

## TRI's Community Resiliency Model Projects

The Community Resiliency Model (CRM), a biologically-based model that is derived from TRM, has been developed specifically for communities in which there are large numbers of disenfranchised and “at risk” populations. CRM is accessible and relevant to many diverse groups for whom insight-oriented approaches may not be desired or effective. The goal of CRM is to help create healthier, more resilient communities.

CRM projects create a network of community-based agencies that are “trauma informed” and incorporate skills for self-regulation that can be used with adults and children. Included in CRM projects are 1) an orientation to the biological basis of trauma, 2) use of training protocols that have been tested, refined, and utilized with different racial and ethnic groups, 3) CRM training for both clinicians as well as non-clinicians and paraprofessionals, 4) train-the-trainer programs, and 5) delivery of CRM education and training programs at the grass-roots level, including stabilization and affect management skills, to consumers, family members, and the community by CRM-trained individuals working with inter-agency Mentors.

The Train-the-Trainer component of CRM expands the capacity of local communities to treat their own people. The interagency networking aspect of CRM creates a collaborative group of trauma-trained specialists from many parts of the community, parts which may not typically have interaction. CRM Trainers and Facilitators become Mentors to newly trained CRM Community Trainers to provide interagency collaboration, support of skills, and sustainability.

CRM projects begin with a planning process to engage all relevant stakeholders and describe the community challenges and “at risk” groups that will be the direct focus of intervention. Included in the planning process are agencies and community leaders that already serve the consumer groups of interest. These agencies/individuals have the legitimacy needed to create early momentum for CRM implementation.

A major goal of CRM projects is to provide CRM training materials and training protocols that reinforce community objectives to reduce trauma symptoms and increase resiliency in community/county individuals and families (i.e. cue cards, teaching materials, and CRM workbooks translated into relevant languages and in low literacy levels).

TRI provides follow-up support and consultation following each community training event to trainees and their agencies to insure the deepening of skills, agency buy-in, and encourage the design and implementation of programs which target enhanced community resiliency and trauma symptom reduction.

TRI also evaluates training relevance, use, and satisfaction via TRUSS (Treatment Relevance, Use, and satisfaction Scale) as well as assesses community impact via implementation interviews with relevant stakeholders at each phase of the project. Assessing the implementation issues in each phase of CRM projects allows for refinements as needed, documents issues that arise and strategies to resolve those issues, and enhances stakeholder buy-in and input. This promotes sustainability beyond the length of the project.