

## **JHM Approach to The Community Resiliency Model (CRM)® developed by the Trauma Resource Institute Training**

The Johns Hopkins Medicine Office of Well-Being is proud to offer The Community Resiliency Model (CRM)® developed by the Trauma Resource Institute training to all staff across Johns Hopkins Medicine. Whether you are seeking a brief introduction to CRM skills or are deeply committed to learning the model’s foundational concepts and practices to serve as a practice partner, our certified CRM teachers are here to support your learning.

While in-person workshops provide the most immersive and impactful experience, virtual sessions are also available to ensure accessibility for all staff. Our approach is intentional: we aim to equip individuals and teams with practical skills that promote stress regulation, resilience, and well-being. We encourage groups who train together to continue supporting one another beyond the workshop—integrating CRM skills into both their professional interactions and personal lives.

<b>CRM Session</b>	<b>Details</b>
<b>CRM Introduction (60-90 minutes)</b>	Provides a foundational overview of CRM, introducing the “Big Three” or all six CRM skills, along with the concept of the Resilient Zone. Ideal for first-time learners or those seeking a high-level understanding.
<b>CRM Foundations (3-4 hours)</b>	Covers all six CRM skills with guided practice, development of a personalized resiliency plan, and discussion of real-world applications in professional and personal contexts.
<b>CRM Practice Partners (Full day)</b>	A deeper, immersive exploration of all six CRM skills with extensive practice opportunities. Includes resiliency plan development, application discussions, and structured partner-based skill reinforcement.