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:
Compassion and Holding Space

NEW RESOURCES

Check out these great resources on
Compassion, Healing and Resilience

CHAMPION'S CORNER

Features champion:
Deborah Faust

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: Compassion and Holding Space for Ourselves & Others

Focus

The Center for Compassion and Altruism Research and Education (CCARE) was honored to host a discussion with Sadhguru about his life experiences and the role compassion has played throughout them.

Sadhguru is a realized yogi and mystic -- a man whose passion spills into everything he encounters. With a keen mind, balanced by a heart that knows no boundary, his presence creates an extraordinary opportunity to break through limitations into one's natural state of freedom, love and joy. Named one of India's 50 most influential people, he is a widely sought after international speaker and thought leader who conducts programs at prestigious global forums like the United Nations, World Economic Forum, MIT and the Australian Leadership Summit.

WATCH HERE

RELATED BLOG POST

Additional Resources

Personal and Parental Reflections on ACEs is an 8-minute video clip where three individuals share their perspective as parents on learning about ACEs, reflect on their childhood and parenting, and provide hopeful insight for reducing childhood trauma and building resilience in children.

Researchers at the University of Wisconsin-Madison demonstrate that adult brains can be taught to grow in compassion.

Shawn Ginwright, PhD. promotes the future of healing as one of healing-centered engagement. A healing centered approach is holistic involving culture, spirituality, civic action and collective healing. It views trauma not simply as an individual isolated

experience, but rather highlights the ways in which trauma and healing are experienced collectively. The term expands how we think about responses to trauma and offers more holistic approach to fostering well-being.

Search Resources at the NYS Trauma-Informed Network for more

HEALTHY MINDS FOR A HEALTHY NEW YORK

Learn more about MHANYS and connect with Deborah here

HEALTHY MINDS FOR A HEALTHY NEW YORK

Champion's Corner

This month we acknowledge the contributions of Deborah Faust NYS Trauma-Informed Network Advisory Council member and this month's BLOG author.

Deborah is the Director of Family Engagement & Support Services at the Mental Health Association in New York State, and Co-Director of Building Connections, a joint project with New York State Coalition against Sexual Assault. Building Connections strengthens trauma-informed services throughout New York State. She developed MHANYS new innovative support tool, CarePath™. MHANYS CarePath™ offers support for youth and adults transitioning out of any type of treatment setting.

Prior to her position with MHANYS, Deborah was the Director of Criminal Justice Initiatives for the National Alliance on Mental Illness in NYS. Deborah's career has centered on partnering with families living with chronic stress and loss. The New York Association for Psychiatric Rehabilitation Services awarded Ms. Faust the Family Advocacy Award at their Legislative Conference in 2010. Deborah has a consulting business with her daughter and granddaughter called, Three Generations of Wellness: A Transformative Approach to Health and Healing.

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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