



*TRAUMA RESOURCE INSTITUTE
2023*

*Build Resilience.
Awaken Hope.*

WHO WE ARE

The Trauma Resource Institute (TRI) is a nonprofit organization devoted to cultivating trauma-informed and resiliency-focused individuals and communities worldwide, respecting the wisdom of cultural diversity.



In 2023, we are very proud to have received Candid's Highest Seal of Transparency.

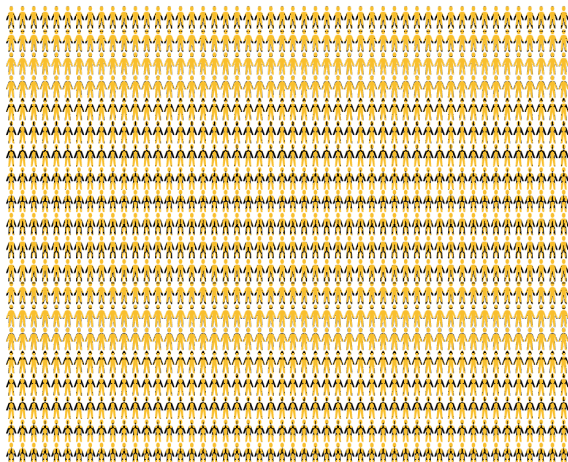
The **Platinum Seal of Transparency** is the highest level of recognition offered by Candid (i.e., GuideStar/Foundation Center), the world's largest source of nonprofit information.

This rating puts TRI in the top 0.1% of nonprofits nationally in terms of transparency.



ACCOMPLISHMENTS

STATISTICS



We have trained over **1,500** individuals from a diverse population and from many countries.

We expect to offer over \$40,000 in scholarships to those with limited resources to be able to take part in our trainings.

Health Workforce Resiliency Awards

In 2023, TRI began trainings for awardees of the Health Workforce Resiliency Awards, awarded by the Health Resources and Services Administration (HRSA).

There were four university-based organizations in the United States that included the Community Resiliency Model as one of the modalities to implement system-wide and to evaluate: Children's Hospital Los Angeles, Emory University, University of New Mexico, and the University of Alabama.

HRSA awarded the funds to be used over three years to reduce burnout and promote mental health in the health workforce. These awards, which consider the needs of rural and medically underserved communities, will help healthcare organizations establish a culture of wellness among the health workforce and support training efforts that build resiliency for those at the beginning of their health careers. CRM is one of the primary tools being used in each of these projects to promote wellness.

ACCOMPLISHMENTS

United Nations Population Fund (UNFPA), Angola

In 2023, TRI delivered two CRM Teacher Trainings to 50 Angola-based UNFPA trainees to disseminate the CRM curriculum (through formal CRM workshops) to 180 Young Adult Social Mobilizers (YASM).

These YASMs will help the UNFPA trainees deliver one-to-two-day CRM workshops and other trainings, as needed, to people in their regions and are expected to reach 6,000 youth/young adults over four years.

TRI has enlisted a team from Loma Linda University to evaluate the effectiveness of the intensive five-day CRM Teacher Training on:

1. The ability of the UNFPA trainers to disseminate the CRM curriculum to YASM;
2. YASM's subsequent integration of the CRM model into the service delivery of various youth development programs, and;
3. The use of the CRM model for personal resiliency development and distress regulation by both Angola-based UNFPA trainers and YASM.

The UNFPA funds this project and TRI has become an implementing partner for the UNFPA.

ACCOMPLISHMENTS

Ukrainian Humanitarian Relief Project

TRI continues its close association with Ukraine through EdCamp Ukraine. TRI completed two CRM Teacher Trainings for community leaders within Ukraine. Ukraine now has 50 CRM Teachers bringing wellness skills to many community stakeholders. TRI continues to consult with our EdCamp and our Ukrainian CRM teachers.

Mid-East Response since October 7, 2023

On October 9th, TRI gathered key community stakeholders in the United States, Palestine, and Israel to identify how best to respond to the tragedies unfolding. Since this time, TRI has met with identified community members who could benefit from the skills of the Community Resiliency Model.

ACCOMPLISHMENTS

Humanitarian Response

From TRI's humanitarian arm, CRM workshops have been given to:

The Sagol Center for Brain and Mind is a research center for neuroscience and is housed within the Baruch Ivcher School of Psychology at the Reichman University (IDC Herzliya). The Purple School Program implements neuroscience-informed educational paradigms and mindfulness-based social-emotional educational practices in Israeli Schools.

The American Telemedicine and Telemental Health Initiative for Israel (ATTHII) was developed to provide compassionate, accessible and culturally sensitive telemedicine and telemental health services to support the community of Israel. ATTHII offers immediate access to a team of expert pediatric, medical, and mental health professionals, ensuring that individuals and families receive care and support.

NewGround is a community-building organization that creates, connects and empowers Jewish and Muslim change-makers in America. They envision an America where Muslims and Jews are empowered to create lasting partnerships and engage in communication and mutual cooperation. They were profiled recently in the New York Times.

ACCOMPLISHMENTS

Humanitarian Response

TRI has met with its Palestinian Community Resiliency Model Teachers.

Projects are planned to bring CRM skills to CRM Teachers working in Jerusalem with Doctors without Borders.

CRM materials have been translated into Arabic. Plans are underway to translate the iChill app into Arabic, and one of the CRM Teachers has volunteered to be the voice of iChill's Arabic version.

Planning is taking place to offer regular drop-in support meetings.

ACCOMPLISHMENTS

Humanitarian Response

TRI has met with Hebrew-speaking Community Resiliency Model Teachers.

A group of volunteers have offered to translate the CRM materials into Hebrew in order to provide CRM workshops in Hebrew.

Plans are underway to translate the iChill app into Hebrew.

Planning meetings are ongoing to provide more support by offering CRM workshops.

ACCOMPLISHMENTS

Humanitarian Response

TRI has met with CRM Teachers in Hawaii, including Catholic Charities leaders.

Connections have been made with community leaders to begin offering CRM skills in workshops by CRM Teachers from the Big Island, Maui, and Oahu.

The planning is ongoing.

TRI gave support to National Red Cross leaders integrating CRM skills into their support of residents of Maui.

ACCOMPLISHMENTS

Humanitarian Response

TRI met with CRM- and TRM-trained psychiatric nurse practitioners from Vanderbilt University to provide consultation with regard to the school shooting in Nashville, TN.

Covenant School, Nashville, Tennessee. TRI, in partnership with the CRM Teachers of Vanderbilt University, provided a CRM workshop for parents in the aftermath of the shooting at the school where three children and three staff were killed.

ACCOMPLISHMENTS

Humanitarian Response

What are some of the ways in which you know CRM is being used for humanitarian disaster responses in your community or organization?

Community Check-in

CRM Refresher for Rwanda CRM Teachers

Rwanda Resilience and Grounding Organization

In February we offered a CRM Refresher for our friend Sam Habimana and his organization in Rwanda as they continue their work in using CRM to help in the reconciliation efforts among Rwandan survivors and perpetrators of the 1994 genocide.

ACCOMPLISHMENTS

TRI Community Support

Global CRM Consultations

We held a number of free Global CRM Consultations throughout the year designed to assist CRM Teachers across the globe in honing their CRM Skills and expanding their knowledge. For example,

- **CRM-trained faculty from Vanderbilt University**, in collaboration with Kevin McLeod and Elaine Miller-Karas, recounted how they were able share the wellness skills of CRM/TRM in response to the school shooting in their community of Nashville, TN.
- **Dr. Nobuku Hattori**, our first CRM Teacher to introduce CRM in Japan, shared about her experience and challenges in spreading CRM there.
- **CRM-trained faculty from Loma Linda University** discussed their implementation of the CRM-based Families, Schools, and Community Engaged Together (CRM-FASCET) program designed to support resilience, mental well-being, and distress management among teachers, students, and parents in low-resource communities.
- CRM Senior Trainer and Executive Director of Fighting Back Santa Maria Valley, **Edwin Weaver**, shared about their work in peacemaking using restorative approach in schools and the community, and how CRM enhances restorative justice practices.

ACCOMPLISHMENTS

TRI Community Support

Resiliency Pauses

Throughout the year, we host drop-in gatherings for our TRI Community where we take a “resiliency pause” to remind us all of the wisdom of our bodies.

These gatherings were offered in response to various tragic world events and were offered to provide a space for collective mourning and to help bring our thoughts and emotions into greater balance as we shared what we do to help us get through difficult times. We used the time to gather our individual and collective resources, to promote healing, peace, and compassion during such trying times.

ACCOMPLISHMENTS

TRI Community Support

Technology Enhancement

In 2023, TRI continued to update and expand our online learning portal to make the process of becoming a certified CRM Teacher more accessible and provide easier access to more resources and support to our global community of CRM Teachers.

In 2023, TRI received donations to redesign our free iChill app to accommodate more languages. Translations are currently being worked on to expand to Japanese, Arabic, and Hebrew.

ACCOMPLISHMENTS

TRI Community Support

Climate Change

The International Transformational Resilience Coalition (ITRC)

The International Transformational Resilience Coalition's mission is to promote and support comprehensive preventative initiatives in North America and internationally to proactively build psychological and psychosocial-spiritual resilience for climate change and climate change events.

TRI is a founding member and Elaine Miller-Karas, TRI's founder, is on its Advisory Board and Steering Committee.

The Community Mental Wellness and Resilience Act of 2023 was endorsed and brought to the US Congress through the advocacy of a number of prominent organizations in the US, including TRI.

ACCOMPLISHMENTS

CRM Teacher of Georgia, Dr. Jordan Murphy, created *Bridges to Therapy*, a behavioral health integration approach, designed to address Georgia's need for improved access to pediatric behavioral health services. It was launched in 2023.

First conceptualized and piloted at a free healthcare clinic in Atlanta, Georgia, *Bridges to Therapy* is both sensitive and precise, able to meet the needs of people from diverse contexts with high-quality, low-cost services.

The Community Resiliency Model was selected as a primary intervention and will be delivered to organizations, families, and individuals monthly to reach every major organization serving children, young adults, and families. Resilient Georgia, in partnership with the Georgia Department of Behavioral Health and Developmental Disabilities and the Center for Interrelational Science and Pediatrics, has launched *Bridges to Therapy*.

ACCOMPLISHMENTS OF CRM TEACHERS

Juvenile Justice, State of Georgia.

A group of CRM Teachers in Georgia led by Dr. Lindy Grabbe has launched a research project training incarcerated youth in CRM concepts and skills. Elaine Miller-Karas created a Youth Ambassador Booklet to use in this project to reinforce the skills. The Georgia Department of Juvenile Justice is a multi-faceted agency that serves the state's justice-involved youth up to age 21. This project aims to help the youth learn greater body literacy by learning CRM skills. Experiential exercises are introduced for youth to use for self-care and to share with others.

SEE LEARNING. TRI continued to offer enhancement consultation, and new employees of SEE Learning were trained as CRM teachers in 2023. TRI continues to be a consultant to Emory University's Social, Emotional, and Ethical (SEE) Learning Program through the Center for Contemplative Science and Compassionate-based Ethics developed the program, inspired by His Holiness the Dalai Lama.

EMPATICO. Elaine Miller-Karas, TRI's founder, has consulted with Empatico regarding their curriculum. Empatico has created the Empathy Framework, a unique, skill-based model for understanding empathy. This framework draws on research from a range of disciplines, including education, psychology, sociology, conflict resolution, and communication.

ACCOMPLISHMENTS OF CRM & CRM TEACHERS

First two CRM Teachers in Austria host a CRM workshop

CRM Teachers Ingrid Otepka and Gabriele Siebert were invited by the Arab-Austrian House for Art and Culture in Vienna to hold a CRM workshop for their community. The CRM workshop was held in German with interpretation into Arabic – there were more than 20 Arabic-speaking people among those in attendance.

MARA Achtsam Leben Erfahren “MARA Experience Mindful Living”

Earlier in the year, Elaine Miller-Karas presented on the Ukrainian Humanitarian Resiliency Project at the Austrian Mindfulness and Migration Conference.

CRM in Hungary

CRM Teachers and members of TraumaAmbulance Association in Hungary, Orsolya Temesvári and Petra Horvath, have been teaching CRM workshops and providing presentations as a volunteer to their organization since their training. This organization’s long-term goal is to “shape social attitudes, develop trauma-aware thinking, and make the importance of mental health appreciated at the level of society as a whole.”

ACCOMPLISHMENTS OF CRM & CRM TEACHERS

Oregon Department of Human Services Trauma Aware Program, Oregon

Trauma Aware through Oregon Department of Human Services has begun to implement plans to integrate CRM within their state through the development of a well-being program utilizing CRM for Oregon’s workforce and community, impacting around 17,000 individuals.

The program provides crucial support and trauma response services, addressing crisis response, suicide prevention, and disaster response. Key areas of focus include child abuse, domestic violence, aging population challenges, and suicide prevention/postvention. Since the Trauma Aware Cohort training, milestones achieved include creating a comprehensive guide and presentation materials, hosting 3-5 workshops monthly, and initiating a Cascading Communication Plan.

ACCOMPLISHMENTS OF CRM & CRM TEACHERS

CRM in U.S. Counties

New Hanover County in North Carolina continues to partner with TRI. TRI is proud of New Hanover County's contribution to the International Transformational Resilience Coalition in 2023 by providing testimony in meetings with the US Congress, highlighting the effectiveness of their strategies, including the use of CRM to build resiliency within their community.

Los Angeles County Department of Mental Health

CRM has been integrated into community ambassador programs throughout Los Angeles County, Department of Behavioral Health programs, and partnerships. CRM Teacher Trainings have continued to be offered in 2023 in Los Angeles County.

ACCOMPLISHMENTS OF CRM & CRM TEACHERS

School Districts, children-friendly programming, and universities have begun system-wide implementation of the Community and Trauma Resiliency Models in 2023. Here are a list of some of the accomplishments:

Virginia Tech is implementing a multi-phased program that includes the Community Resiliency Model as a major component of its residential well-being model. TRI has offered CRM Teacher Trainings and consultation during 2023.

University of North Carolina, Wilmington has provided CRM training for all of their DNPs [spell out]. They are working on deploying CRM to all faculty, staff, and students as part of a collaborative started by CRM Teacher Anka Roberto called the Well-Being and Resilience Collaborative (WRC).

Kings County School District, California has integrated TRM Training for their school counselor staff.

Vanderbilt University, Psychiatric Nurse Practitioner Program has integrated TRM training into their curriculum. They also have a number of their faculty who have become CRM Teachers.

Fresno County Schools, Blane County Schools, and Cleveland County Schools have continued to train more CRM Teachers to expand their reach within their districts.

ACCOMPLISHMENTS OF CRM TEACHERS

Arizona State University (ASU) announced that in 2021 the School of Social Work received a five-year grant from the U.S. [Substance Abuse and Mental Health Services Administration](#), funding the new National Center for Community Health and Resiliency.

In 2023, TRI trained CRM Teachers from throughout the U.S. to begin reaching one of the goals of the project, which is to train 500 community healthcare workers as Certified CRM Teachers. The Center, which opened in the Fall of 2021, serves community health workers who are seeking specialized training to deliver culturally responsive interventions to children and families experiencing traumatic stress.

These interventions are specific to children, youth, and families belonging to communities of color, emphasizing Native Americans and the Latinx populations. “The Center” will train thousands of community health workers nationwide.

ACCOMPLISHMENTS OF CRM TEACHERS

What are some of the ways in which you know CRM is being used in your community or organization?

Community Check-in

Some of the research and publication accomplishments are as follows:

Building Resilience to Trauma, the Community and Trauma Resiliency Models, Second Edition, published in 2023 by Elaine Miller-Karas.

The Community Resiliency Model is an interoceptive awareness tool to support the Populations mental wellness.

Published online by Cambridge University Press 24 July 2023, Grabbe, et al.

Building Resilience and Improving Wellbeing in Sierra Leone Using the Community Resiliency Model Post Ebola. Results indicated significant improvement in depression, anxiety, PTSD symptoms, and resiliency post-intervention, which were mostly maintained 6 months later. This suggests that CRM may be an effective way to address mental health issues that arise after disasters in low-resourced settings.

Aréchiga, A., et al.,(2023).

Building Resilience and Improving well-being in Sierra Leone using the community resiliency model post-Ebola. *International Journal of Mental Health*.

<https://doi.org/10.1080/00207411.2023.2166312>

RESEARCH ACCOMPLISHMENTS



I think this is what Nelson Mandela meant by the 'Rainbow Nation.' Learning about how to stabilize the nervous system is equality and is beyond nations, culture, religion, and ethnicity.

- CRM Teacher, South Africa



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