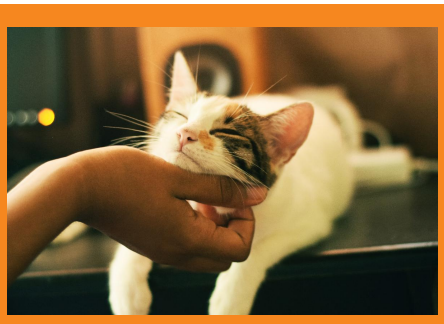
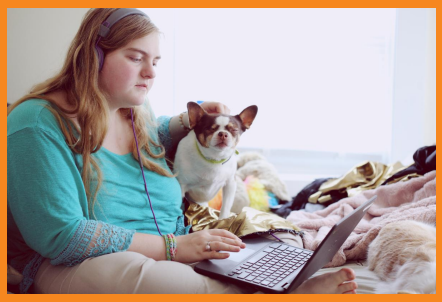
NEW YORK STATE TRAUMA-INFORMED NETWORK





FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Human-Animal Interactions and TIC

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

CHAMPION'S CORNER
Features champion Jordan Sterman

TIPS
Getting the most from the NYS Trauma-Informed Network

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

WELCOME

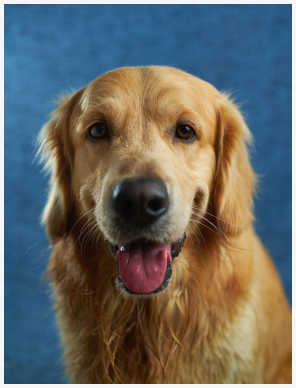
TO THE NEW YORK STATE TRAUMA-INFORMED NETWORK

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: Human-Animal Interactions and TIC

Focus: Potential Health and Recovery



Benefits of Human-Animal Interactions

Although people have lived alongside animals for thousands of years, research in the field of Human-Animal Interaction is relatively new. Only in the past few decades have researchers begun looking at the effects of human relationships with other animals. One component of Human-Animal Interaction is the Human-Animal Bond, which is often defined as a mutually beneficial relationship between people and animals that influences the health and well-being of both. According to some research, interacting with animals may improve our physical and mental health, as well as enhance aspects of our daily lives. Similarly, research has found that Human-Animal Interactions may have positive results for some of the animals involved as well, including reduced anxiety and fear and health benefits.

EXPLORE THE TOPIC

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- Transforming Trauma: Resilience and Healing Through Our Connections With Animals
- Role of Animal-Assisted Interventions in Addressing TIC
- Treating Trauma with the Help of Animals

Search Resources at the NYS Trauma-Informed Network for more

Jordan Sterman, MSSA

Champion's Corner

This month we acknowledge the contribution of Jordan Sterman. Jordan is a Research Associate with the Center for Collaboration and Community Health and this month's BLOG author. Jordan promotes greater understanding of the benefits of animal-assisted interventions in healing and recovery.

In his professional role, he provides research support to the Center through the delivery of quality projects on time, within budget and within scope. Jordan is driven by the pursuit of social justice through systems change and equitable access to evidence-based health care.

Jordan received his MSSA from Case Western Reserve University where he was involved in a variety of research projects and the publication of several peer-reviewed journal articles. During his time in graduate school, Jordan regularly served as a social worker at the Student-Run Health Clinic where he helped develop patient care plans while working on a multidisciplinary healthcare team. Additionally, Jordan received his BS in Psychology from the College at Brockport.

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.

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

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!"