



HELENE & MILTON DEBRIEF & RESILIENCE RESET

Disaster Mental Health is about
a LOT more than just talking about what
happened...

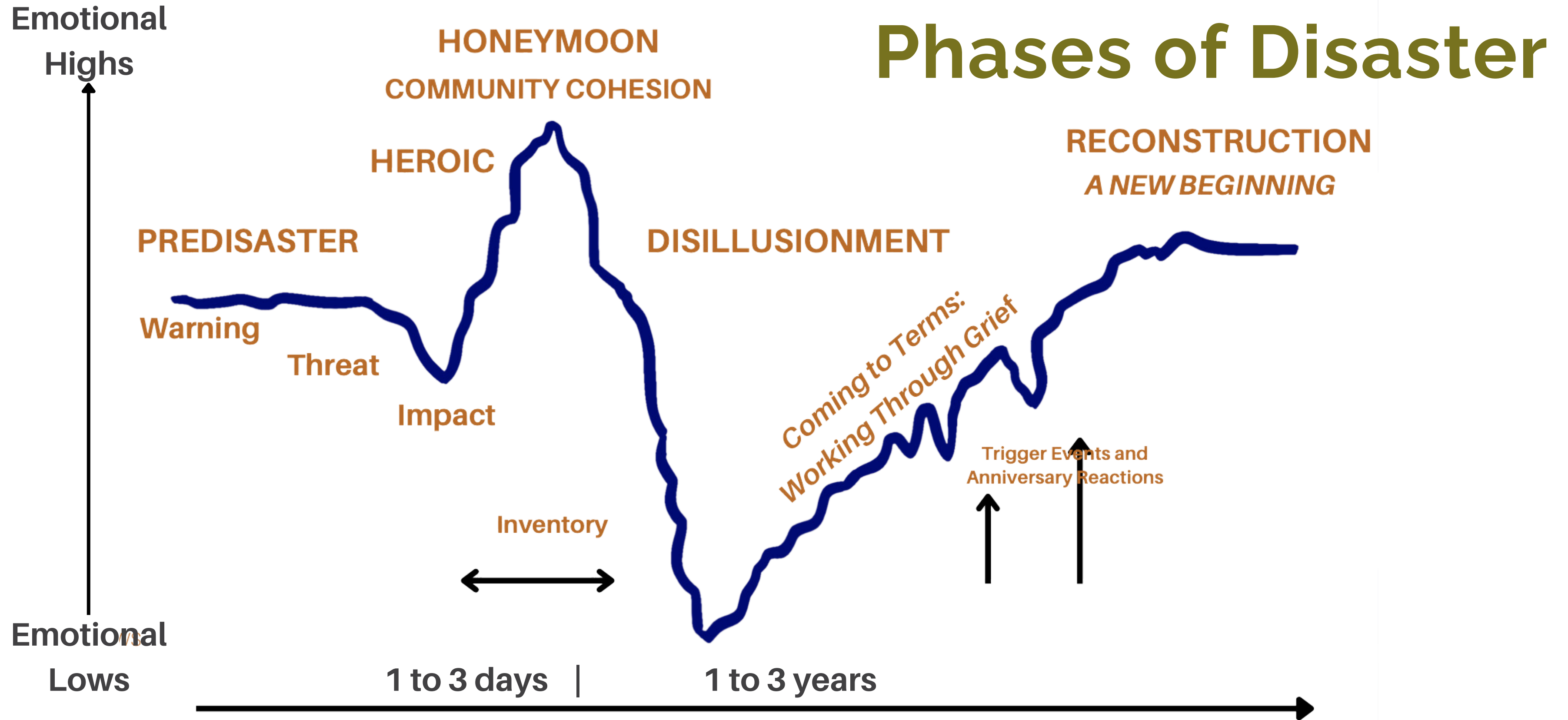
in fact... sometimes talking about it doesn't
help, just brings it up **EVEN MORE!**



Let's look



RIDING THE EMOTIONAL ROLLERCOASTER





Capacity Path © 2023

Community Crisis Stabilization CCS uses body-based mental health interventions to provide structured accessible means to repair a community, reducing social costs & accelerating healing.

Survival Reflexes / Reactions / Responses

FIGHT

Like we are
SPRINGLOADED!



FLIGHT

Checked out or
literally on the
ESCAPE route!



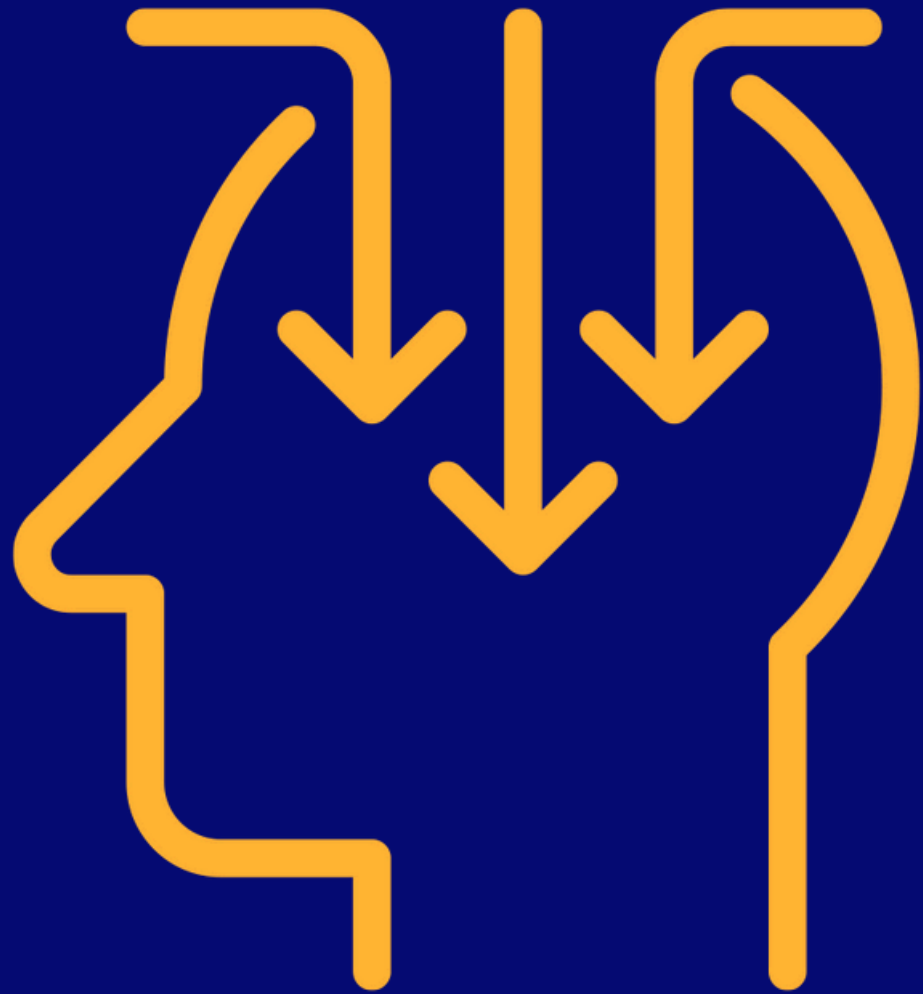
FREEZE

Still waters run
deep? Are they
calm... or frozen?
SOLID or FLOP?



The wounding happens when we feel

HELPLESS



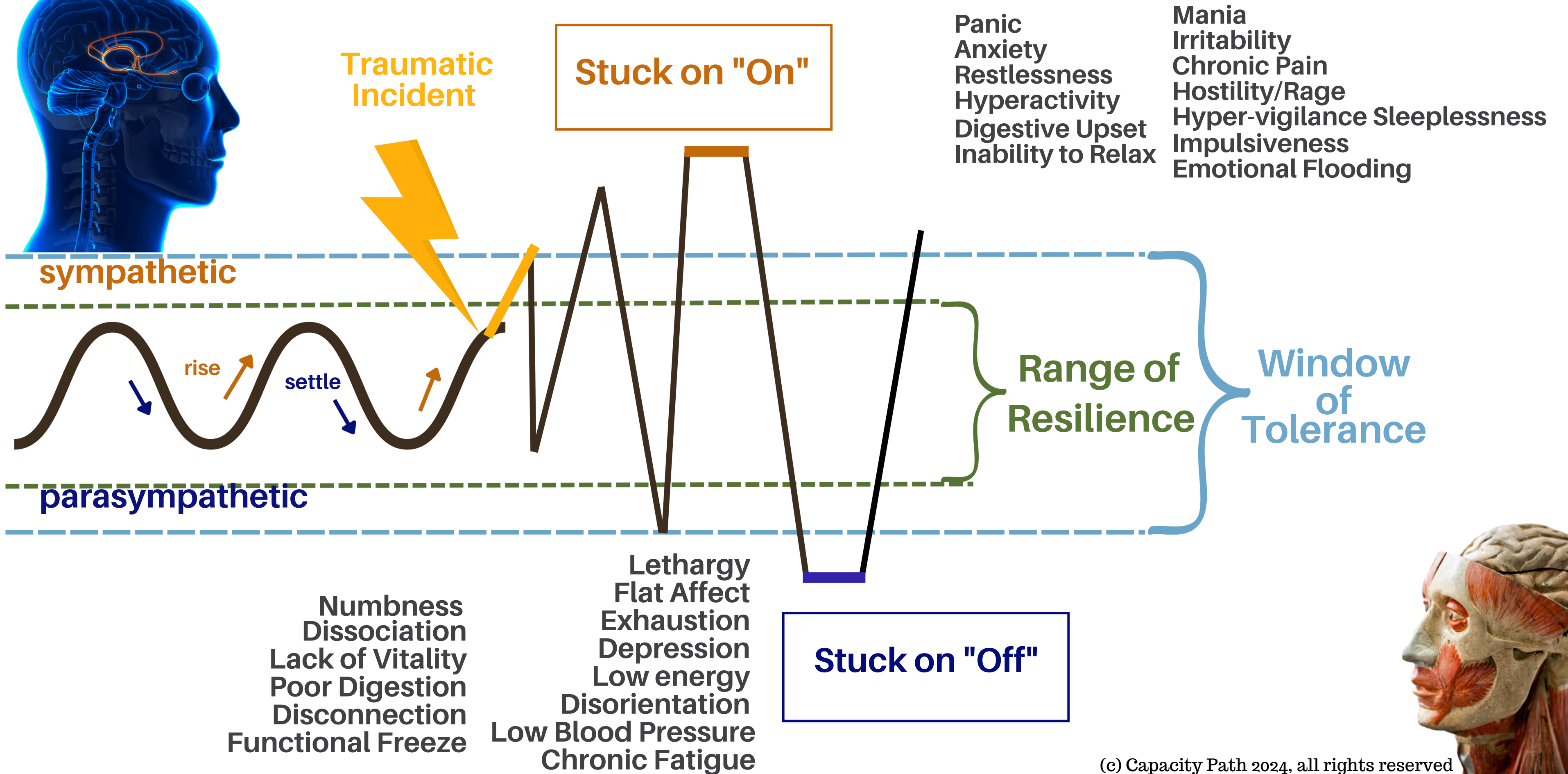
The healing happens when we feel

EMPOWERED



OUR BODY SYSTEMS GET STUCK ... UNTIL WE UNSTUCK THEM

*Attribution: Adapted from works of Dr. Dan Siegel and Dr. Peter A. Levine



PRACTICES TO GET UNSTUCK

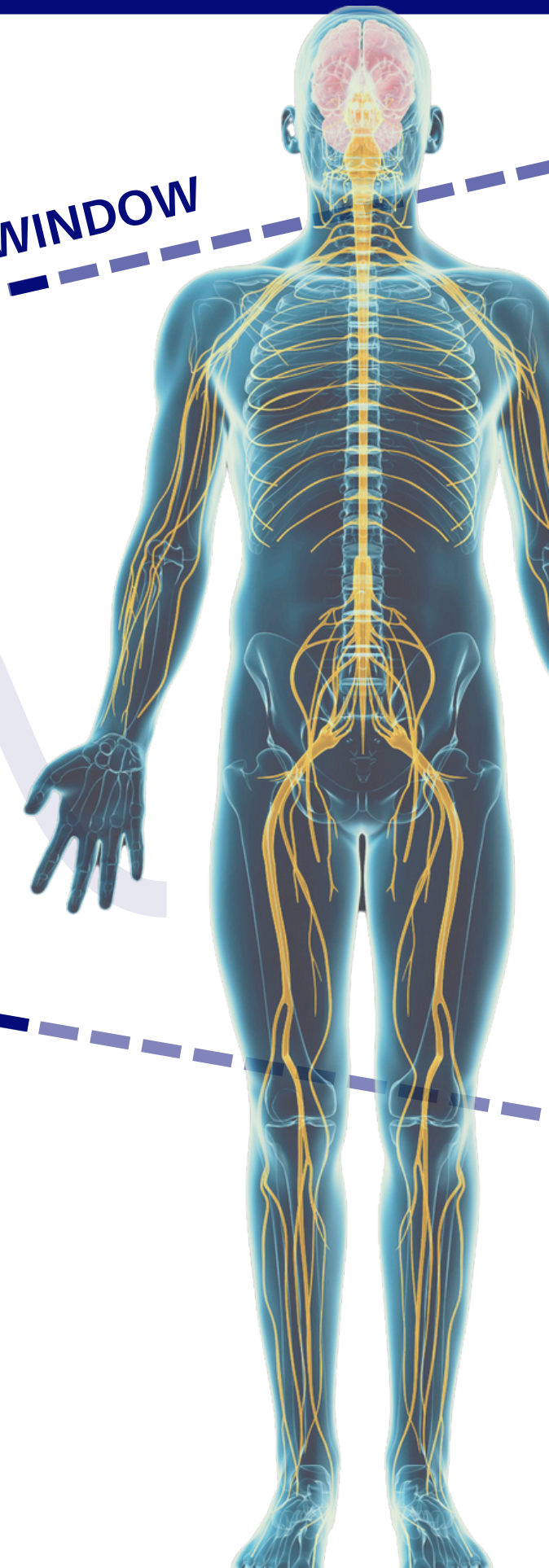
WAYS TO DOWN REGULATE WHEN STUCK ON HIGH

1. Orient to senses - see, touch, hear, smell - expand
2. Support back, adrenals - cross arms, pull inward
3. Repeatedly tighten and release core muscles
4. Breath pacing- slow, gentle breathing

WIDEN THE WINDOW

WAYS TO UPLIFT & ENERGIZE WHEN STUCK ON LOW

1. Move spine- rotate shoulders forward and backward
2. Rotate joints- wrists, ankles, fingers
3. Hasten breath pace, lengthen inhale / short exhales
4. Shake out hands, flicking force off fingertips



Everything settles back into its own rhythm and balance over time.



SIMPLE EXERCISES FOR STABILITY AND BALANCE

Subtle mental health supports in Crisis-informed Care
use the body to modulate someone's interior experience

- **Stealth Sciatic Sympathetic Charge Settling - "walk with me"**
- **Bi-lateral stimulation - rocking, or hand squeezing - L to R to L**
- **Deliberate Breathing - pace up and down with intention**



Calm Down!!

Practice, Practice, Practice



COMMUNITY CRISIS STABILIZATION TACTICAL TOOLKIT

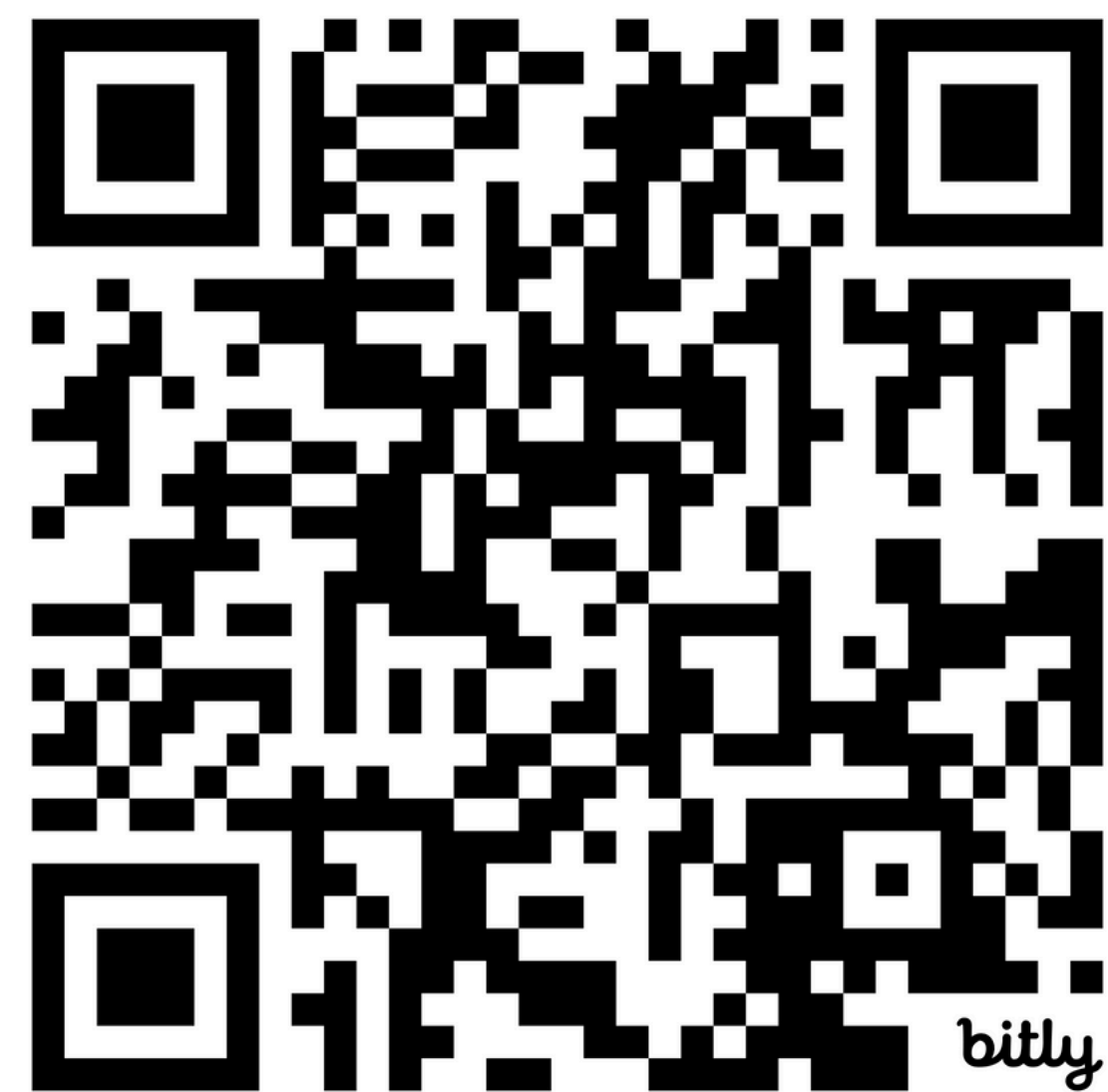
EMPOWERING POSTURES

Release saratonin and testosterone to achieve a sence of power and capability with bilateral stimulation and shifting the center of mass



We got this. You got this. Let's get this.





Capacity Path *Relief*



**WE ARE
MOVING
FORWARD**
(all the time)

