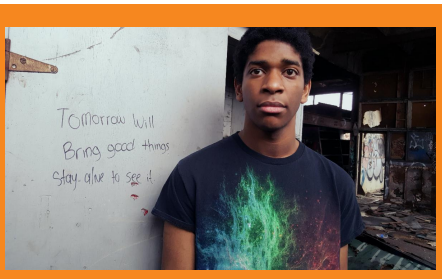
NEW YORK STATE TRAUMA-INFORMED NETWORK



FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Youth Mental Health

NEW RESOURCES
Check out these resources to grow in understanding and increase our responsiveness to the needs and voices of youth.

CHAMPION'S CORNER
Features champions
SWAT Youth Council

TIPS
Getting the most from the
NYS Trauma-Informed Network

Join us for our next NYS TI Network Quarterly Meeting on July 14th!

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: Youth Mental Health

Focus

In the month of May we set aside time and attention to focus more deeply on the needs of youth to support their well-being. As caring and responsive adults, it is incumbent for us to listen deeply to youth to learn their concerns, their challenges, and critically, what they find helpful to their mental health and resilience.

Since 2015, the Monroe County Department of Public Health and Office of Mental Health have partnered with CCSI and local school districts to understand the impact of both ACEs and Assets on a variety of risk and wellness factors. This effort has resulted in significant action to engage community members and professionals in meaningfully increasing efforts to connect with youth in ways that matter to them.

LEARN MORE

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- Building Resilience in These Uncertain Times
- ACEs in a Low-Income, Black Cohort: The importance of context
- Measuring the Impact of Trauma Informed Primary Care
- Vibrant and Healthy Kids: Aligning science, practice and policy to achieve health equity

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

This month's blog authors and champions are members of the**SWAT Youth Council in Monroe County**. SWAT Youth Council is a group of youth who have had personal experience in one or more of the child-serving systems – Mental Health, Juvenile Justice, Child Welfare, Public Schools. The council gets together each month to learn from each other, from community leaders and from other professionals about topics and issues that youth care about. Most importantly, SWAT is a way for youth voice to be included in these systems so youth can influence change and be heard. The change that SWAT youth are

seeking is to improve the services and supports these systems and community agencies provide youth and their families.
SWAT is connected directly to the child-serving systems through the System of Care Leadership Team so there is a direct path of communication from SWAT members to system leaders. SWAT is for youth and led by youth.
Membership to SWAT is open to any youth who is interested in participating and leading the change through youth voice and empowerment. There are many opportunities to become engaged in SWAT activities from planning wellness retreats, youth open mic nights, and the annual Got Dreams celebration.

As a SWAT member, youth will not only learn about topics like wellness, job seeking, and relationships but will also develop leadership skills. SWAT youth council members work together in the community to reduce the stigma that surrounds youth who have mental health and behavioral challenges.

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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