

# **Community Resilience Model (CRM) Training**

## **Program Description**

This program is designed to introduce the concepts of the Community Resilience Model (CRM). We will build skills to regulate our nervous systems and reset the system's natural balance. These skills are beneficial not only for our clients, but also for ourselves as helpers. an understanding of trauma and an awareness of the impact it can have across settings, services, and populations. We will move from awareness to action to examine 6-core principles of trauma informed care and what it "looks like" to integrate these concepts into action in our work environments.

## **Program Objectives**

Upon completion of this program, participants should be able to:

- Explain how CRM skills are based upon current neuroscience.
- List five common reactions resulting from trauma and stress.
- Describe how CRM reduces trauma symptoms.
- Demonstrate how to use the six skills of the Community Resiliency Model.

## **Target Audience**

This workshop will be beneficial to all service providers, schools, first responders, healthcare professionals, including psychologists, social workers, marriage, and family therapists, licensed professional counselors and substance abuse counselors.

## **Program Agenda**

9:00 AM	Demystifying Trauma: Prevalence and Impact
10:30 AM	Break
10:45 AM	Trauma Informed Care: Six Core Concepts
12:15 PM	Adjourn

## **Contact Hours**

3.0 hours

## **Faculty**

**Kelly Graves, Ph.D.**, is a licensed clinical psychologist in the state of North Carolina. After serving as a tenured Associate Professor for a combined almost 16 years at UNCG and North Carolina A&T, Dr. Graves decided to pursue her passion of bridging research and practice by hanging up her academia hat and founding Kellin, PLLC and its non-profit partner the Kellin Foundation. Since that time, the Kellin Foundation has been named a partner with the National Child Traumatic Stress Network (NCTSN) for its expertise in community-based trauma recovery for children and families, which is the second site in the state of North Carolina behind Duke University. Dr. Graves is a consultant with the United States Department of Justice and has been invited to the White House under the Obama Administration to participate in think tank efforts around building community resiliency. She is also a training consultant with the UNC-CH School of Social Work's AHEC

Training Partnership. She has successfully implemented dozens of large-scale grants totaling over \$10 million dollars focused on community change and is an accomplished scholar with dozens of peer-reviewed publications, books, and book chapters. She developed the Greensboro Child Response Initiative, which is nationally recognized as a model by the US Department of Justice for best practices in responding to children exposed to violence. Her awards include the American Psychological Association Division 56 Trauma award, the Triad Business Journal Top 40 Leaders Under 40 award, named as a Top Psychologist award with the International Association of Health Care Professionals, and several others. In her free time, she loves to spend time with her family and friends, cheering on her favorite sports teams, and reading.