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: Hope and Health in the Holiday Season

NEW RESOURCES

Check out these centralized resources on managing stress and finding joy

CHAMPION'S CORNER

Features champion: Mindy Cervoni

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: Hope and Health in the Holiday Season

Focus

How Right Now - Interactive Tool

How Right Now centralizes common emotions and reactions related to the holiday season and the context of the pandemic. Users are able to receive information to normalize their experience and use this to filter out helpful articles, resources, tips to cope, and more. It is an easy, informative free resource to support positive stress management and coping..

What Helps this Holiday Season

Read this Month's Blog

Additional Resources

Here are some additional resources for health in the holiday season:

- Coping with Holiday Stress Infographic - CDC
- Mayo Clinic's Tips for Coping
- MHANYS Holiday Boundaries and other reflections on wellness

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

Champion's Corner

This month we acknowledge the contributions of Mindy Cervoni. Mindy President and CEO of Community Services for Every1 and this holiday season's Blog author. She is a committed advocate of trauma-responsive practices and devoted her career to serving those with Intellectual and Developmental Disabilities.

Mindy Cervoni has been with Community Services for Every1 in Buffalo, a Trauma Informed Organization, for the past 19 years. She holds a Master's degree in Clinical Psychology from the University of South Carolina. She currently sits on several boards including the New York Alliance for Inclusion and Innovation, Secretary of the Developmental Disability Alliance of Western New York, Person Centered Services of

WNY, Community Services Housing Corporations, and is the Secretary of the Community Services Support Foundation Board. She is also on the Board of TriaDD, a statewide group developing a provider led Managed Care plan for people with Intellectual and Developmental Disabilities. Mindy sits on the Department of Health Disability and Health Advisory Board, the NYS Start Advisory Council as well as the NYS Trauma -Informed Network Advisory Council. Mindy has a CLP Certification in lean processing, a Yellow Belt in Six Sigma, is a Health Foundation Fellow and holds a certificate in Administrative Management from the University at Buffalo. In her free time, Mindy Coaches youth basketball in the town of Hamburg. In 2015, Mindy was honored with a C-Level Executive Award for her achievements in the non-profit sector and was named to the Business First 2018 Women of Influence and Business First Power 150 Women in 2019 and 2020.

Learn more about Mindy and the work of Community Services for Every1.

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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