

Business Summit on Mental Health

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Elaine Miller Karas
Co-Founder
Trauma Resource Institute



Elaine Miller-Karas, LCSW is a nationally and internationally recognized leader in trauma-informed care, resilience-building, and community well-being. She is the Founder and Executive Director Emerita of the Trauma Resource Institute (TRI), a nonprofit organization dedicated to strengthening individuals, organizations, and communities through practical, science-based resiliency skills. Elaine is the developer of the **Community Resiliency Model® (CRM)** and **Trauma Resiliency Model® (TRM)**—innovative, biologically based approaches that help people manage stress, improve focus, and enhance overall performance. These models are used in schools, healthcare systems, businesses, and community organizations to support workforce wellness, reduce burnout, and build stronger, more resilient communities.

An author, international speaker, and consultant, Elaine has worked with organizations around the world, including **Emory University's Center for Contemplative Science and Compassion-Based Ethics**. Her expertise has also been sought globally, including serving as a trauma and resiliency advisor for reconciliation efforts in the United Kingdom following the civil conflict known as the "Troubles." Her work has reached more than 77 countries and has been translated into 17 languages.

Elaine is the author of *Building Resiliency to Trauma: The Community and Trauma Resiliency Models* (Routledge, 2nd edition, 2023), and her work has been featured at the United Nations and the Skoll World Forum at Oxford University. She is also a contributor to *Psychology Today* and host of the VoiceAmerica podcast *Resiliency Within*.

With a strong commitment to community and economic vitality, Elaine partners with cross-sector leaders to bring trauma-informed and resiliency-focused strategies into workplaces and local systems. Her work helps organizations strengthen employee well-being, improve collaboration, and create environments where individuals and communities can thrive.