Exchange Family Center

Get in Your Resilient Zone

Rachel Galanter
Executive Director
Exchange Family Center

Logistics

- Please mute when not speaking
- Please share in chat if
  - You have questions
  - You need to step away
- Group assignments
- Evaluations

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Who is facilitating this session?

Rachel Galanter, MPH

Executive Director
Exchange Family Center

Today's Takeaways

- An easy way to explain how stress and trauma affect the brain to teens and others who work with teens.
- Simple tools for self-care that help reset the nervous system after it has been thrown out of balance.
- The ability to support the people who depend on you by getting in your resilient zone and having tools to help them get in theirs.

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Community Resiliency Model® (CRM)

- Available through Trauma Resource Institute
- www.traumaresourceinstitute.com

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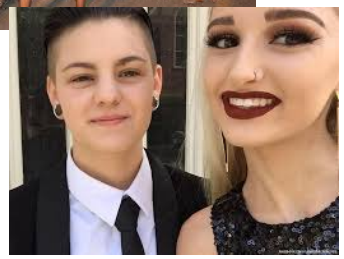
Written by Elaine Miller-Karas (rev 7/18)
from the original work of Elaine Miller-Karas, Geneie Everett and Laurie Leitch

Who can CRM help?

Individuals and communities



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CRM Interventions are Easy to Learn

- Based on a set of six wellness skills taught to members of the community that bring the body and mind back into balance.
- Do not require reflection on the past.
- Do not require reading or writing.
- Useful for people of different cultures and ethnic backgrounds.
- Can be used with different ages.
- Supplementary educational materials that reinforce the wellness skills are available (i.e., iChill App, wristbands, resiliency pens).

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Efforts to Cope

Commonly viewed as behavioral and public health *problems* are often personal *efforts to cope* with adverse childhood experiences, poverty, and racism.

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What do we mean by...

Big “T” Trauma

Little “t” Trauma

Cumulative “C” Trauma?

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Big “T”, Little “t”, and “C” Trauma

It is an individual’s **<u>perception</u>** of the event as ***threatening*** coupled with ***helplessness*** that affects the nervous system. It is very individual.

What may be perceived by one person as a Little "t” trauma may be perceived as a

Big “T” trauma by another.

Cumulative or “C” trauma are experiences that build up over a lifetime.

When the nervous system becomes overwhelmed, people can lose the capacity to stabilize and regulate themselves.

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

- 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 nervous system so even small triggers can release an automatic survival response.

Adversity is not Destiny

What if we all can learn to
stabilize our nervous systems?

What if we can share with our friends, co-workers, and family, including the children and teens we know, the skills to stabilize their nervous systems?

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Perspective Shift

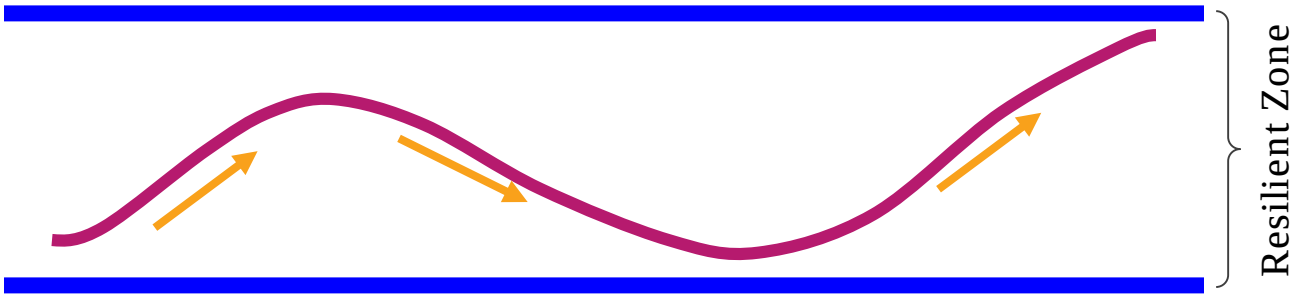
Adapted by Elaine Miller-Karas TRI© from a Slide by Jane Stevens (ACES Connection)

Conventional	Trauma-Informed	Resiliency-Informed
People are bad.	People are suffering.	People are resilient.
People need to be punished.	**People need an effective intervention.**	**People need our compassion as they learn new skills.**
People just don't care.	Many people care but lack understanding and skills.	Any person can learn self-regulation skills based on science.
We need to stop making excuses for people.	**We need to learn how trauma impacts a child's and an adult's development.**	**We need to learn how skills of well-being can reduce suffering.**
What is wrong with you?	**What happened to you?**	**What is right with you? What are your strengths?**

Key Concept 1

What is the Resilient Zone?

- A state of well-being in mind, body, and spirit
- When in the Resilient Zone, one is able to handle the stresses of life
- You can be annoyed or even angry, but do not feel like you will lose your head
- You can be sad, but not feel like you will be washed away by the river of sorrows



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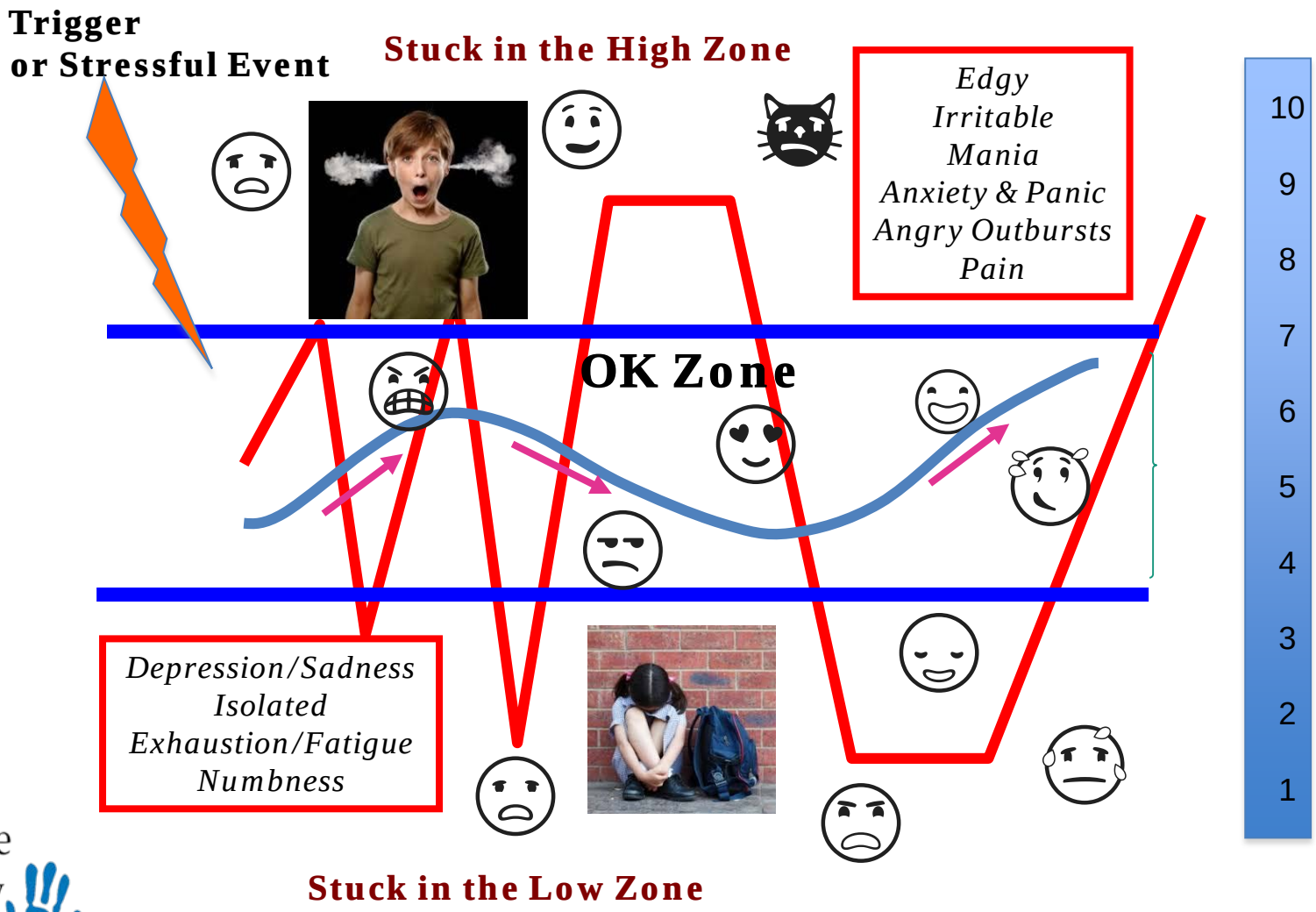

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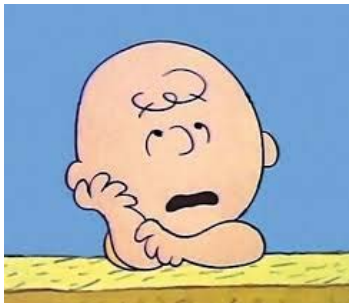
A Biological Process

- After a traumatic/highly stressful event, some individuals will always be afraid even when there is no current threat.
- Even a small stress can cause a person to be afraid.
- Some individuals can get stuck in the high zone while others are stuck in the low zone.
- Some go back and forth between being stuck in the high and the low zones.
- It can be difficult for adults and children to concentrate when in this state.



Bruce Perry (2008), Porges (2011)

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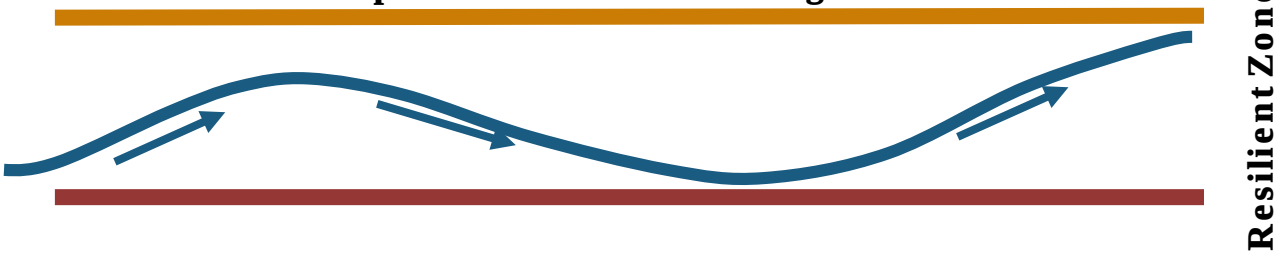
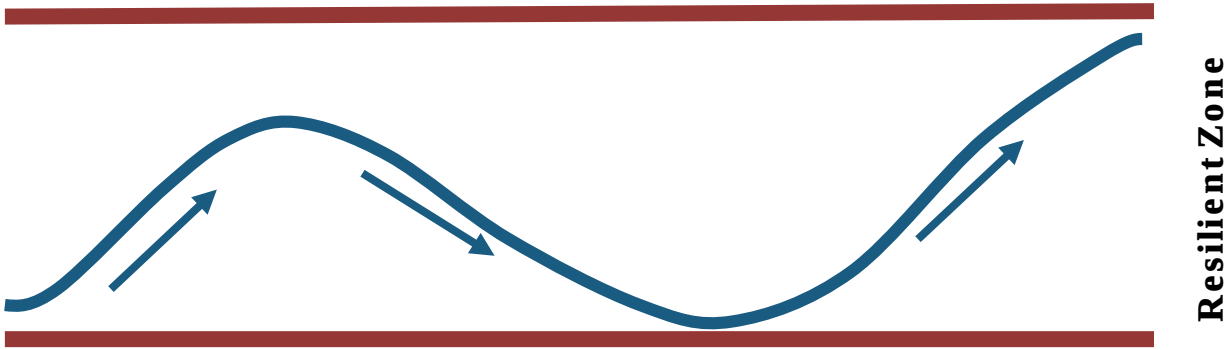
Narrow Resilient Zone: small stressors can bump a person into the Low/High Zone



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



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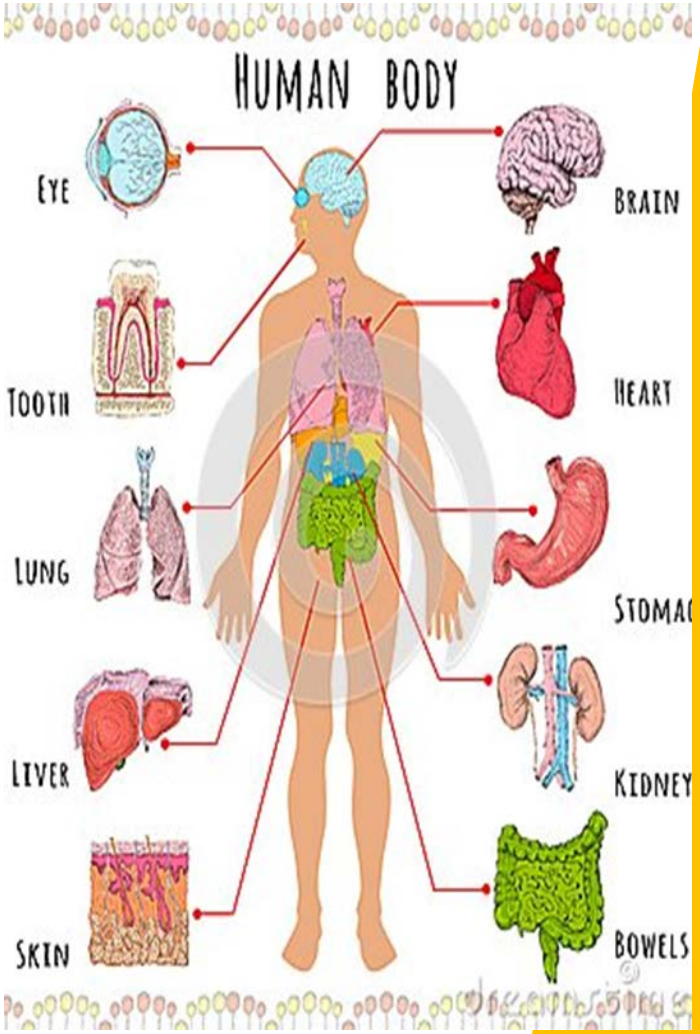
Key Concept 2

Primary Focus of CRM
Biology vs. Mental Weakness

- CRM's focus is on the biology of the human nervous system.
- There are common human reactions to stressful/traumatic events that effect the mind, body and spirit.
- CRM helps individuals and communities shift perspectives from human weakness or pathology to biology.



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Trauma and Stress Common Reactions

Physical

Numb/fatigue
Physical pain
Rapid heart rate
Breathing problems
Tight muscles
Sleep problems
Stomach upset
Hypervigilance

Thinking

Paranoid
Nightmares
Dissociation
Forgetfulness
Poor Decisions
Distorted thoughts
Suicidal/homicidal

Emotion

Rage
Fear
Grief
Guilt
Shame
Apathy
Anxiety
Avoidance
Depression

Behavior

Isolation
Tantrums
Self-injury
Addictions
Eating disorders
Abusive behaviors

Spiritual

Hopelessness
Loss/increase of belief
Deconstruction of self

Relationships

Angry at others
Isolation
Missing work

Tracking the Autonomic Nervous System

Autonomic Nervous System

Sympathetic
Prepares for Action

The SNS controls organs during times of stress

↑ Breathing rate
Heart rate
Pupils dilate
Blood pressure
Sweating
Stress hormones

↓ Digestion
Saliva

Parasympathetic
Prepares for Rest

The PNS controls the body during rest

↓ Breathing rate
Heart rate
Pupils constrict
Blood pressure
Sweating
Stress hormones

↑ Digestion
Saliva

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Elegant Design

Neuroplasticity: The brain can change!

This is hope!

We can build new, more resilient pathways!

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Key Concept 3

Organizing Principle: Three Parts of the Brain

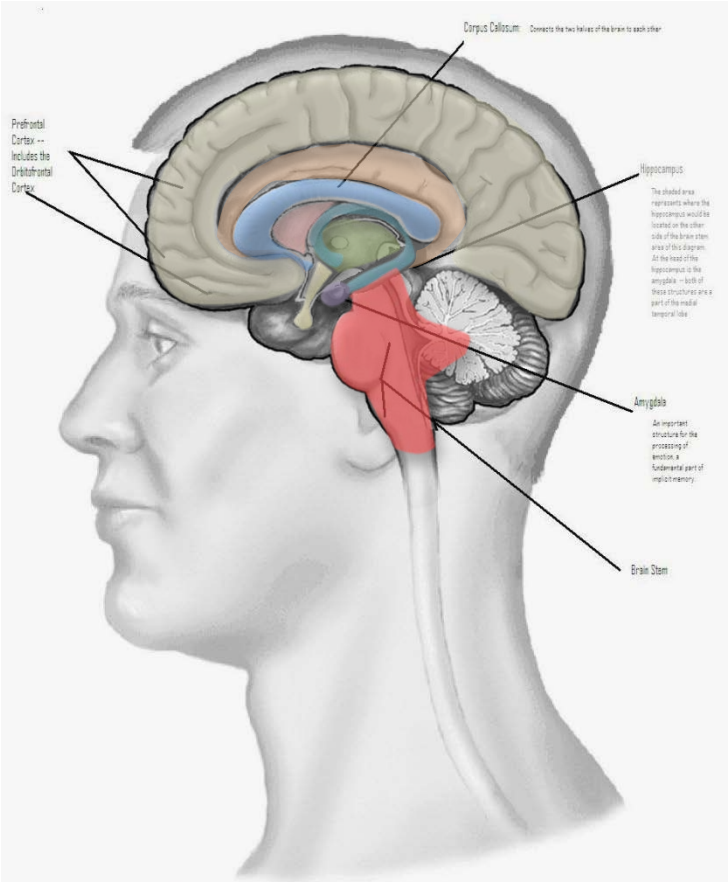

Figure 1: Diagram of the Human Brain looking from the middle toward the right side. Some key structures involved in memory are noted, including the Amygdala (implicit emotional memory processing), the Hippocampus (explicit memory) and the Orbitofrontal Cortex (explicit autobiographical memory processing). Coherent Life Stories may involve integration across the hemispheres via the Corpus Callosum.

Cortex: Thinking

- Integrates input from all 3 parts
- Cognition, beliefs, language, thought, speech

Limbic Area: Emotional

- Assesses risk
- Expression and mediation of emotions and feelings, including emotions linked to attachment

Survival Brain: Instinctual

- Carries out "fight, flight, and freeze"
- Unconscious
- Digestion, reproduction, circulation, breathing – responds to sensation

CRM Skills

The Skills of CRM

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Skill 1: Tracking
(Reading the Nervous System)

Skill 1: Tracking

Tracking refers to paying attention to sensations

- Learning to track is the foundation of helping to stabilize the nervous system and is used with all the skills of CRM.

- Exploring sensations connected to well-being is key to helping one feel better in mind, body, and spirit.

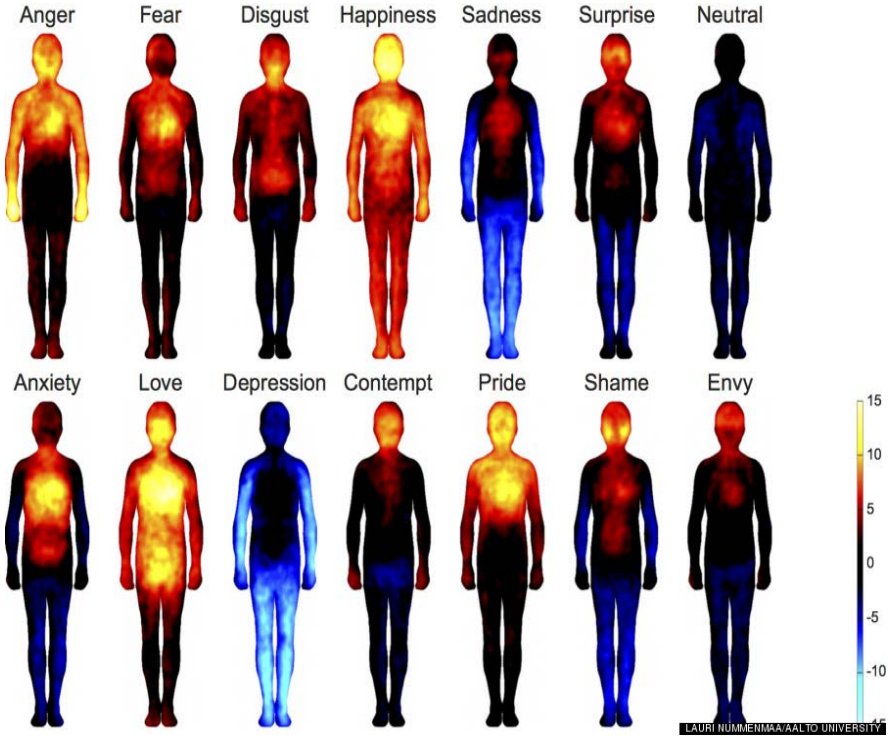
Importance of Tracking

- Tracking helps you learn how to read your nervous system so that you can tell the difference between sensations of distress and sensations of well-being.

- **When you are able to read your nervous system, you have a choice of what to pay attention to on the inside.**

Developing the Language of Sensation

- 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.



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 Hietanen.

Tracking Nervous System Release

- A nervous system release is a biological process that happens automatically when your body releases stress energy and comes back into balance.

- Sensations can include trembling, tingling, yawning, stomach gurgling, burping, warmth, cooling down.

- If you notice any of the sensations of release, continue to be aware of them. Noticing the sensation will help reset the nervous system.

Skill 1: How Do We Track?
Learning Sensation Words

Vibration	Size/Position	Temperature	Pain	Muscles
Shaking	Small	Cold	Intense	Tight
Twitching	Medium	Hot	Medium	Loose
Trembling	Large	Warm	Mild	Calm
Quick/Slow	Up/Down/Center	Neutral	No pain	

Breathing	Heart	Taste	Density	Weight
Rapid	Fast	Spicy	Rough	Heavy
Deep	Slow	Sweet	Smooth	Light
Shallow	Rhythmic	Sour	Thick	Firm
Light	Flutters	Juicy	Thin	Gentle
		Bland		

Sensations

- For some people, even sensing pleasant or neutral sensations can trigger unpleasant, even painful sensations.
- If you find yourself sensing uncomfortable sensations, you can try to bring your attention to pleasant or neutral sensations.
- If this is too difficult, you can stop.

Stress and Trauma	Resiliency	Release
Shallow breath	Deeper breath	Shaking
Rapid heart rate	Slower heart rate	Trembling
Tense muscles	Relaxed muscles	Burping
Pain	Grounded	Yawning
Cold/chill	Calm	Heat/warmth
Numbness	Cooling/warming	Vibration/tingling

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Skill 1: How Do We Track?

- **Tune into your nervous system and body responses:**
  - Are the sensations inside pleasant, neutral, or unpleasant?
    - Bring attention to your heart rate, breathing rate, muscle tension/relaxation.
  - Asking yourself:
    - What do you notice happening inside?

- **The person** who helps a child or an adult learn to track is called a CRM guide. When teaching a person to read their nervous system, you can ask invitational questions:
    - “What are you noticing on the inside?”
    - ”Is it pleasant, unpleasant, or neutral?”

- **Your internal climate when with another person:**
  - Do you feel sleepy? Clear and focused? Sad or happy?

Skill 1: Tracking - Being a CRM Guide

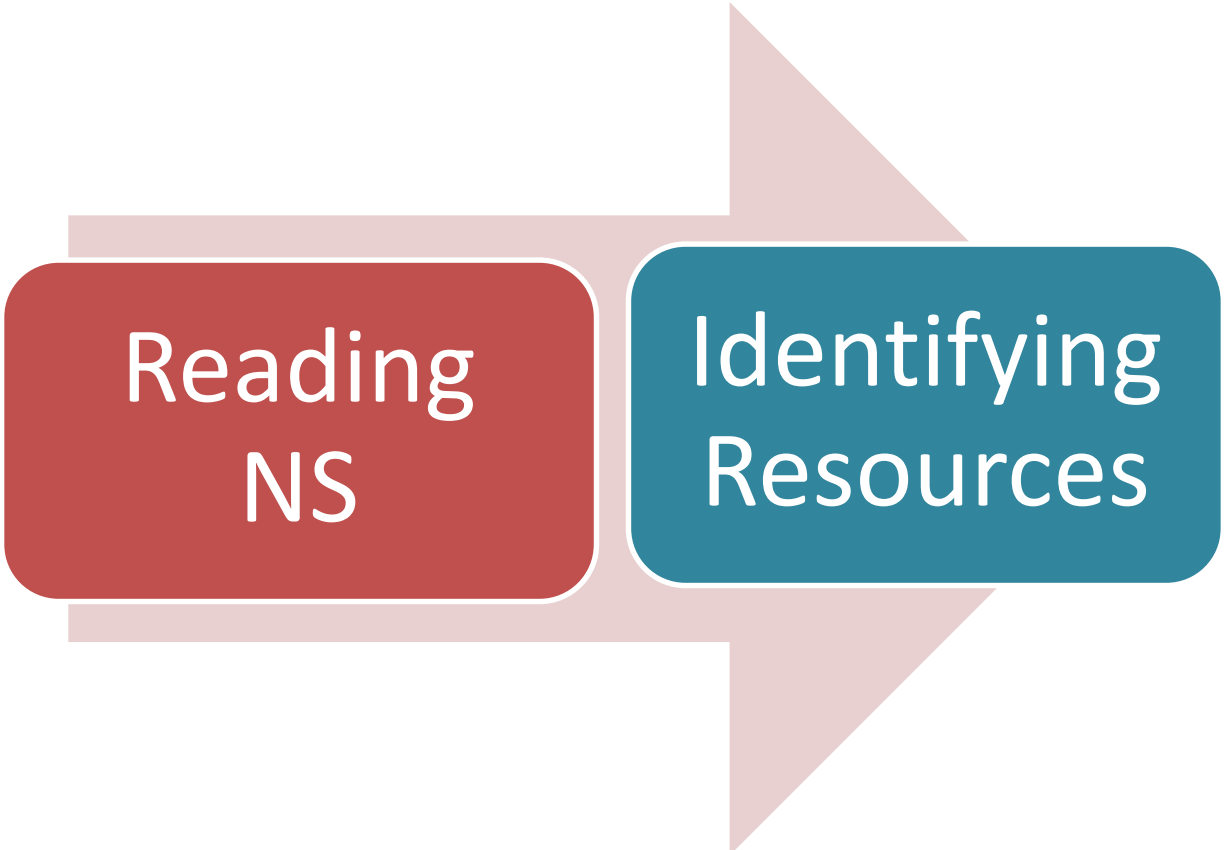
- The CRM Guide helps the person become more aware of his/her sensations in the present moment by using invitational rather than directive language.

- CRM Guides help individuals by encouraging awareness of sensations that are pleasant or neutral.

- The Guide shares the wellness skills of CRM by:
  - Asking open-ended questions;
  - Giving time for sensations to develop;
  - Being non-judgmental; and
  - Not directing or assuming what one is feeling or experiencing.

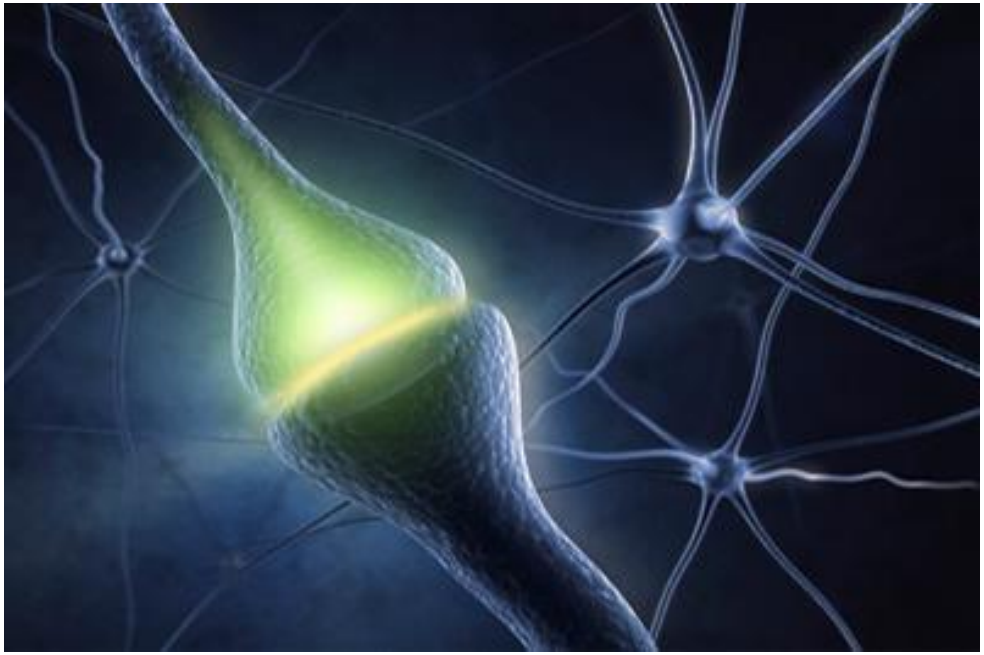
Tracking

One of the best ways to learn how to read your nervous system is through identifying a personal resource and then noticing what happens on the inside.



We develop resources to track our neutral and pleasant sensations because

Brain cells that fire together
wire together!
Carla Schatz



Skill 2: Resourcing

Skill 2: Resourcing

Using pleasant or neutral factors to experience sensations of well-being

- *External resources* include positive experiences and memories--the people, places, activities, skills, hobbies, spiritual guides, and animals that give you joy, peace, or calm.

- *Imagined resources* are those that we create from imagination.

- *Internal resources* include an individual's:
  - Personal characteristics such as kindness, compassion, and humor.
  - Body resources such as strong legs, body's ability to heal from illness, etc.

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Devereux Adult Resilience Survey
https://centerforresilientchildren.org/wp-content/uploads/DARS1.pdf

Skill 2: Resourcing

- Person
- Place
- Activity
- Faith
- Strengths

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Skill 2: Resourcing

- Resourcing builds a sense of internal strength and resiliency and reinforces a sense of one's own abilities and capacities.

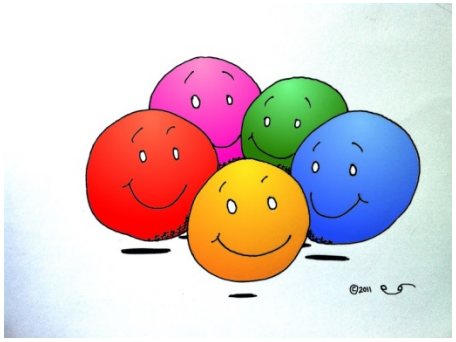
- Pleasant and/or neutral sensations connected to individualized resources can bring a direct experience of well-being that helps stabilize the nervous system.

- A person can experience new hope that there are other sensations that can help bring them back into their Resilient Zone.

Skill 2: Resource Intensification

Ask 3 or 4 additional questions about the resource to expand the sensations connected to the resource.

Resource intensification strengthens
the elements of the resource in order to override attention
that automatically goes to unpleasant sensations.



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 is OK. Resources can have many parts:
  - Gently invite the person to shift back to the positive aspects of the resource.
  - Invite awareness to part of the body that feels more comfortable or neutral.
  - Often the person can learn to hold both parts of the resource, and this actually strengthens the resource.

- If this is too hard, ask whether a different resource might be easier to work with.

Skill 2: Identifying Resources

1. Write down three resources.
2. Circle one resource.
3. Write down three or more details about your resource.
4. Read your resource and the three details about your resource.
5. As you read about the resource, notice what happens on the inside.
6. Share your resource with a friend.

Skill 2: Resource Questions

Crisis

- Can you tell me the moment you knew you had survived?
- Can you tell me the moment help arrived?
- Who or what is helping you the most now?

Loss

- Can you tell me some of your meaningful memories of her/him?
- What did you like to do together?
- What kind of words of encouragement would s/he say to you during difficult times?

Questionable

- The CRM Guide may need to ask questions about a questionable resource first before the person may be open to explore healthier resources.

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Skill 3: Grounding

Skill 3: Grounding

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

You can ground through your hands, feet, and whole body!

Stand against a wall or hard surface

Sense our feet making contact with the ground

Sit on a chair or the ground

Lay on the floor, bed, ground

Be supported by a surface

Grounding Exercise

- Find a comfortable position; take your time.
- Bring your attention to how your body is making contact with the chair, sofa, floor, wall, bed, etc.
- Bring your attention to sensations that are pleasant or neutral.
- Notice which part of your body is most supported. As you do so, notice your breathing...heart rate...muscle tone...notice your back making contact with the chair, sofa, floor, wall bed, slowly bring your awareness to your feet and notice how your feet are making contact with the ground...notice what happens on the inside.
- If you become aware of uncomfortable sensations, bring attention to places that feel neutral or better. Notice the change.
- Slowly scan your body and bring your attention to all sensations that are pleasant or neutral as we get ready to end.
- When you are ready, bring your attention back to the room.

Skill 4: Gesturing and Spontaneous Movement

Skill 4: Gesturing and Spontaneous Movements

- A movement, usually of the body or limbs, that expresses or emphasizes an idea, sentiment, or attitude.
- 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.

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Movements and Gestures

Self-Calming

Release

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Movements and Gestures

Joyful and Powerful

Protection

Universal Spiritual Gestures

Skill 4: Gesture Exercise

- Take 3 seconds to think about a self-soothing gesture…count 1, 2, 3 and then make the gesture.
  - As you do your gesture of self-soothing, notice what happens inside…

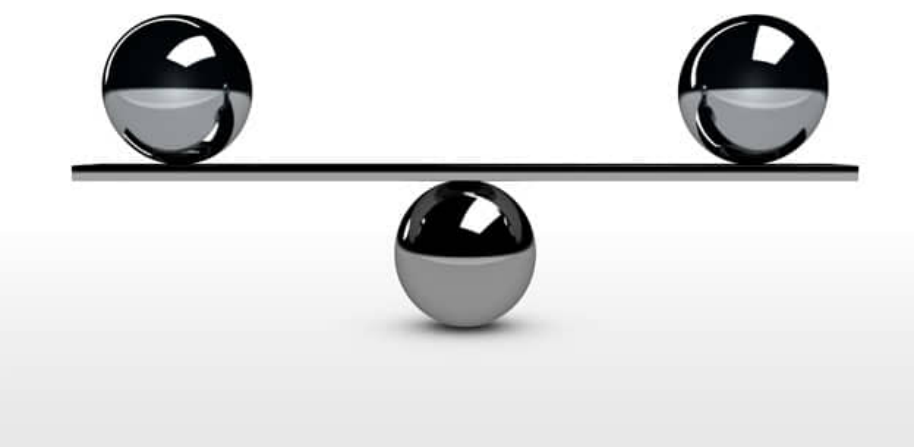
- Take 3 seconds to think about a gesture of confidence…count 1, 2, 3 and then make the gesture.
  - As you do your gesture of confidence, notice what happens inside…

- Take 3 seconds to think about a gesture of joy…count 1, 2, 3 and then make the gesture.
  - As you do your gesture of joy, notice what happens inside…

Skills: 5 and 6
Help Now! Reset Now!
...and Shift and Stay

Skill 5: HELP NOW! Strategies RESET NOW!

A Skill for Self and for Others



HELP NOW!

- Can be used for self-care when we are stuck in the High Zone or Low Zone.
- Can be taught to other people to help them get back to the Resilient Zone when stuck in High or Low Zones.

Skill 5: Help Now! Reset Now! Strategies

1. Drink a glass of water or juice or cup of tea.

2. Look around the room or wherever you are, paying attention to anything that catches your attention.

3. Name six colors you see in the room (or outside).

4. Close and open your eyes and look around the room/landscape.

5. Count backwards from 10 (or from 100 if an adult). This can also be done while walking.

6. If you’re inside, notice the furniture, and touch the surface, noticing if it is hard, soft, rough, etc.

Skill 5: Help Now! Reset Now! Strategies

7. Notice the temperature in the room.

8. Notice the sounds within the room and outside.

9. Walk and pay attention to the movement in your arms and legs and/or how your feet are making contact with the ground.

10. Push your hands against the wall or door slowly and notice your muscles in your arms and/or your legs. Stand with your back against a wall and push your body against the wall. Notice any changes.

Skill 5: Help Now! Exercise

Ask yourself:

1. Has there been a time in your life when you have needed the Help Now! strategies?

2. Is there a way you can remind yourself to use the strategies when you are way out of your Resilient Zone?

3. Who can you give the Help Now! information in order to help you when you get bumped out of the Resilient Zone?

4. Is there a person in your life who needs to learn some Help Now! strategies? If so, how could you gently help them learn the Help Now Skills?

Skill 6: Shift and Stay CRM Wellness Skill

The person learns to shift from distress, discomfort, and/or overwhelm by shifting:

- To a resource
- To grounding
- To a soothing gesture
- To a sensation that is more comfortable or neutral
- To Help Now! strategies

Shift and Stay is a skill used to help a person learn and pay attention to different ways of bringing the nervous system back into the Resilient Zone.

Skill 6: Shift and Stay

"Shift and Stay" means shifting your attention from sensations that are unpleasant to sensations that are neutral or pleasant and staying there.

Skill 6: Shift and Stay Exercise

Think about a situation from your own life experience that is mildly upsetting but routine in your life. What happens inside?

- If distressing sensations are experienced, bring your attention to a place in the body that feels better, to Grounding, to Help Now! strategies or a Resource. Track neutral or pleasant sensations and notice the change.

CRM Practice: Bingo

- Refer to the bingo handout (download from the chat box).
- Either in a small group, or on your own, practice 4-5 CRM strategies until you get a bingo.
  - Note: you can use this Bingo activity with staff, youth, or others as an engaging way to practice these new skills.

Strategies For Self-Care

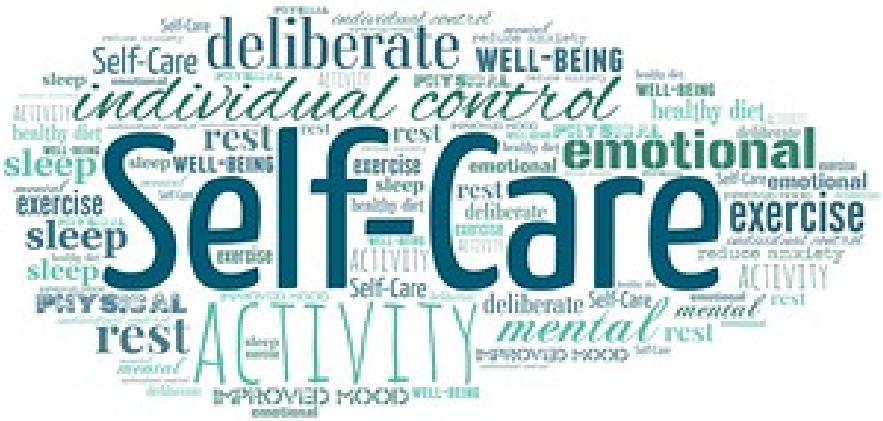
Creating a Self-Care Plan

1. What are you doing already 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?

3. 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 that could strengthen your resolve to improve your self-care plan and stay with it.



Creating Community Change

1. How could you use CRM Skills in your community?

2. What steps would you need to take first to begin to use CRM Skills in your community?

3. What strengths does your community have that would support bringing CRM Skills to more people?

4. What challenges would you expect?

5. When can you start and with whom?

iChill Info

www.ichillapp.com

www.traumaresourceinstitute.com

Supporting Self-Care

- Intellectual
- Physical Body
- Emotional/Mental
- Social/Relationships
- Environment
- Financial
- Occupation/Vocation
- Spiritual/Values

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Check-In: Know How It's Going

- Wellness Wheel Assessment and Action Plan
  - https://umatter.princeton.edu/sites/umatter/files/media/princeton-umatter-wellness-self-assessment.pdf

- Professional Quality of Life Survey
  - https://www.proqol.org/uploads/ProQOL_5_English_Self-Score_3-2012.pdf

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What strategies have your organization found to be helpful to staff?

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Questions

Wrap up

What is your next step?

Rachel Galanter, MPH-Masters Public Health
Executive Director

Exchange Family Center

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Habla Español!

Thank You

Reimagining Challenges: How to Capitalize and Expand Programming during COVID-19

Virtual Topical Training

February 9 - 11, 2021

U.S. Department of Health and Human Services
Administration for Children, Youth and Families
Family and Youth Services Bureau
Adolescent Pregnancy Prevention Program

APP Updates

Pending FOAs and Approximate Funding Available

- State PREP – $55.25 million
- Competitive PREP –$10 million
- PREP Innovative Strategies (PREIS) – $9.7 million
- Tribal PREP - $3.25 million
- GD-SRAE - $12 million
- Title V Competitive SRAE - $10 million

Visit https://www.grants.gov for forecast information

- FAQs on updated COVID-19 Flexibilities are forthcoming

2021 Annual APP Grantee Conference (Virtual)

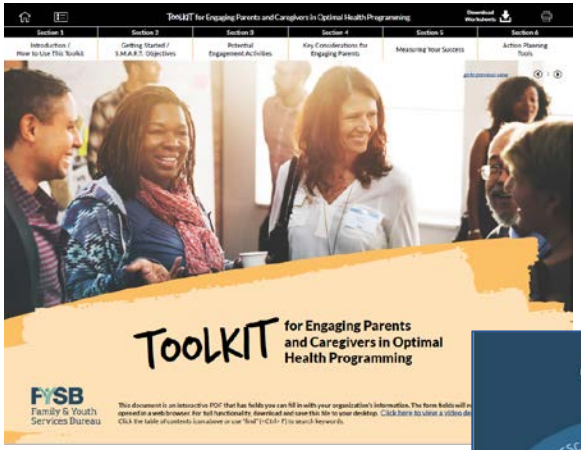
Creating Diamonds During Times of Great Pressure

June 14 – 17, 2021

Abstract submissions for workshop, panel, spotlight, and poster sessions now open! For more information and online submission, visit https://bit.ly/3jHt51S.

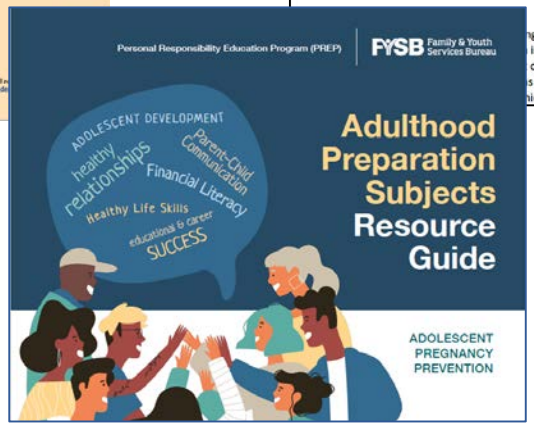
Deadline: March 12, 2021 at 11:59 PM (EST)

New APP and PREP-Specific T&TA Resources on the Exchange

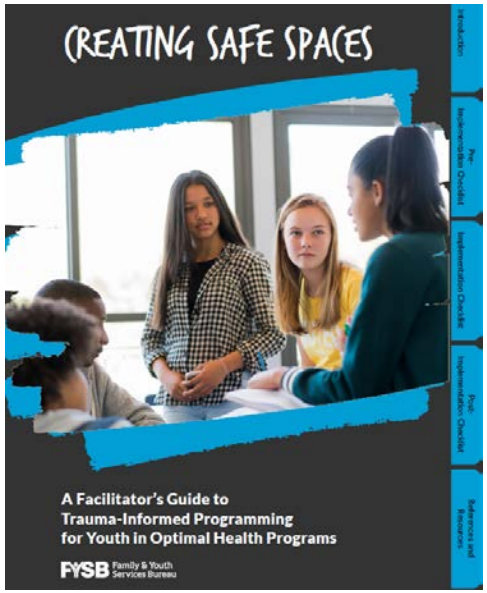


Toolkit for Engaging Parents & Caregivers in Optimal Health Programming

Tip Sheets



APS Resource Guide



Creating Safe Spaces Facilitators Guide & Resource Handouts

Youth-Focused Products/We Think Twice Campaign

Live on the We Think Twice Website

QUIZZES

- *Check Your Reality*
- *Perfect Person*
- *Real Cost of Caring for a Baby in Your Teen Years*
- *Planning Today for a Better*

LISTICLES

- *6 Secrets to Becoming an Inspiring Teen Leader!*
- *Your Goals. Your Future: 4 Steps You Can Take Today to Prepare for Tomorrow*

VIDEO

- *Dreams Over Drama*

MOTIVATIONAL SPOTIFY PLAYLIST

- *Changemakers Playlist*

PLANNER

- *Goal-Setting Planner*

INFOGRAPHIC

- *Write a Winning Resume*

GAME

- *Healthy Relationships Challenge*

CONTSESTS

- *Motivational Quotes*
- *Create Your Future National Art*

MATCHING ACTIVITY

- *Find Your Mentors*

Under Development

VIDEOS

- *Our Goals, Our Lives* (inspiring stories)

Don’t Forget Your Evaluation!

Final Announcements

Thank you!