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: Trauma-Informed Perspectives on Managing Uncertainty

NEW RESOURCES
Check out these centralized resources to manage stress and uncertainty

CHAMPION'S CORNER
Features champions: NYS Education Professionals

TIPS
Getting the most from the NYS Trauma-Informed Network

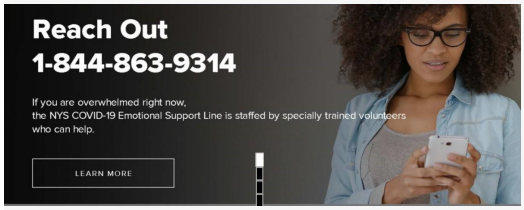
WELCOME
TO THE NEW YORK STATE TRAUMA-INFORMED NETWORK

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: Managing Stress and Uncertainty

Focus



NY Project Hope

NY Project Hope helps New Yorkers understand their reaction and emotions during the COVID-19 pandemic. Through an emotional support helpline, educational materials, and trusted referrals, NY Project Hope helps people manage and cope with changes brought on by COVID-19.

Project Hope Crisis Counselors understand what you are going through. Talking to them is free, confidential, and anonymous. Talk to someone who is trained, knowledgeable and never judges. Sometimes it helps to talk with someone you don't know.

Additional resources and coping strategies can also be found on their website. Explore these resources through the link below.

NY Project Hope Coping Resources

Read this Month's Blog

Additional Resources

Here are some additional resources to effectively manage stress and cultivate self-compassion:

- The Healing Place Podcast: Your Resonant Self with Sarah Peyton
- 9/24/20 Webinar: Tools & Resources for Coping with Stress, Fear & Anxiety
- Masks & Smiles: a children's book to help normalize feelings as schools re-open
- 9/16/20 2-Part Webinar: Healthy Boundaries

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

New York State EDUCATION DEPARTMENT
Knowledge › Skill › Opportunity

Champion's Corner

This month's Champion recognizes the enduring commitment NYS Teachers and School Staff have to all students. As schools re-open in a variety of ways across the

state, educational professionals are working diligently to meet the academic and social-emotional needs made more complex by the continuing pandemic. Whether in-person, across digital platforms, or in combination, educators are recognizing the risk for increased stress and trauma for students during this time. Their responsiveness with trauma-sensitive, equity-focused approaches will support resilience and recovery. By building positive connections, increasing feelings of physical and emotional safety, and providing pathways to supportive resources, educators are an essential resource in helping students and their families cope during uncertain times.

nysut
A Union of Professionals

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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