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:
Increasing Emotional Awareness

NEW RESOURCES
Check out these centralized resources to increase emotional awareness and wellness

CHAMPION'S CORNER
Features champion:
Jen Perry

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: Increasing Emotional Awareness

Focus

The Eckmans' Atlas of Emotion

The Atlas of Emotion was commissioned by the Dalai Lama, his purpose is " In order to find the new world we needed a map, and in order for us to find a calm mind we need a map of our emotions". The simple, but not easy, goal of this Atlas is to help us be aware of our emotions. Awareness of our emotions means understanding how they are triggered, what they feel like and how we respond. Awareness itself is a strategy, it helps us understand our emotion experiences. We do not want to get rid of our emotions, we want strategies that help us respond in helpful, constructive ways.

By using the Atlas and its related resources people can develop of emotional awareness through contemplative practices, education, and embodiment.

Visit the Atlas of Emotion

Read this Month's Blog

Additional Resources

Here are some additional resources on emotional awareness:

- The Healing Place Podcast: Full Potential Parenting
- Social Emotional Learning: Essential for Learning, Essential for Life, Essential for NY
- MHANYS CarePath Program

Search Resources and Events at the NYS Trauma-Informed Network for more

Champion's Corner

This month we acknowledge the contributions of Jen Perry and her commitment to youth. Jen is the Learning Designer, SEL for Edmentum and an advisory member of the Monroe County Resilience Learning Collaborative.

Jen has spent 32 + years working with youth in a variety of educational settings from elite boarding schools to residential care facilities. She has had roles serving as a track and basketball coach, a high school level teacher, Director of girls residence at several boarding school a School Based

Manager and Program Director at Hillside Family of agencies. In October 2019 Jen moved to Edmentum, an educational technology company as a Social Emotional Learning Designer and where she supports the company in their Whole Learner approach. In this role, Jen is helping to integrate SEL into the Edmentum platform and supporting Edmentum's partnership with BASE Education which provides Trauma Informed, CASEL approved, SEL Curriculum. She is also busy providing educational webinars for schools on executive function and SEL. She is enjoying writing a regular blog supporting teachers and parents around these issues.

Continuing her commitment to education, please check out Jen's recent webinar, Trauma, Burn-out and Compassion Fatigue: How to Support Yourself and Students.

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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