

Community Resiliency Model (CMR)



Training

- Learn six foundational wellness skills that support regulation, resilience, and emotional balance.
- Acquire practical, shareable tools you can use with youth immediately - no clinical background required.
- Create common language and consistent practices across sectors to support community well-being.

Community Resiliency Model
(CRM) Training Registration Form



August 26, 2026
9.00–12.00 PM EST

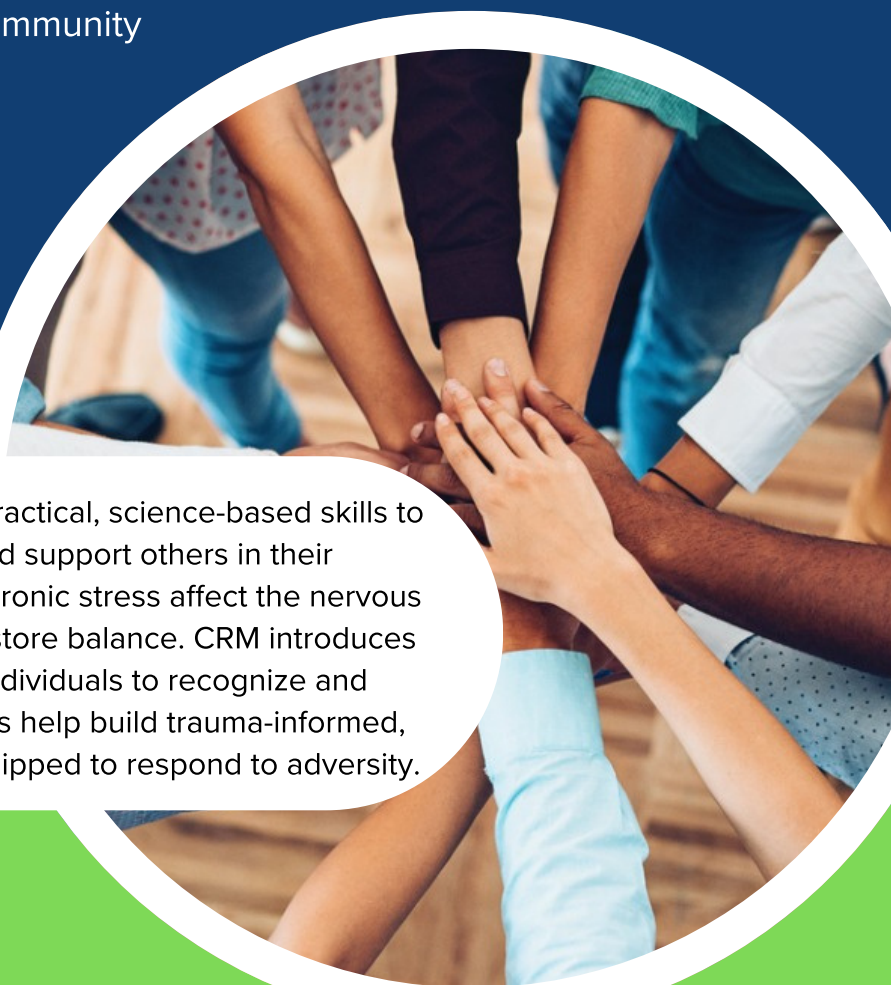


Virtual
VIA ZOOM

The Community Resiliency Model (CRM) teaches practical, science-based skills to help individuals manage stress, build resilience, and support others in their communities. Participants learn how trauma and chronic stress affect the nervous system and how simple wellness skills can help restore balance. CRM introduces the concept of the "Resilient Zone," empowering individuals to recognize and regulate their own well-being. Together, these skills help build trauma-informed, resilience-focused communities that are better equipped to respond to adversity.

Contact Bridgette Stewart for questions.

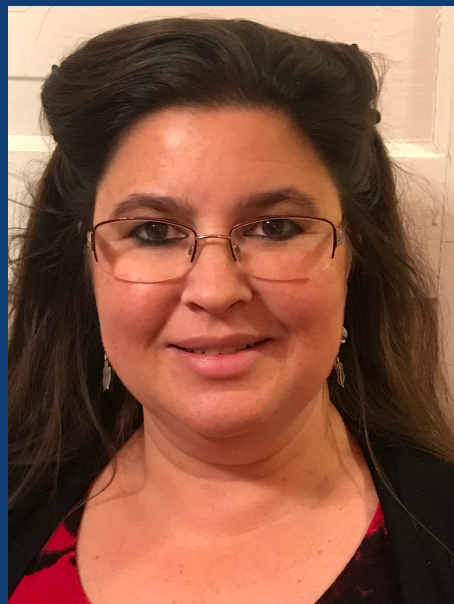
bstewart@westga.edu



Instructor

Ellaine B. Miller, PhD, is a nationally recognized, award-winning leader and expert in the field of early care and education and a citizen of the Chickasaw Nation. She currently serves as the Program Director for the Troup Trauma-Responsive Community Collaborative, where she leads cross-sector efforts to advance mental health awareness and trauma-informed care across the community.

She also provides contracted grant writing and consulting services, supporting nonprofit organizations and community initiatives in securing and implementing funding.



Ellaine serves as President of the National Association for Family Child Care and on the board of the Professional Family Child Care Alliance of Georgia. Her work reflects a deep commitment to strengthening systems, building collaborative partnerships, and elevating the role of family child care within the broader early childhood landscape.

Her experience in early care and education began during her graduate studies, where she conducted research on teacher-child relationships, preschool peer interactions, and quality learning environments. She previously served as Director of Family Child Care Programs and Clinical Associate Professor at Auburn University and as Assistant Director of Early Care and Education for the Central West region of Georgia with Quality Care for Children. Across her career, she has led and supported collaborative initiatives at the local, state, and national levels, contributing to systems development and workforce advancement.

Ellaine is passionate about social justice, equity, and improving outcomes for children, families, and early childhood professionals. Outside of her professional work, she enjoys reading crime novels and Stephen King books, embroidery, and spending time with family, especially her grandson, Preston, while cheering on the Georgia Bulldogs.