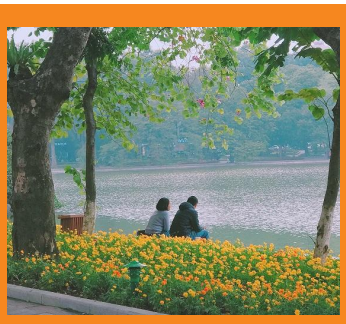
NEW YORK STATE TRAUMA-INFORMED NETWORK



FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Communities of Care

NEW RESOURCES
Check out these innovative resources to expand thinking and grow skills to promote wellness in selves and others

CHAMPION'S CORNER
Features champion organizations:
Mental Health Associations

TIPS
Getting the most from the NYS Trauma-Informed Network

Join us for our next NYS TI Network Quarterly Meeting on May 5th!

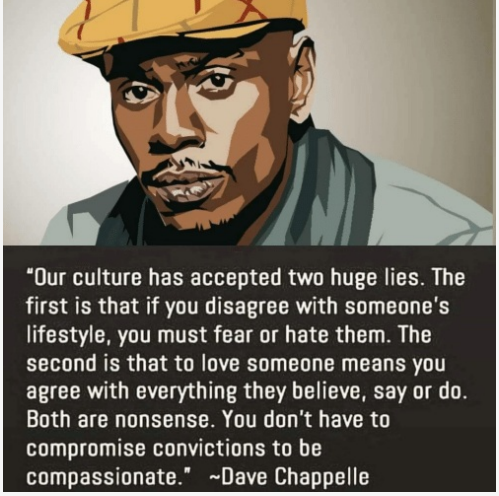
WELCOME
TO THE NEW YORK STATE TRAUMA-INFORMED NETWORK

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: Communities of Care

Focus



This month's blog post has focused our attention on contextualizing well-being and healing in the context of relationships. An important aspect of this approach is building resistance to "othering". Learn more about what othering is and strategies to avoid by connecting here.

LEARN MORE

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some innovative and important resources:

- Re-framing Childhood Adversities: Promoting upstream approaches
- Healing Place Podcast with Jenna Riemersma
- Solidarity Place (Peer Learning, Accountability and Community Learning) on May 6th
- Collective Trauma and Grief
- Cultivating the Fire Within: Self-care for essential workers on May 4th.

Search Resources at the NYS Trauma-Informed Network for more

MHANYS
Mental Health Association in New York State, Inc.

MHANYS is a not-for-profit organization that works to end the stigma against mental illness and promotes mental health wellness in New York State. MHANYS achieves this through training, education, advocacy and policy, community-based partnership programming, and by connecting individuals and families to help."

Champion's Corner

This month's blog author is Deb Faust, Director of Family Engagement and Co-Director of Building Connections for MHANYS. Deb is a member of the Advisory Council for the NYS TI Network and a committed champion to the promotion of healing and wellness. We acknowledge both Deb's individual contribution as well as the ongoing resources that MHANYs and local Mental Health Associations provide.

MHANYS and their affiliated Mental Health Associations across the state live the values of building communities of care in their regions. MHAs provide a range of services and support that develop advocacy, offer information, and create peer partnerships in healing and recovery. To learn

more about MHAs or to find the affiliate in your area please visit the MHANYS' website.

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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