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:
Resilience and Recovery

NEW RESOURCES
Check out these great resources on
Resilience and Recovery

CHAMPION'S CORNER
Features champion:
Chrys Ballerano

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: Resilience and Recovery

Focus

The 7 C's of Resilience Development

We can all support resilience development in ourselves and others. By thinking about our words, actions, and behaviors we can be agents for change and positive growth. In this video through the Center for Parent and Teen Communication, Dr. Kenneth Ginsburg provides and overview of the 7 C's Model of Resilience Development.

RELATED BLOG POST

Additional Resources

The Center on the Developing Child at Harvard offers this 6-minute video to promote healthy brain development through serve and return relationships. Learn how these important interactions support the growth of healthy brain architecture even in the face of trauma or adversity in the new podcast series, "The Brain Architects".

New York State Coalition Against Sexual Assault
Working for a World Without Violence.

Thanks to NYSCASA for sharing their presentation Making the Connection: Using Trauma-Informed Care and Trauma Recovery Tools in your Work. Learn more about NYSCASA and their work here.

Vulnerable not Broken is a compelling report by Adelphi University that highlights practice, policy and advocacy implications learned from the current experiences of children incarcerated that the United States' southwest border. Learn more about Adelphi University and their work here.

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

This month we acknowledge the contributions of Chrys Ballerano, Senior Director of Collaboration and Training for

the NYS Coalition against Sexual Assault (NYSCASA) and NYS Trauma-Informed Network Advisory Council member.

In her personal and professional endeavors, Chrys is a committed advocate to holistic health and recovery for individuals, families, and communities. She is resolved in her belief that social justice approaches to decrease incidences of violence and trauma need to exist concurrently with trauma-responsive approaches across systems.

New York State Coalition Against Sexual Assault
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Chrys is deliberate in her promotion of trauma-awareness, while also increasing providers' skills in delivering care through a trauma-informed lens. A core component is her recognition that risk reduction for vicarious trauma through self-care and resilience development is an essential aspect of this work. A talented musician, Chrys offers workshops on the therapeutic use of rhythm circles to build healthy communities and lessen traumatic stress.

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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