

Johns Hopkins Hospital Community Resilience Model (CRM) Teachers



Carolyn Cumpsty Fowler, PhD, MPH, NBC-HWC, PCC
Executive Director for Nursing Well-Being

What do you love about being a CRM teacher?
I love seeing people discover their ability to use these simple skills to manage their professional and personal stress.



Cheryl Connors, DNP, RN, NEA-BC
Program Director of Organizational Resilience

What do you love about being a CRM teacher?
I can share skills that apply to everyone and could have a great impact on our healthcare community



Matt Norvell, DMin, MS, BCC
Chaplain Clinical Manager/ JHH RISE team leader

What do you love about being a CRM teacher?
I love being able to help people develop deeper knowledge of themselves and how they can show up as their best selves in the world.



Stella Lee, MPH, CHES®
Program Administrator, Office of Well-Being

What do you love about being a CRM teacher?
One of the most fulfilling aspects of being a CRM teacher is the opportunity to connect with others whether it's through sharing practical tools for self-regulation or creating a space for reflection and healing.



Sheila Goldscheider, R.N., M.S.N.
Nurse Manager

What do you love about being a CRM teacher?
As a CRM Teacher I am able to help individuals identify ways to cope with stress, understand what resiliency means to them and the importance of resiliency to their health and wellbeing.



Carla Banks, MSN, RN, PMH-BC
Nurse Manager

What do you love about being a CRM teacher?
I love seeing people learn the skills of CRM and noticing how they do many of them naturally prior to training.



Dörte Thorndike, DrPH, MSN, RN, NEA-BC
Nursing Coordinator for Central Nursing Programs

What do you love about being a CRM teacher?
What I enjoy most about being a CRM teacher is getting to connect with people and share tools that can really make a difference in their lives.



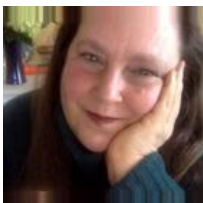
**Brandy Hope Loveless, MSN, RN, CEN
LCN**

What do you love about being a CRM teacher?
I really enjoyed the fact that the process is tailored to fit individuals and that there isn't judgment about the tools that help.



Clint Morris, RN, NEA-BC
Assistant Director of Nursing

What do you love about being a CRM teacher?
I love being a CRM teacher because it aligns with my commitment to well-being—both mine and others'.



**Laurie Rome, RN, BA, BSN Lead Clinical Nurse
Pediatric Oncology Nurse**

What do you love about being a CRM teacher?
I truly believe that when each of us nurtures our capacity to navigate and modulate our own nervous system, that we come together to form groups and communities that are more even-keeled, thoughtful, safer, kinder, and stronger.



Betsy Zink, PhD, RN
Clinical Nurse Specialist

What do you love about being a CRM teacher?

I love that the model techniques are person-centered and are easily applied in our fast-paced clinical environments.
