NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Emotional Support to Promote Resilience

NEW RESOURCES
Opportunities to learn more on this month's focus

CHAMPION'S CORNER
Features champion Cheryl Gerstler, M.Ed.

TIPS
Getting the most from the NYS Trauma-Informed Network

Coming Soon: Information on NYS TI Network Meeting on November 18th!

WELCOME

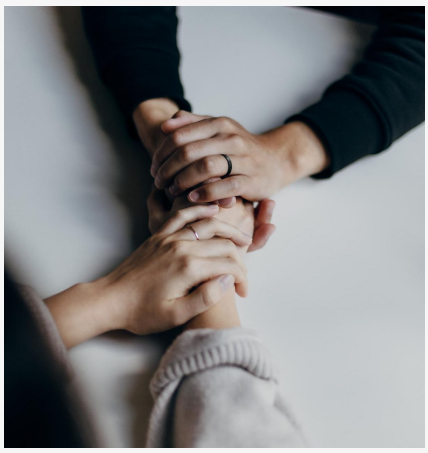
TO THE NEW YORK STATE TRAUMA-INFORMED NETWORK

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: Emotional Support to Promote Resilience

Focus: Providing Emotional Support to Navigate the Stress and Uncertainty of



COVID-19

Since the pandemic began in 2020, over 72,000 people have called NY Project Hope's Emotional Support Helpline to talk with our trained crisis counselors and over 2.5 million people have logged onto NYProjectHope.org to find links to community resources, as well as information and coping tips. We want folks to know that they are not alone; NY Project Hope is here for ALL New York State Residents! NY Project Hope is a program of the NYS Office of Mental Health and is funded by FEMA.

LEARN MORE ABOUT NEW YORK PROJECT HOPE

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- NYS Statewide Office of Mental Health Virtual Town Hall Featuring Commissioner Ann Sullivan, M.D.
- COVID-19 Pandemic Coping Strategies for Children & Youth with a History of Complex Trauma
- New York Project Hope Resources

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

NY Project Hope
Coping with COVID

Cheryl Gerstler, M.Ed. is the Program Engagement Specialist at NY Project Hope. In this role, Cheryl reaches out to organizations throughout New York State to learn how they have been impacted by COVID-19 and provides NY Project Hope emotional support information and resources to help NY residents navigate through this unprecedented time. Cheryl's professional experience includes several years in the non-profit sector as well as over 10 years in higher education. Cheryl holds an undergraduate degree in Human Resource Management, a Master's in Education, and she recently earned a Graduate Certificate in Public Health.

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.

NEW YORK STATE TRAUMA-INFORMED NETWORK

NEW YORK STATE

NYS Trauma Informed Network
https://traumainformedny.org/

CCSI
Coordinated Care Services, Inc.
Innovative Solutions in Human Service Delivery

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"