

Let's Come Together, Let's CRM Together

Community Resiliency Model

Program Description

The Community Resiliency Model (CRM) develops a shared understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased by helping ourselves and others through simple wellness skills. Through CRM, individuals learn to read sensations connected to their own well-being and to expand their capacity to return to their resilient zones.

Program Objectives

Upon completion of this workshop, participant should be able to:

- Explain the impact of trauma and chronic stress on the nervous system.
- Outline wellness skills that allow individuals to return to their resilience zone.
- List tools that create positive sensations that could be of use when feeling triggered or dysregulated.

Target Audience

Professionals who work in health, parent education, mental health or substance abuse and community members

Contact Hours

1.5 - 3.0 contact hours

Program Agenda/Topic Areas

- Community Resilience Model key concepts and skill exploration
- Developing a Plan for Mitigating Risk in Your Role in Your Community
- Questions and Wrap Up

Faculty

Rachel Galanter, MPH, is El Futuro's Technical Assistance and Consultation Lead. A NC Parenting Education Network Certified Parenting Educator, she has over 25 years of experience with children, youth, and families. She uses Motivational Interviewing, the Community Resiliency Model, and Biofeedback to help families address the ambivalence, stress and emotional issues that can be barriers to making change. She has employed proven models— Attachment Bio-Behavioral Catch Up, SafeCare, Language Is the Key, Triple P and Parent Child Interaction Therapy—to improve relationships between caregivers and children. Since 2002, Rachel has served as a task supervisor or field instructor for students in the MSW program at the School of Social Work. A trainer certified by the Motivational Interviewing Network of Trainers and Trauma Resource Institute, she provides training and coaching to professionals on parent engagement, coaching, self-care, and cultural awareness to help other agencies engage clients who need support but are ambivalent about making change or getting professional support. In addition to her professional work on behalf of families, Rachel was a foster parent for a decade and added two daughters (and now four grandchildren) to her family from that time.