical skill use—leading to stronger caregivers and healthier child development.**

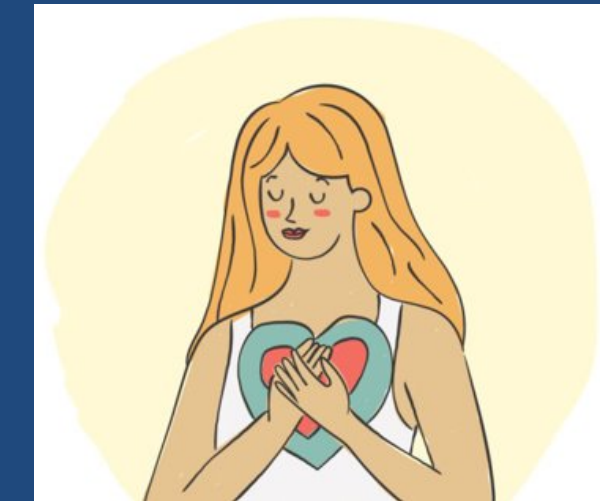
Building a Culture of Wellness in Early Childhood Settings

- **Why CRM is Essential:**
 - Addresses high burnout and turnover in early childhood workforce
 - Builds skills for stress regulation, emotional de-escalation, and increased sense of control and wellbeing
- **The Big Picture:** *By embedding CRM into training, classrooms, and leadership practices, we create a sustainable culture of wellness where both adults and children can thrive.*



CRM Skill: GESTURING

- Self-soothing body movements that express feelings, communicate safety, and calm the nervous system
- Many gestures happen automatically, without conscious awareness
- Any movement that support comfort, joy, strength, or courage
- ***Reflect in chat: Can you identify soothing gestures you use or would like to use when stressed?***



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
- **Get Started! Contact:** nwarner@resilientga.org

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 six wellness skills are excellent for self-care and help to expand resiliency over time while also interrupting unpleasant responses to stress such as anger, anxiety, and possibly mitigating uncomfortable somatic symptoms such as pain, upset stomach or headaches.

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.

Each skill helps us tune into our nervous system and better regulate our emotions during challenging moments.

CRM is **evidence-based** has been shown to be an effective tool for healthcare providers, frontline workers, and other professionals experiencing burnout, including education professionals. The model is increasingly integrated into diverse settings to support communities facing chronic stress, trauma, and adversity.

CRM training is offered in two formats: a **1-hour Introduction**, which provides an overview of the model, and a **3-hour Workshop**, which offers an in-depth exploration.

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 a variety of populations.

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.

Evidence Base:

Please refer to a [listing of CRM research and publications](#).



Next Steps:

- For information on national CRM trainings, visit the [Trauma Resource Institute](#).
- To learn more or request a CRM training in Georgia, please visit [Center for Interrelational Science and Pediatrics](#) or [Community Resiliency Model Georgia](#).
- Questions? Contact us at info@resilientga.org.



Save the Date!

**Ready to learn more? Join us for our
next virtual CRM Training!**

**May 13, 2026
10:00am-12:00pm**





Support for Mental Health Workforce

Dr. Andrea Meyer Stinson
Director of Workforce Strategy and Initiatives
Resilient Georgia



Support for MH Workforce

- The Kaiser Permanente Mental Health Career Accelerator is funded by and developed in partnership with Kaiser Permanente.
- Up to \$10,000 in ash stipends and professional development support for early career master's level clinicians
- Eligibility requirements:
 - Master's in accredited program
 - Pursuing licensure in Georgia
 - Demonstrates financial need
 - Committed to serving communities with unmet needs
 - Early in career journey
 - Employed by an eligible mental health or community organization

Mental Health Career Accelerator
Accepting applications May 4-May 27

Learn more and apply: <https://www.thenationalcouncil.org/accelerator>
Questions: KPaccelerator@thenationalcouncil.org

Save the Date!

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



Our raffle winners are...

Please email info@resilientga.org to claim your \$50 gift card from Organic Harvest.



Thank You For Joining Us!

We'd love your feedback!

**Please scan the QR code
and complete a brief survey to help
us improve future meetings:**

