

THE COMMUNITY RESILIENCY MODEL (CRM)[®]

CRM is a set of biologically-based wellness skills aimed to re-set and stabilize the nervous system.



WHY?

HUMAN BEINGS HAVE COMMON, BIOLOGICAL REACTIONS TO STRESSFUL AND TRAUMATIC EVENTS.

We can learn to read our nervous system and bring it back into balance through practicing the CRM skills.



WHAT WILL I LEARN?

1. Participants will identify the autonomic nervous system and its relevance to trauma.
2. Participants will identify one or more methods of how to bring CRM skills into the community.
3. Participants will identify the three organizing principles of the brain
4. Participants will identify two or more ways CRM skills can help stabilize the human nervous system
5. Identify the 6 basic skills of the CRM



WHO?

Teachers,
Administrators,
Agency Staff,
Law Enforcement,
Support Staff,
Anyone that works
with people!



GOALS OF CRM:

- To learn simple biologically based skills, based upon current neuroscience, to help individuals get back into balance in body, mind and spirit.
- To educate about common reactions resulting from individual or communal traumas/stresses such as poverty, racism and family violence.
- To reduce common human reactions related to stressful/traumatic experiences.
- To shift perceptions that reactions are biological rather than mental weakness in order to reduce shame and increase hope.
- To encourage individuals to integrate wellness skills into their daily life.



Funding from the Office of Great Start within the Michigan Department of Education supports the implementation of Great Start

QUESTIONS?

Contact Stephanie at
szann@sjcisd.org



WHEN?

Intro to CRM: August 22, 2023 1- 3pm

AND want to go deeper...

Full One-Day Training: November 17th 9am- 3pm

**SCECHS available for the full day training
(MiRegistry)**

**At St. Joseph County ISD
62445 Shimmel Rd, Centreville**

[Click here to register](#)