NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS

Get informed with this month's special focus: Self-Care and Compassion Resilience

NEW RESOURCES

Check out these great resources on Self-Care, Recovery and Resilience

CHAMPION'S CORNER

Features champion:
Michael Goings-Benjamin
aka Bishop

TIPS

Getting the most from the NYS Trauma-Informed Network

WELCOME

TO THE NEW YORK STATE TRAUMA-INFORMED NETWORK

We're here to connect you with other organizations around NYS, bringing you resources and events on a variety of topics that promote trauma-responsive practices.

Our goal is to support champions of trauma responsive practices across the state with improved connection and access to quality resources. Together we can increase the collective understanding of trauma, improve practice, and support resilience throughout New York State.

FOCUS ON: Self-Care and Compassion Resilience

Focus

The evidence on resilience, which is often defined as the ability to cope or adapt when confronted with adverse life events, is mounting. Thousands of studies over recent decades show that people of all ages who are resilient tend to have better health and well-being outcomes than those who do not possess resiliency.

Research supports the idea that individuals can learn techniques to build resilience. These include learning cognitive behavioral skills to turn negative thoughts into positive ones; taking good self-care; reading five minutes every morning from a positive book; engaging in positive self-talk; naming people and things for which you are grateful every day; viewing crises or stressful challenges as "character builders" instead of intractable problems; staying connected to others and sharing feelings with them; learning to accept change as part of life; and keeping things in perspective.

Remember, it takes practice and time to build resilience, so don't give up. Keep trying, as the result will be well worth it.

The above is excerpted from: Foreword by **Bernadette Mazurek Melnyk, PhD, RN** written for the State of Health: Resilience Report

Click "Read More" for 20 Tips to Develop your Resilience

READ MORE

RELATED BLOG POST

Additional Resources

WISE and Rogers in Health have collaborated to develop facilitator resources to build capacity for helping professionals, caregivers, and the systems in which they serve. Compassion Resilience Toolkits are available for Schools, Health & Human Services, and Parents & Caregivers.

HEALTHY MINDS FOR A HEALTHY NEW YORK

The Mental Health Association of NY State (MHANYS) CarePath™ Program is a blueprint for achieving and maintaining better overall health and wellness. CarePath™ participants define their health and wellness through the design of a CarePath™ with a focus that recovery includes the whole family. This unique program is designed to support individuals and their loved ones at times of

transition from treatment or residential programming. It is for youth or adults.

Three Generations: A Transformative Approach to Health and Healing, identifies and assesses current and emerging approaches and recommends ways to expand and optimize social care in the health care setting.

Search Resources at the
NYS Trauma-Informed Network
for more

Bishop

Champion's Corner

This month we honor and recognize, Michael Goings-Benjamin a.k.a. Bishop.

Bishop is a dynamic peer advocate with personal experience in multiple systems. Ranging, but not limited to, Physical & Mental Health, Social & Criminal Justice, and Healthcare Reform.
While overcoming many obstacles throughout his life - starting as a youth with mental health challenges in the foster care system, living in residential facilities, then transitioning into adulthood to contend with poverty, and complex health issues including diabetes, epilepsy, and being a person living with HIV - Bishop perseveres, always believing that he was a fighter and would use his troubles to inspire. Bishop has dealt with the stigma of being gay, a convicted felon, diagnosed with mental health issues, and being differently-abled as a double amputee.
Through all of these trials, Bishop has become an avid and vocal force in addressing social justice issues, in particular, serving as an advocate in a statewide "HIV Stops With Me" HIV campaign aimed to better inform the community about treatment. He is not to be underestimated.
As an activist, Bishop's passion gives new light and fresh perspective through the stories of his lived experience while he navigates the often confusing systems of service providers and services that intend to help consumers. Bishop is the personification of RESILIENCE!

TIPS

Here are some suggestions to help you get the most out of the NYS Trauma-Informed Network. Add a resource, share an event, help us spread the word and drive change in NYS.

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