

Our Team

CO-FOUNDER/DIRECTOR OF INNOVATION



Elaine Miller-Karas, MSW / LCSW is the Co-Founder and Director of Innovation of the Trauma Resource Institute and author of the book, *Building Resiliency to Trauma, the Trauma and Community Resiliency Models* (2015). She has worked internationally to bring healing to the world's community. Her models to date have been brought to 75 countries in Asia, Africa, North America, Australia, the Mid-East, South America, and Europe. Ms. Miller-Karas is a recognized international speaker and author and has presented the Community Resiliency Model (CRM)® at the Skoll World Forum and the United Nations. Her book was selected by the United Nations curated online library as one of the innovations that can help meet the United Nations Sustainable Development Goals. She also launched her successful radio show, *Resiliency Within*, on VoiceAmerica in 2021.

Ms. Miller-Karas is a founding member of the International Transformational Resilience Coalition and a leading advocate regarding the impact of climate change on the human condition. She is a Senior Consultant to Emory University's SEE Learning program, inspired by and launched by His Holiness the Dalai Lama in New Delhi, India in April 2019. Ms. Miller-Karas contributed to the trauma-informed and resiliency-informed chapter (Chapter 2) in this curriculum, which is based upon the Community Resiliency Model. She is also adjunct faculty at Loma Linda University's School of Social Work. She serves on the advisory board of the Christopher Wolf Crusade, an innovative program addressing the opioid epidemic. She is also an advisor to Reena Evers Everette of the Myrlie and Medgar Evers Institute in Jackson, Mississippi.

Ms. Miller-Karas' bi-cultural family and the lived experiences of both of her parents have greatly influenced her work. Her father grew up on a farm in Libby, Montana. Her mother grew up in Atiquizaya, El Salvador. They met in post-war San Francisco. As a result of her mother's family's lived experience in the United States, she has a strong commitment to immigrants, refugees, and other internally displaced people. Combating xenophobia and other forms of racism and discrimination has been a core value of her life's journey. Her father served in the U.S. Navy. She has a strong commitment to our military to destigmatize the impact of combat-zone trauma and other traumas that can occur while serving. She has presented the Trauma Resiliency Model (TRM)® and CRM Skills to Edwards Air Force Base, Fort Drum, Walter Reed Military Medical Center, and the Marine Base in Barstow, California. She presented CRM at the Wounded Warrior Chronic Pain Conference in San Diego and Washington D.C.

Ms. Miller-Karas has traveled internationally and trained community members, mental health, and health professionals in the aftermath of human-made and natural disasters. She has responded to earthquakes in China, Haiti, and Nepal, fires in Malibu, Paradise, and San Bernardino, California, typhoons in the Philippines, hurricanes in Louisiana, mass shootings in San Bernardino, California, and Dayton, Ohio. She has consulted with organizations in response to civil unrest in Kenya, Tanzania, Rwanda, and Northern Ireland. She also has consulted with communities impacted by hurricanes in North Carolina and Florida and mass shootings in Florida. These experiences have made her a passionate advocate in bringing accessible and affordable strategies for healing to our world community.

Ms. Miller-Karas was the Associate Director of Behavioral Sciences at Arrowhead Regional Medical Center's Family Practice Residency Program from 1994 until she resigned in 2006 to start TRI. Earlier in her career, she did her graduate internship at Stanford University's Perinatal Outreach Program and worked there as a clinician and lecturer. She was the founder of Helping after Neonatal Death in Santa Clara County, California, and directed it for six years. She now lives in Claremont, California with her husband, Jim. She has a wonderful family that includes, two children, Erik and Jessica, their spouses, Tanja and John, and a granddaughter, Madison. There are also four dogs: Charlie, Chrissy, Ralphie, and Kenny.