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Capacity Path is a Public Health and Disaster Response organization that provides community crisis stabilization teams, psychosocial support, and crisis-informed care resiliency programs.

In the past years of many-layered crises in global public health, and catastrophic events, CP has been developing a novel curriculum to rapidly adapt emerging evidence-based somatic modalities to relieve traumatic impact in the midst of the crisis onset, reducing the potential for long term post-traumatic stress.

Brighter. Stronger.

1



Intention / H&H Sessions Goal Statement

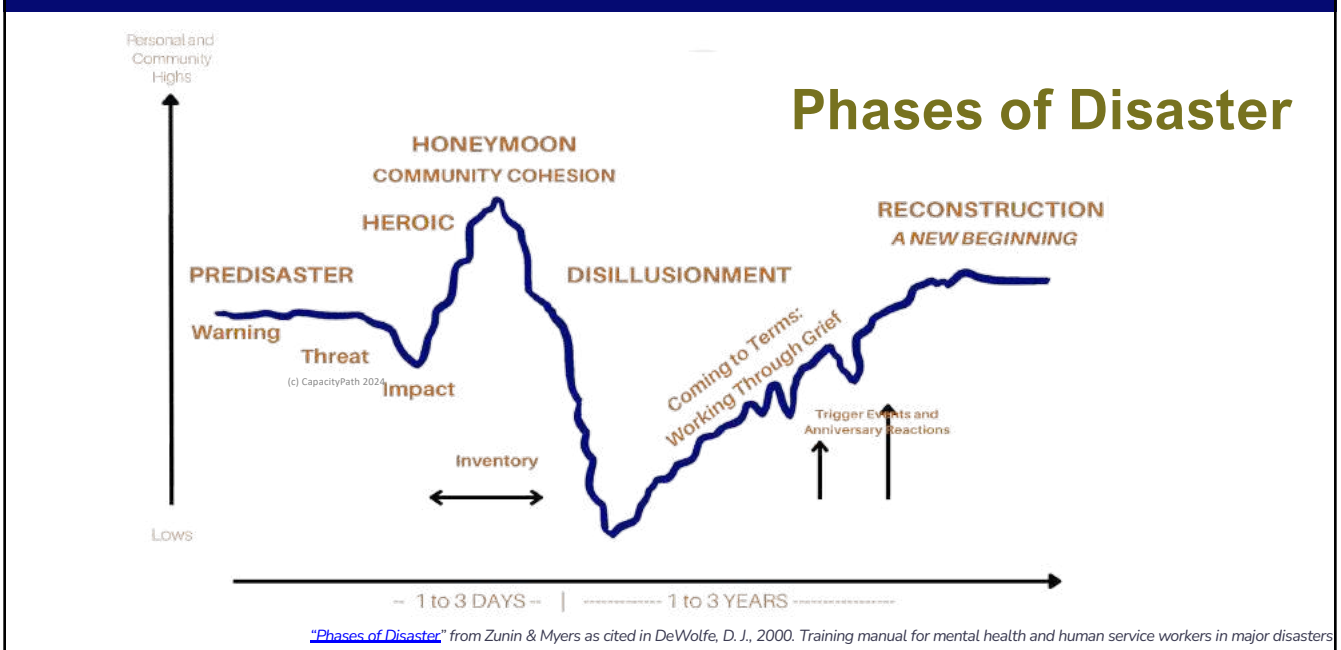
Create access to a pioneering conversation for mental health that empowers people to help themselves and others with integrative emerging evidence-based approaches to endure and **thrive**

- Introducing a framework (Crisis-informed Care)
- and a functional modality (Community Crisis Stabilization)
- with a visit to our task force success and programs for collaboration

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Crisis-informed Care emerged out of disaster mental health



3

URGENT

Ambulance

Surgery Discharge

All Deliveries

Cancer Center

High stress professions have a constant experience of navigating intense stress

Distress becomes who we ARE

4

Via | webex by cisco
Port Charlotte, FL
6:42 AM ET

BREAKING NEWS
STAFF SCRAMBLE TO SAVE PATIENTS AS IAN RIPS THROUGH HOSPITALS

TROPICAL STORM IAN Tampa, FL
WIND SPEED 22 MPH WIND GUSTS 37 MPH
NEW DAY

#CrisisLife can bring out our best... until it doesn't.

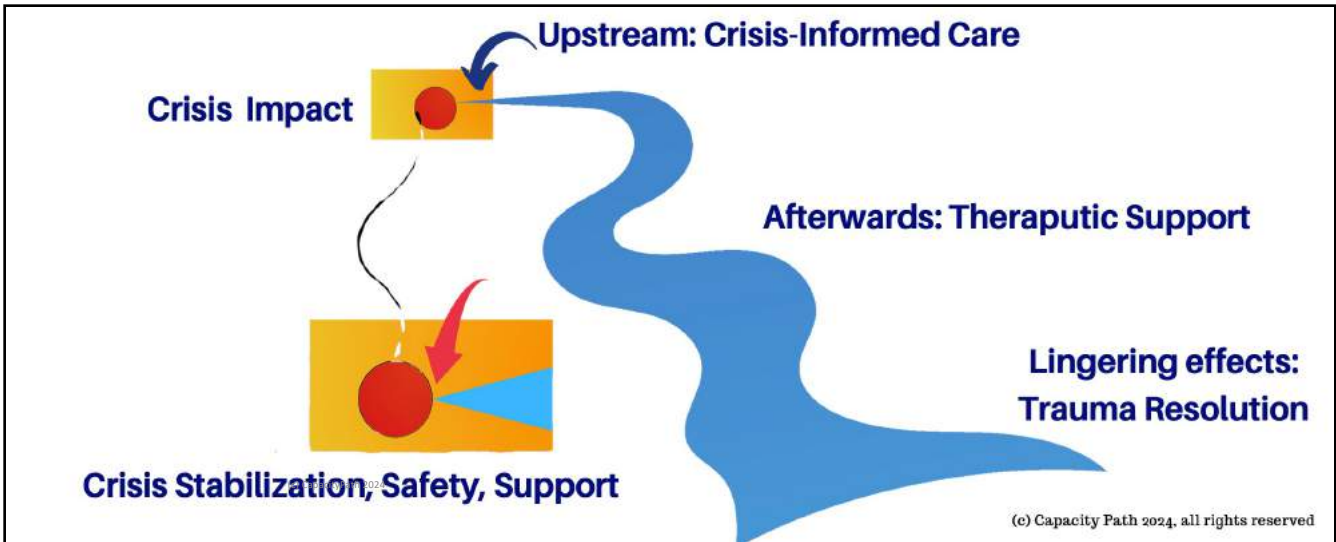
We crash and burn out.

5

Repairing buildings & roads, restoring electricity & water is one thing. Repairing and rebuilding humans is another.



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Crisis-informed Care provides a Contextual shift, a Public health shift, a secondary prevention methodology, And a Game Changer for crisis impacted communities *and* high crisis professions

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

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Taskforce tending to widespread dysregulation and destabilization



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Strike teams tending to specialized circumstances



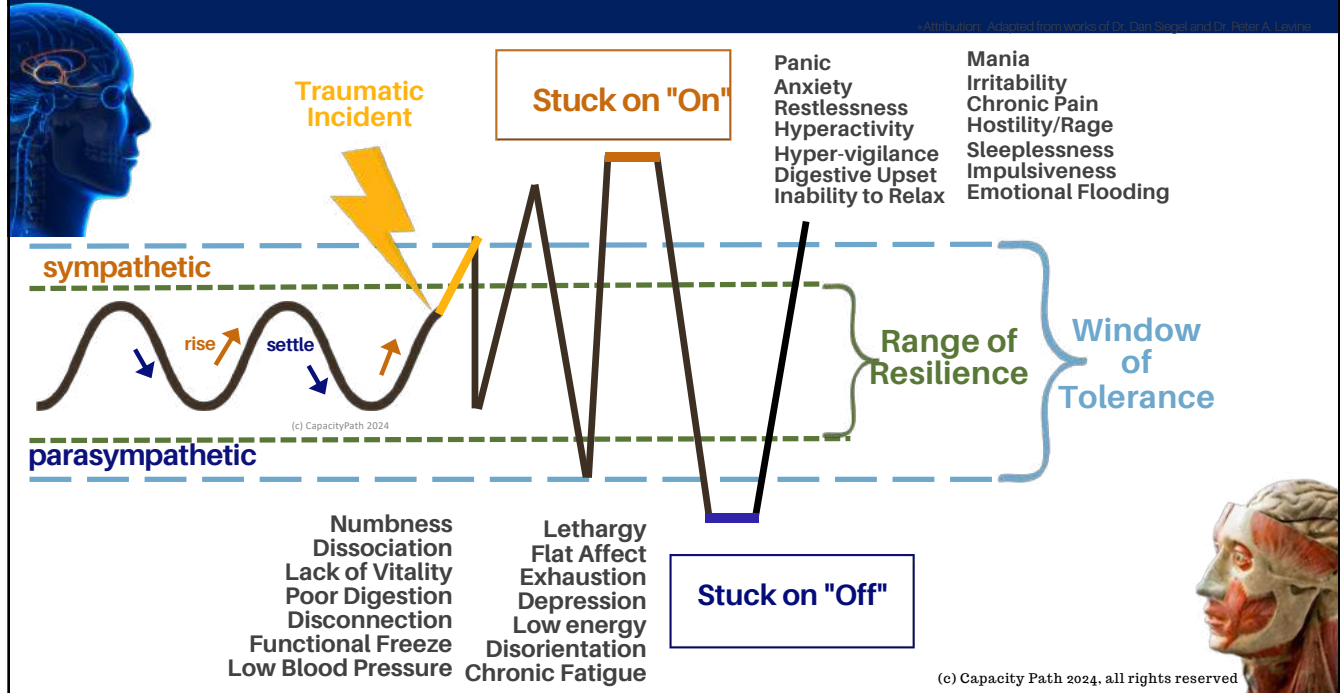
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Community Crisis Stabilization as a Crisis-Informed Care modality is the art and practice of self-regulation



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MH CRISIS = UNDISCHARGED STRESS IN THE NERVOUS SYSTEM

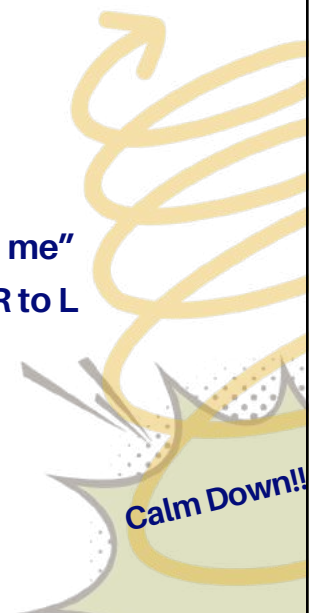


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SIMPLE EXERCISES FOR STABILITY AND BALANCE

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**



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COMMUNITY CRISIS STABILIZATION TACTICAL TOOLKIT

S **SLOW DOWN**
Take 10 steps very slowly, noticing any sensations on the bottom of your feet.

C **CONNECT TO BODY**
Cross your arms and ankles, tuck hands under armpits, lower head, and breathe.

O **ORIENT**
Slowly look around, noticing colors and shapes. Let your gaze rest on something pleasant or comforting, like a brief visual vacation.

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P **PENDULATE**
Notice a place of ease in the body and a place of tension. Slowly shift attention between ease - tension - ease.

E **ENGAGE**
Engage socially. Connect with someone who can support you.

FIELD TOOLS

IN 2020 WE CREATED THIS ELEMENT FOR DR PETER LEVINE'S (SEI) CRISIS STABILIZATION AND SAFETY PROGRAM. IT HAS TRAVELED AROUND THE WORLD, STARTING WITH HOSPITALS IN COVID

Why the tiger?



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Additional Material from Basic Crisis Stabilization De-escalation Session

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**“ It isn’t that they can’t see the
solution. It is that they can’t see
the problem.**

- G. K. Chesterton

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Foundational Understanding of what is CIC and CCS?

CIC- Deals with escalation of distress that occurs during the acute impact period of catastrophic events in the immediate and short term fallout that prevents downstream injury or syndromal effects. (Note for high crisis professions may be any and all the time) CIC is about timing and intensity

CCS- Uses the body to settle and stabilize self and others with specific targeted somatic based regulating resources and rebalancing. (BCS- Basic, Universal. ACS - Advanced, Specific)

This 302 builds on BCS and must provide this core foundation to develop the de-escalation techniques distinct from standard communication or behavioral modifications classic to de-escalation approaches. We use these, and add a backdrop of “why” that alters their benefit level

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Threat Response Cycle: Access to Create Safety

FUN FACT

Your brain doesn't really care what you think....

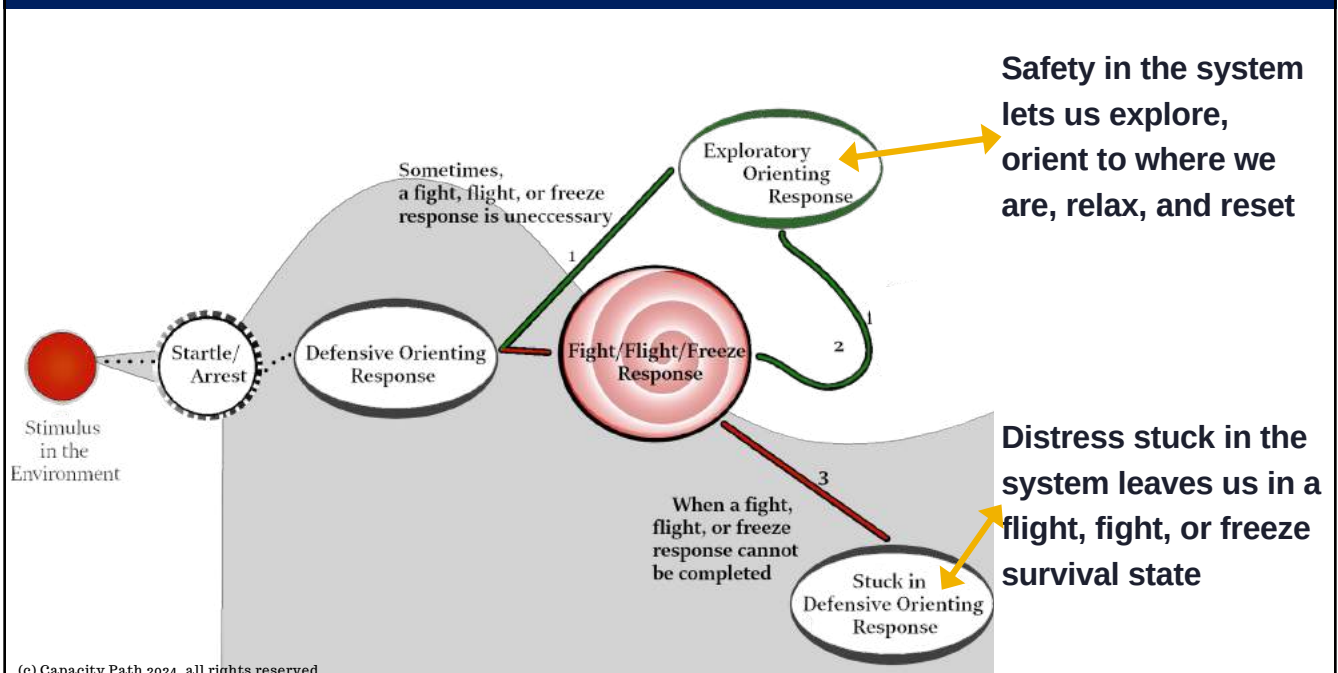
but it will always react



EN
GARDE!

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Threat Response Cycle: Access to Create Safety



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STEPS TO DE-ESCALATE USING BASIC CRISIS STABILIZATION

- 1 - Assess - body and behavior, threats and resources**
- 2 - Get Curious - internal exploration - them and you**
- 3 - Safety- Create it - rapport, mirroring, pacing, spacing**
- 4 - Interventions: Somatic Stabilizing Support & Rebalancing**
- 5 - Gentle it down and out – spacing, part two**
- 6 - Circle back- close loops with your send off - integrity is key**



Outside - Inside - Safety - Supports - Space - Send

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PRACTICES TO RESET & REGULATE THE NERVOUS SYSTEM

WAYS TO DOWN REGULATE WHEN STUCK ON HIGH

1. Orient to senses - see, touch, hear, smell, expand
2. Support back/dread/neck/arms, pull inward
3. Repeatedly tighten and release core muscles
4. Breathe pacing - slow, gentle breathing
5. Sciatic signals to slow down

WAYS TO UP/LIFT/ENERGIZE WHEN STUCK ON LOW

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

YOU HAVE THIS

WIDEN THE WINDOW

PRACTICES TO STAY IN RANGE

1. Routines for self care- morning, evening, workday, etc
2. Massage regularly (monthly!)
3. Stretching muscles. and Nerve Flossing
4. Healthy eating habits and hydration
5. Pause for Short simplicity breaks, silent and mindful

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COMMUNITY CRISIS STABILIZATION - FIELD RESPONDERS AND PEER SUPPORT TOOLS

DE-ESCALATION PRACTICES TO SUPPORT FUNCTIONAL WELLNESS

When working with others: Create Self-care breaks can be as short as 5 seconds. The point is to interrupt the stress cycle and introduce relief.

	Social Tools	Emotional Tools	Biological Tools
NOW	<ul style="list-style-type: none"> Chat about minor things, find interior resources Short walk n talk Make eye contact Distraction redirect 	<ul style="list-style-type: none"> Pause the storytelling Practice thought-slowng Self soothing Contact Slow stepping survival reset 	<ul style="list-style-type: none"> Stand-up & Shake it off Self-regulation tools (ie SCOPE) Hydrate & healthy food Breathe pacing/modulations
LATER	<ul style="list-style-type: none"> Participate in community events Build a resource network Do something new & novel with others Hobbies & Games 	<ul style="list-style-type: none"> Smaller task lists to reduce overwhelm - phase the process with structure Gratitude practices News Vacations Creativity Exercises 	<ul style="list-style-type: none"> Massage & stretching Electrolytes & Water & Colorful Foods Sun, Grounding, and Movement Sleep practices

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H.A.L.T.

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“

Although (trauma) is the source of tremendous distress and dysfunction, it is not an ailment or a disease, but it is“survival mode”

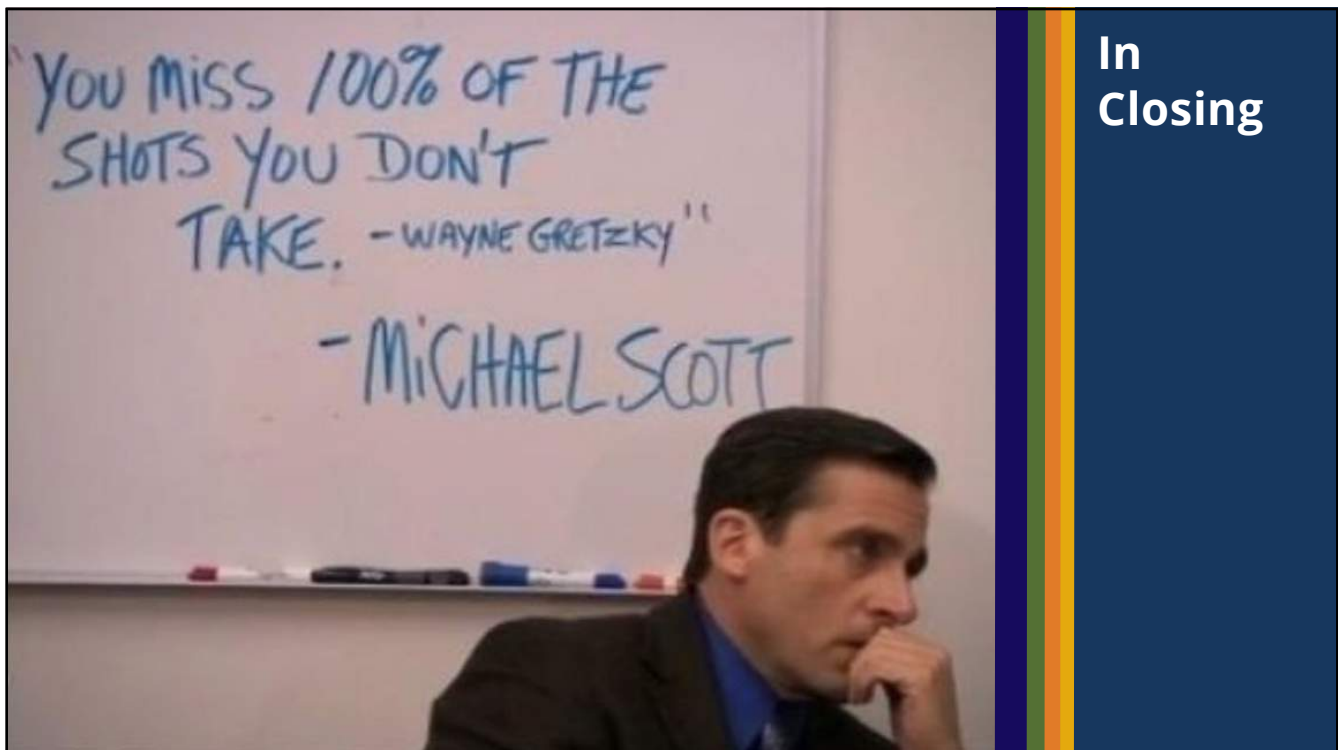
—when we perceive that our lives are being threatened. If we are overwhelmed by the threat and are unable to successfully defend ourselves, we can become stuck in survival mode.

— **Peter Levine**

Neuro biologist, Founder of Somatic Experiencing, Author, “Walking the Tiger” and “Trauma and Memory.”



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Hurricanes Ian & Idalia Response and Recovery

Situational Data

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Capacity Path SERT Crisis Stabilization Task Force- Hurricane Ian - Total Services Provided Data

- 5684** Total Crisis Stabilization and Support Sessions provided to residents
- 2653** Total Crisis Stabilization and Support Sessions provided to Public Safety and Emergency Responders

- 8337** TOTAL

Crisis Counseling - Crisis Stabilization & Support Exercises	1560
Crisis Counseling - Therapeutic Support	1285
Crisis Counseling - Psychological 1st Aid, etc	1492
Crisis Support Social Work- Resource Sharing	775
Crisis Support - Body Work/Rest & Relaxation Interventions	2498
Wellness Check	629
Group Debrief	98

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CP SERT Crisis Stabilization Task Force- Hurricane Idalia Response

3885 Total Crisis Stabilization and Support Sessions provided to residents

1714 Total Crisis Stabilization and Support Sessions provided to Public Safety and Emergency Responders

5575

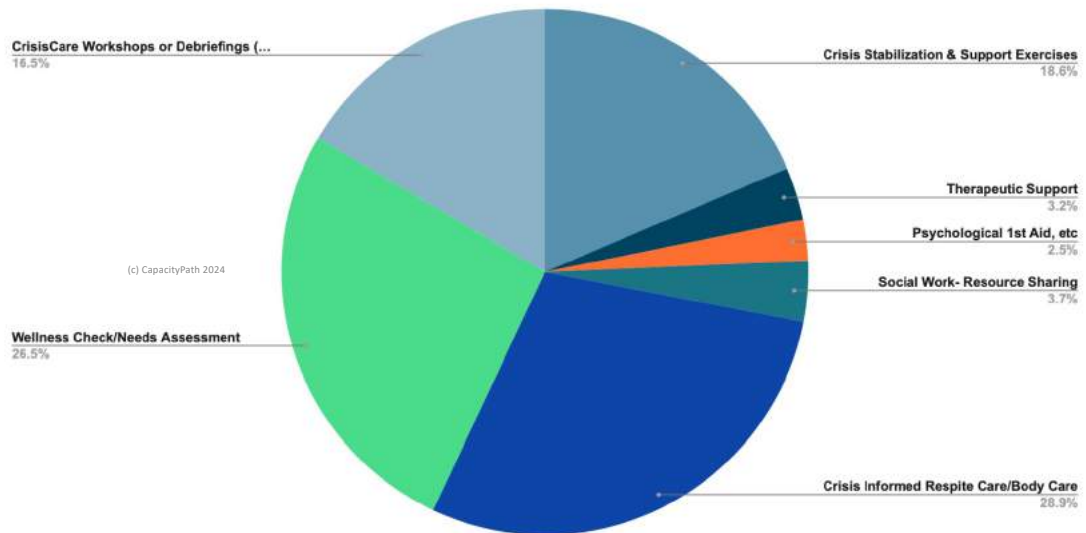
Summary Totals	Resident Sessions	Responder Sessions	Total
Crisis Stabilization & Support Exercises	694	349	1035
Therapeutic Support	134	48	181
Psychological 1st Aid, etc	101	34	140
Social Work- Resource Sharing	154	53	207
Crisis Informed Respite Care/Body Care	852	761	1613
Wellness Check	1079	419	1478
Group Debriefing/Workshop Attendees	871	50	921
Site Totals	3885	1714	5575

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Crisis Stabilization Task Force- Hurricane Idalia Response

Distribution of Stabilization Services Provided



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Crisis Stabilization Task Force- Hurricane Idalia Response

Services Provided in 11 counties, Primary focus in 6

Dixie County	Horseshoe Beach, Jena, Suwannee, Cross City, EOC, Old Town, Fire Station 21, Cross City Public Library, Unincorporated
Taylor County	Stienhatchee, Perry, Keaton Beach, Forest Park, Neffee park, Shady Grove, unincorporated areas
Hamilton County	Jasper, Jennings, White Springs, EOC, Jennings Public Library
Levy County	Cedar Key, Yankeetown, Chiefland, Inglis, Bronson, Cedar Key City Hall,
Lafayette County	Mayo, Day, Unincorporated areas, West of Brandford, West of Dowling Park
Madison County	Madison, East of Madison, Lee, West Side, Fire Rescue
Gilchrist County	Bell, Trenton
Columbia County	Fort Wite, Lake City, Bowman Landing
Alachua COunty	Santa Fe, High Springs, Newberry
Suwannee County	Live Oak, EOC, Branford, O'Brien, State Parks, Dowling Park, McAlpin, Unincorporated
Citrus County	Homosassa, Crystal River

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Crisis Stabilization Task Force- Hurricane Idalia Response



Responder agencies served

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Hurricane Ian Recovery: Capacity Path Medical Community Resilience for Project Hope Partnership

IMPACT SNAPSHOT

11 Weeks of Service	145 Resilience Workshops	162 MicroResilience Sessions	159 Organizations Reached	94% Excellent Instructor Rating
7 In-Field Trainers	2009 Individuals Served	300+ Sites Served	607 Feedback Responses	81% Report Definitely Implementing Techniques



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“I know I personally took away many things that will help me, not just during a major crisis, but during the everyday stressors of life.”
-Clinician, Lee Health Center for Care Transformation

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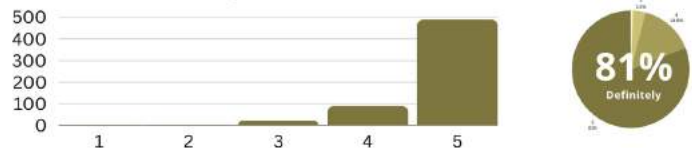
Hurricane Ian Recovery: Capacity Path Medical Community Resilience - Recovery Services Data

GAYLE
Manager at
United Way
211 Call Center

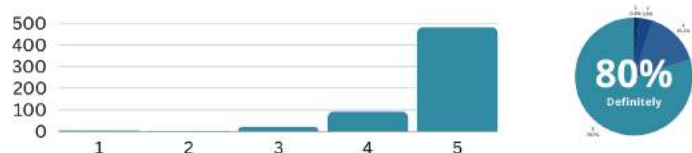
"We are all normal people. We don't have psychology degrees. We are just people who care so we take these calls all day long but it can hurt. We care for the community and **very rarely do people turn around and care for us.** And we are experiencing this workshop as us being cared for by this Project Hope mission."



How likely are you to implement the tools or techniques discussed in this session?



How likely are you to recommend this training session to a friend?



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Hurricane Ian Recovery: Project Hope Medical Community Resilience - Key Follow up Longitudinal Data

48

Organizations Surveyed

17

Submitted follow-ups



35.4% Organizations Surveyed

8

Referrals



Was the workshop helpful?



Did your team use or share the content?



Would you benefit from more trainings?

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Hurricane Ian Recovery: Medical Community Resilience Mission - Sample set of Organizations served - 300+

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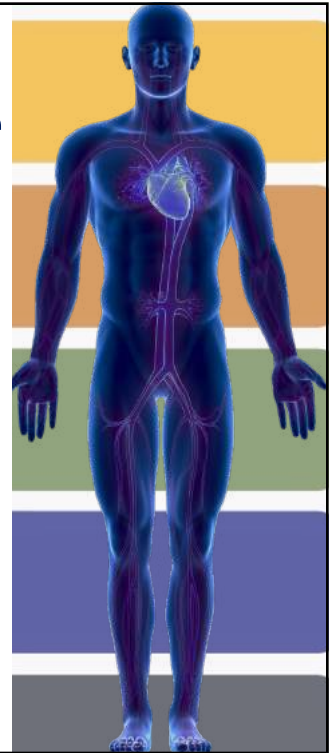
Call to Action

Mission Request for Emergency Response

We provide:

- Human Factors/Needs Assessments
- Community Crisis Stabilization
- Responder Respite Care
- Agency Debriefings
- Micro Resilience Sessions

Submit a request for our taskforce when you need us!



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



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**"Ask not what you can do for your country.
Ask what's for lunch."**

-Orson Welles,
filmmaker



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THANK YOU!

Please fill out a Brief Eval



bit.ly/HAH2024_CP

info@capacitypath.com
850-426-2327



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Help us enhance community mental health & resilience

Crisis Counselors & Trainers welcome to apply

Put your heart and skills into service!

We are always recruiting for these skills sets. We provide advanced crisis support training for all practitioners¹ on our teams.

- Licensed Therapists, Counselors
- Certified Coaches
- Medical & Wellness Professionals
- First Responders/Peer Supporters
- Teachers/Trainers
- Business Interns




Fill out an Application Now

<https://bit.ly/CapPathApp>




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WHERE TO GO WITH THIS



HAZARDS & HEALTHCARE CONFERENCE IN JUNE: BCS De-ESCALATION





TBMHCC PLUGGED IN - INTRO TO BCS

+ UPCOMING FULL DAY CRISIS STABILIZATION BCS TRAINING COMING UP IN PINELLAS- DATE TO BE ANNOUNCED

+POSSIBLE FULL DAY TRAINING IN YOUR COUNTY UPON REQUEST

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+IF YOU THINK THERES INTEREST AT YOUR FACILITY IN THE FULL 24 HOUR PROGRAM, WE CAN MAKE 2025 ARRANGEMENTS FOR ONE IN YOUR REGION.

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"Even if you are
on the right
track, you will
get run over if
you just sit
there."

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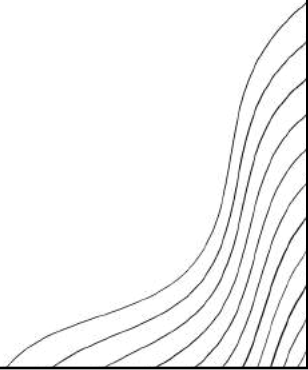
— Will Rogers

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