



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

ROY COOPER • Governor

KODY H. KINSLEY • Secretary

SUSAN G. OSBORNE • Assistant Secretary for Human Services

August 26, 2022

DEAR COUNTY DIRECTORS OF SOCIAL SERVICES

**ATTENTION: DIRECTORS, CHILD WELFARE PROGRAM ADMINISTRATORS,
MANAGERS, SUPERVISORS, AND SOCIAL WORKERS**

**SUBJECT: *Community Resiliency Model® FREE Workshops for Foster Care Staff and Resource
Parents***

REQUIRED ACTION: Information Only Time Sensitive Immediate

The Foster Family Alliance and Healthy Blue Initiative are collaborating to host introduction workshops in September 2022 for staff working with children, youth, and families in foster care and 90-minute workshops for foster/kinship/resource parents in October 2022 to learn the internationally used, biologically-based wellness skill model called the Community Resiliency Model® (CRM®). The model teaches skills and concepts to recognize and manage stress by resetting and stabilizing the nervous system. Workshop participants will learn skills to help before, during, and after stressful events and experiences as well as skills to manage activities of daily living at home and in the workplace. Workshop participants can easily share these skills with their social networks.

The workshop for professionals will take place on Friday, September 16 from 11:00 am to 12:00 pm and Friday, September 23 from 9:00 am to 10:00 am. The purpose of the workshop for professionals is to learn the foundational concepts of CRM®. The workshop is available at no cost for professionals or their organization. A flyer for registration is attached.

The workshops for foster/kinship/resource parents will be Thursday, October 6 from 7:00 pm to 8:30 pm. and Thursday, October 13 from 7:00 pm to 8:30 pm. A flyer for registration is attached.

**Information from the Trauma Resource Institute (TRI) as it pertains to the
Community Resiliency Model® (CRM®)**

CRM® trains community members to not only help themselves, but to help others within their wider social network. The primary focus of CRM® is to educate individuals about the biology and neurophysiology of trauma, stress, and resilience as well as teach simple biologically-based wellness skills, which can help reset and stabilize the nervous system. Through CRM®, individuals learn to read sensations connected to their own well-being, which Trauma Resiliency Institute (TRI) calls the “Resilient Zone.” The goal of CRM® is to help create “trauma-informed” and “resiliency-informed and focused” communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach. All published research on CRM® to date have been conducted using adult samples including nurses, other healthcare workers, social service workers, and high-

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LOCATION: 820 S. Boylan Avenue, McBryde Building, Raleigh, NC 27603

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risk, low-resourced communities. CRM® has also been effectively used internationally in over 75 countries as a means of developing a sustainable system of care where behavioral health services are often non-existent.

CRM® has been used as a response to active crises, such as the war in Ukraine, and as a post-crisis intervention where people within the community learn and then teach CRM® in their own communities. In all the above populations and intervention modalities (except for Ukraine which is not being evaluated), CRM® has been consistently effective in reducing PTSD/STS symptoms, depression, and anxiety. This finding speaks to the flexibility, usability, and cultural adaptiveness of CRM® intervention. The community-based effectiveness of CRM® was demonstrated by a State of California Mental Health Services Act Innovation Project, which yielded statistically significant reductions in depression and anxiety as well as reductions in hostility and somatic indicators.

CRM® training has been offered at the Wounded Warrior Chronic Pain Clinic at Walter Reed National Military Medical Center's Annual Conference in San Diego and Washington, D.C. The Department of Defense cited the Trauma Resiliency Model, which includes CRM® skills, a promising practice in 2011.

CRM® skills have also been incorporated into the Social, Emotional, and Ethical (SEE) Learning curriculum (i.e., an innovative K-12 education program developed by Emory University), which is bringing compassionate and ethical learning to children K-12 throughout the world.

A one-pager with additional information about CRM® can be found in the attachments.

Thank you for your commitment to supporting and engaging with children and families in North Carolina's child welfare system. Should you have questions, please contact Jessica Frisina at Jessica.Frisina@dhhs.nc.gov.

Sincerely,

Carla McNeill

Carla McNeill
Section Chief for Permanency Planning
Division of Social Services, Child Welfare
North Carolina Department of Health and Human
Services

Cc: Susan Osborne, Assistant Secretary for Human Services
Lisa Tucker Cauley, Senior Director of Child, Family and Adult Services
Adrian Daye, Deputy Director for Child Welfare Practice
Tammy Shook, Interim Deputy Director for County Operations
Kathy Stone, Section Chief for Safety and Prevention Services
Kimaree Sanders, Interim Section Chief for Regulatory and Licensing
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Attachments:

- 1.CRM® Workshop-Professional
- 2.CRM® Workshop-Resource Parents
- 3.CRM® One-Pager

CWS-45-22

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