



HEARTSPACE CLINIC

Resiliency Informed Services



- Nonprofit organization
- Mission: To provide trauma and resilience education, training, consultation and counseling to children, families, organizations and the community at large.
- Vision: A community united and empowered to compassionately grow resilience in all its members and groups.



RESILIENCE

- **Resilience is all about the nervous system**
 - Best case scenario is to have a nervous system that stays within a healthy range of arousal and settling without getting stuck in over or under-activation
 - *This happens on a sensory level. It is not a cognitive process.*



PROMOTING RESILIENCE IN CHILDREN

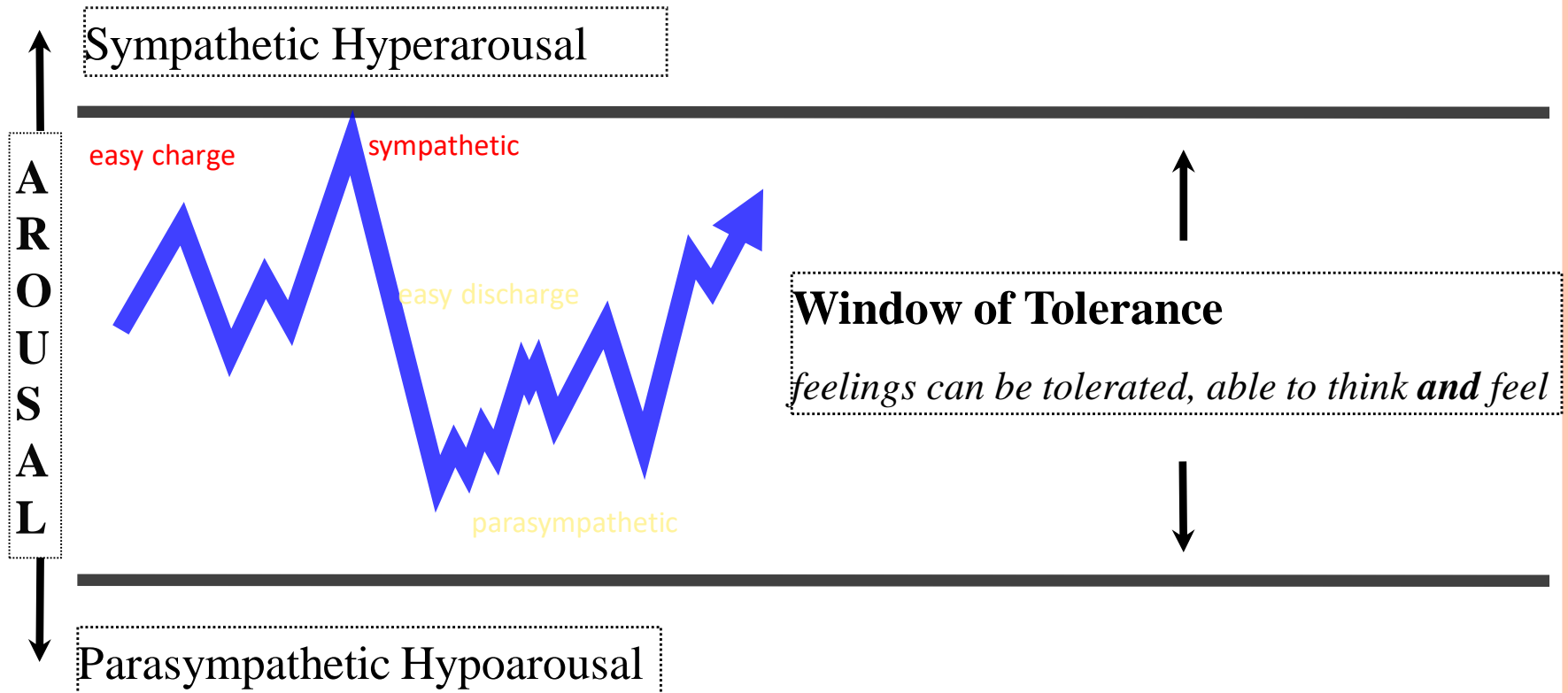
- Healthy relationships with competent, caring, supportive adults
- Connections with positive role models or mentors
- Having their strengths and abilities acknowledged and cultivated
- A sense of control over their lives
- Being part of a community (e.g., family, scout troop, church, etc.)



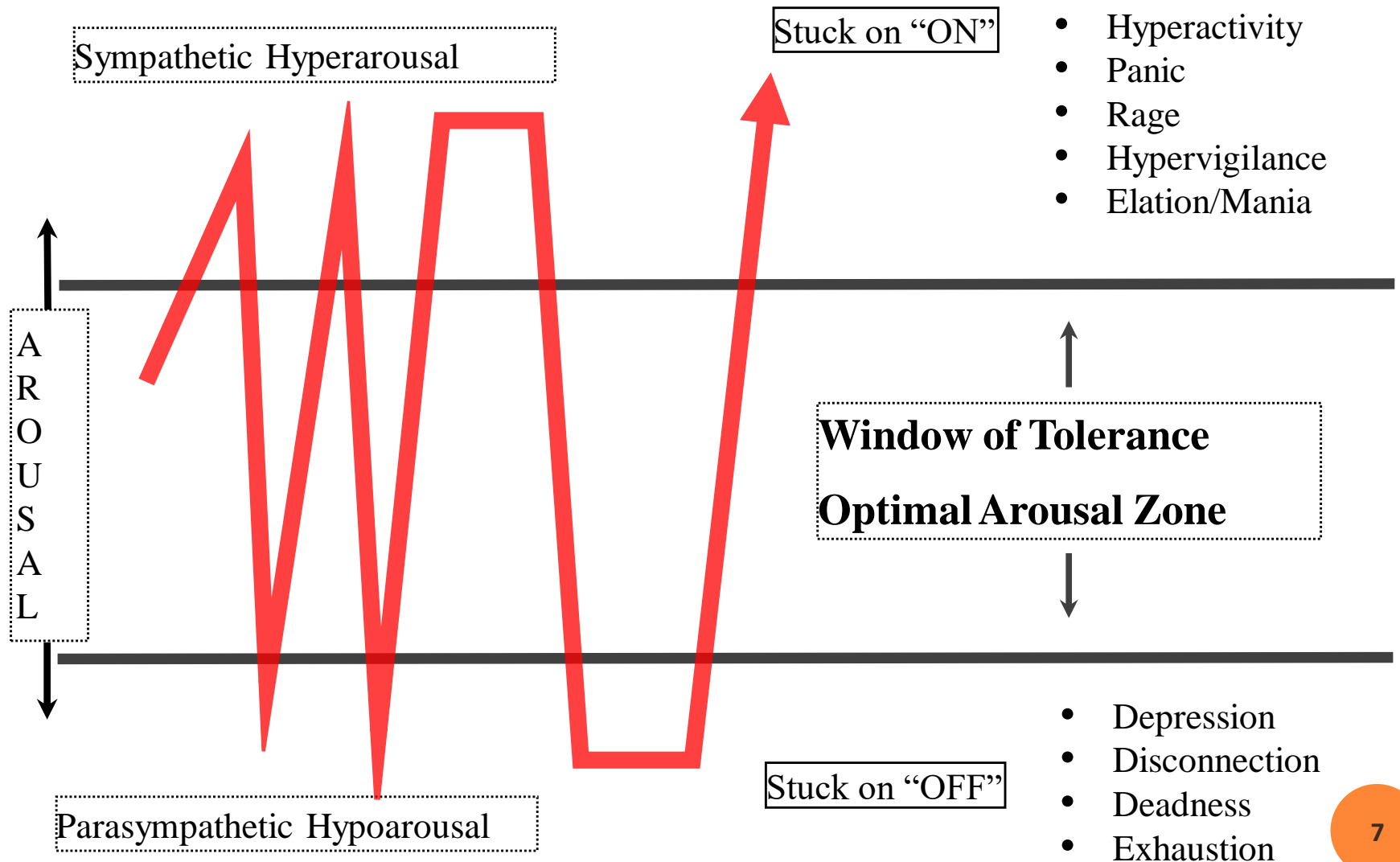
But what if the adults
are not resilient?



Autonomic Arousal is Designed to Adapt to Environmental Demands



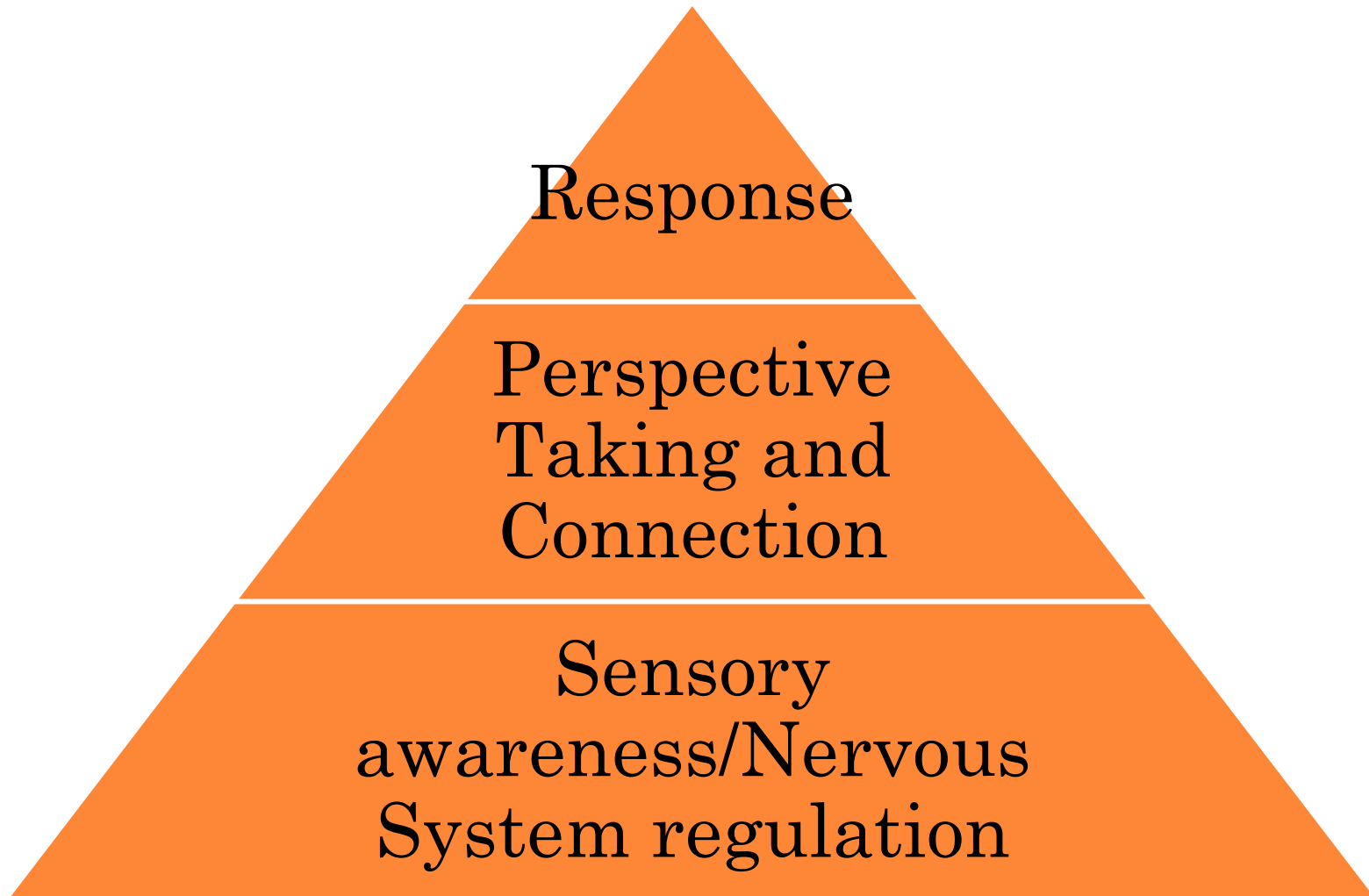
Autonomic Adaptation to a Threatening V



We **HAVE** to help the
adults – including
(especially) ourselves – if
we want to help the
children



COMPONENTS OF AN ADEQUATE BEHAVIORAL RESPONSE SYSTEM



The Community Resilience Project



PARTNER WITH THE TRAUMA RESOURCE INSTITUTE (TRI)

- TRI's purpose:
 - To cultivate trauma-informed and resiliency-focused individuals and communities worldwide
- TRI has developed:
 - Trauma Resiliency Model® (TRM®)
 - Community Resiliency Model® (CRM®),

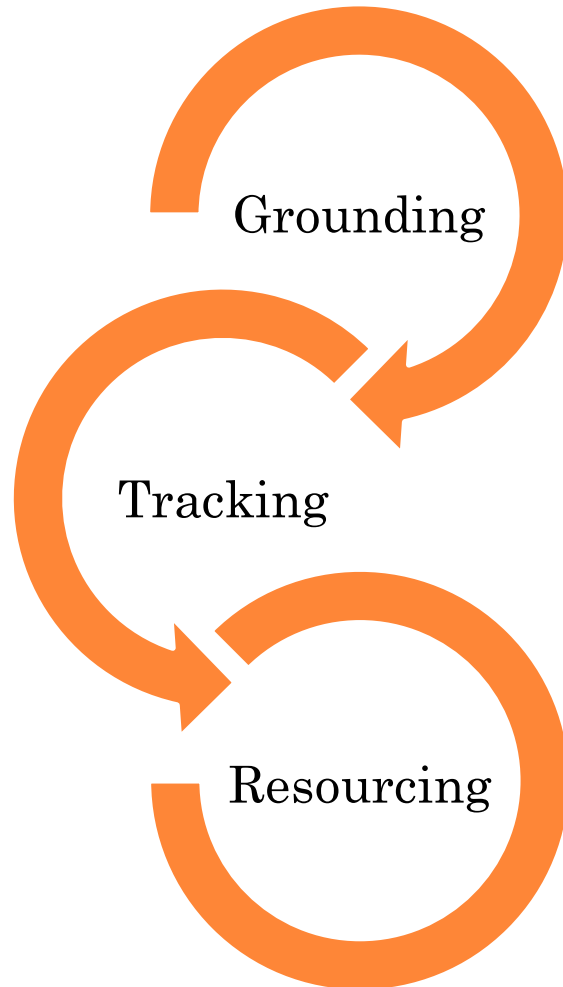


PARTNERING WITH THE TRAUMA RESOURCE INSTITUTE

- TRM® is oriented toward mental health professionals
 - Includes an expanded component that teaches trauma resolution skills for specific traumatic incidents
- CRM® takes on a public health focus
 - Can be taught to any interested community member
- A Teacher Training curriculum has also been developed for CRM® to promote capacity-building and sustainability in communities



BASIC 3 CRM SKILLS



TRACKING IS FOUNDATIONAL

- Tracking – paying attention to sensations
- Foundation for stabilizing the nervous system in any situation
- Helps children and adults learn to differentiate between sensations of distress and sensations of being settled
- We tend to pay much more attention to sensations of distress (anxiety)
- As a result we miss the opportunity for noticing sensations of well being
- Tracking these leads directly to nervous system settling (rest/digest)



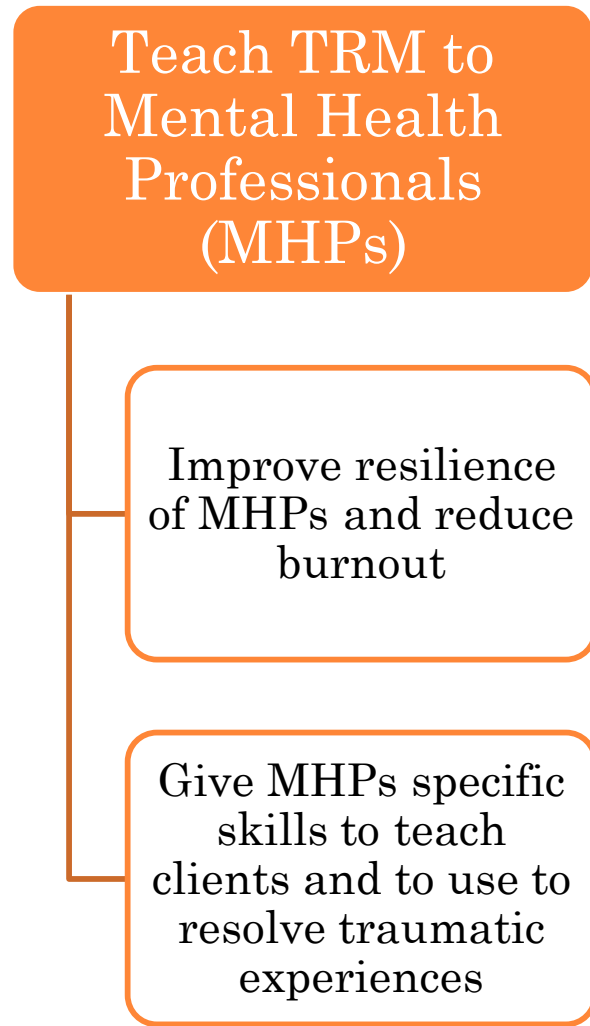
RESEARCH INFORMED

- State of California Mental Health Services Act of 2013
- Goal was to bring CRM to seven marginalized
- African American, Latino, LGBTQ, Pacific-Islanders-Asian, Native American, high risk youth, Veterans
- Statistically significant decreases in depression, hostility, anxiety and somatic symptoms
- Statistically significant increases in reports of relaxation, contentment and somatic well-being



COMMUNITY RESILIENCE PROJECT

FIRST LEVEL INTERVENTION



COMMUNITY RESILIENCE PROJECT SECOND LEVEL INTERVENTION

Develop CRM
Teachers
Goal = 160

Spread CRM
Goal = 160
teachers teach
5 groups of 20

16,000
community
members learn
CRM skills



And in other news.....



TECHNOLOGY ENHANCED TREATMENT PROJECT

- HeartMath (HM) - 5 to 6 weeks – once per week
- Safe and Sound (SSP) - 5 days in a row for 1 hour
- Evidence based
- Free
- Randomly assigned to HM, SSP or both
- Incentives
- Boone county children or adults with children under the age of 18
- History of trauma
- Pre, post and post questionnaires

Funding provided by Children's Services Fund



HEARTMATH (HM)

- Biofeedback
- Targets Heart Rate Variability (HRV)
 - A measure of neurocardiac function that reflects heart-brain interactions and autonomic nervous system dynamics
 - Associated with many physical and emotional signs of good health and resilience
- HM teaches tools to impact HRV while providing real time feedback via an ear piece that measures HRV
- Special programming for children



SAFE AND SOUND

- Based on Stephen Porges' Polyvagal Theory
- 5 day sound based auditory intervention
- Reduces stress and auditory sensitivity
 - Based on data that suggests that auditory sensitivity is a function of, and contributes to, an overactivated sympathetic nervous system
- Reduces sympathetic activation – fight/flight
- Allows for more social engagement due to improving parasympathetic activation
- By dampening the sympathetic activation – child or adult is more open to other therapeutic interventions



CONTACT



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