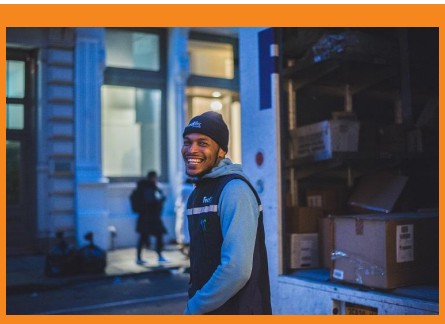
NEW YORK STATE TRAUMA-INFORMED NETWORK



FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
TIC for the Future

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

CHAMPION'S CORNER
Features champion
Dr. Barbara Bernstein

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: Trauma-Informed Care to Meet Future Needs

Focus: Addressing the Needs of Front Line Workers Post-Covid 19

Originally published in the Summer 2021 Issue of Behavioral Health News, this article shares the reflection and insights of this month's TIC Champion, Dr. Barbara Bernstein, on working with a diverse statewide team to articulate recommendations of TIC to support front line workers post-COVID 19.

"Throughout the past year, I have been struck by the degree to which attention to mental health and wellness, specifically of the impact of trauma on mental health, has entered mainstream discussion. "Front Line Workers" (FLW) who continued to show up for work despite personal risks have been heralded across the media. The concept of who constitutes a "Front Line Worker" expanded as we recognized our collective dependence on the individuals who keep shelves stocked, streets cleaned, children educated, transportation running, etc. Simultaneously, attention to the impact of trauma on communities at large as well as on "Front Line Workers" has entered the dialogue. Those who work in the behavioral health and increasingly in other sectors, have been steeped in principles of trauma-informed service delivery and staff support for quite some time. However, sensitivity to these issues has not been embedded in the workplace universally, nor do the practices of individual organizations create policy."

READ THIS MONTH'S BLOG POST

READ THE ARTICLE

Additional Resources

Here are some important resources:

- Behavioral Health News - Summer 2021 Issue
- Broken Places Film Screening
- NY Project Hope
- COVID-19 Resources for Front Line Workers

Search Resources at the NYS Trauma-Informed Network for more

Barbara Bernstein, PhD, MPH
Chief Planning Officer, MHA of Westchester

Champion's Corner

This month we acknowledge the contributions of Dr. Barbara Bernstein. As Chief Planning Officer, Dr. Bernstein is a member of MHA's Executive team, planning and executing the agency's strategic objectives. Dr. Bernstein focuses specifically on MHA's external relations, staff development, commu nity education, Development and Communications. She has played a

key role in agency-wide "transformations" including Person- Centered care, Trauma Informedcare, and suicide prevention, intervention and postvention work.

Dr. Bernstein, a licensed Psychologist, holds a BA in Psychology from Cornell University, PhD in Psychology from the Graduate Center of City University of New York, an MPH in Health Policy and Management from the Mailman School of Columbia University, and a postgraduate certificate in the Treatment of Child and Family Sexual Abuse from Fordham University. She Co-Chairs the Westchester County Suicide Prevention Task Force and Co-Facilitator of the Suicide Fatality Review Team, is a member of the Putnam/Northern Westchester BOCES Suicide Prevention Leadership Team and Regional Crisis Team, and has served as Co-Chair of the NYS Suicide Intervention Skills Training Consortium. She is currently a member of the NYS Frontline Workers Workgroup and has served as a member of the New York State Department of Education Advisory Committee on Mental Health Education in Schools.

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!"