

What is the Community Resiliency Model (CRM)®?

The Community Resiliency Model (CRM)®—is 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. These skills help to restore the hope that many people lose after natural and human- made disasters. The six core wellness skills include *Tracking, Resourcing, Grounding, Gesturing, Help Now, and Shift and Stay*.

The Community Resiliency Model trains community members to not only help themselves but to help others within their wider social network. The primary focus of this skills-based, stabilization program is to re-set the natural balance of the nervous system. CRM skills help individuals understand their nervous system and learn to track sensations connected to their own well-being, which CRM calls the “Resilient Zone.” CRM's goal is to help to create trauma- and resiliency-informed and focused communities that share a common understanding of the impact of trauma.

Goals

- ✧ To learn simple biologically based skills, based upon current science;
- ✧ To help individuals and communities get back into balance in body, mind and spirit;
- ✧ To educate about common reactions resulting from individual or communal traumas such as poverty, racism, family violence, natural and human-made disasters and historical trauma;
- ✧ To reduce common human reactions related to stressful/traumatic experiences;
- ✧ To help people learn wellness skills to increase resiliency;
- ✧ To learn the six wellness skills of the Community Resiliency Model;
- ✧ To train individuals to be Community Resiliency Model Teachers so that they can teach the Community Resiliency Model wellness skills to their own communities, infusing the training with their own cultural lens.

For information or to schedule a workshop contact:

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Last Name	First Name	Organization	Title
Jones	Bobby	African American Family & Cultural Center	Executive Director
Giles	January	Center for Learning & Resilience/BCOE	Manager
Paden	Kay	BCOE/SELPA	Program Specialist
Johnson	Di'Andre	Boys & Girls Clubs of the North Valley	Behavior Specialist
Dinits	Scott	Boys & Girls Clubs of the North Valley	Human Resources Director
Kennedy	Erin	Boys & Girls Clubs of the North Valley	Director of Case Management
Schmidt	Margaret	Butte College The Training Place	Training Place Trainer
Brown	Wendy	Butte County Child Abuse Prevention Council	Executive Director
Vazquez	Wendy	Butte County Dept of Employment and Social Services/Children's Services/Adoptions	Administrative Analyst, Sr.
Hinkle	Michele	Butte County Dept of Employment and Social Services	Health and Human Services Program Analyst Sr.
Senoglu	Rebecca	Enloe Medical Center	Cancer Support Program Coordinator
Bruns	Kristina	Enloe Medical Center	<u>Nurse Manager</u>
Shouse	Holly	Feather River Tribal Health	LCSW, Behavioral Health Service
James	Phillip	Glenn County Office of Education	SEL Coordinator
Perez	Angelica	Glenn County Office of Education	Educational Social Worker
Goines	Eddy	Glenn County Office of Education	Sarb Coordinator
Scharnberg	Shannon	Klean Kanteen	Learning & Organizational Effectiveness Director
Servin-Lacy	Norma	NVCSS	Supervisor/Promotores Outreach/DCMP
Amick	Scott	Paradise Parks and Recreation District	Recreation Supervisor
Jacobs	Jennifer	Sol Sanctuary	Executive Director
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Zorn	Linda	Butte College EWD	Executive Director