



OHIO PROGRAM *for*  
**CAMPUS SAFETY  
& MENTAL HEALTH**  
A NEOMED CCoE

## OPCSMH 2024-2025 Webinar Series

# **INTRODUCTION TO THE COMMUNITY RESILIENCY MODEL (CRM)<sup>®</sup>: ACCESSIBLE SKILLS TO SUPPORT MENTAL HEALTH AND CAMPUS SAFETY**

Join us for a 90-minute webinar introducing the Community Resiliency Model (CRM)<sup>®</sup>, a novel, evidence-informed approach to managing stress and the effects of trauma. CRM consists of 6 easy to learn skills designed to enhance wellbeing and alleviate mental distress; serving as both a recovery and a preventative tool, this model is especially helpful for populations facing environmental, political, and social challenges. During this interactive session learners will gain knowledge of and practice techniques to increase personal well-being, and these can be used with others. CRM is trauma informed and encourages communities to interact through a trauma-informed and resiliency-focused lens. It can serve as an excellent complement to existing crisis intervention and well-being programs. By normalizing human responses to stress and trauma, CRM reduces mental health stigma and increases capacity for self-care, thereby strengthening campus communities.

### **TIME**

January 28th, 2025

12:00pm-1:30pm EST

\*\*\*Special extended time\*\*\*



### **SPEAKERS**

Shelby A. Collins DNP, NP-C, Emory University,  
Ingrid Duva, PhD, RN, Emory University

**REGISTER NOW**

Questions?

Contact us at [opcsmh@neomed.edu](mailto:opcsmh@neomed.edu)

