NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Trauma-Informed Health Decision Making

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

CHAMPION'S CORNER
Features champion Mary Moussa Rogers, PhD

TIPS
Getting the most from the NYS Trauma-Informed Network

Coming Soon:
2022 NYS TI Network Quarterly Meetings Calendar!

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 Health Decision Making

Focus: Trauma-Informed Health Decision Making

Those impacted by traumatic events and toxic stress are known to have shifts in decision making related to their health (e.g., substance use, risky sexual behavior, and disordered eating). These shifts in health behavior can occur as individuals seek to find relief from the symptoms associated with traumatic experiences through coping behaviors (e.g., using substances to cope with intense emotions) . Another contributor can be related to the impulsivity (i.e., a lack of inhibition) tied to regular activation of the fight, flight, freeze response. Thus, increasing traumatic experiences across the globe relevant to the pandemic are likely to impact health decision making and associated costs in health care needs. One of the major features explaining the impact of trauma on health decision making is its impact on emotion regulation. Experiences with trauma increase the intensity and frequency of emotions such as fear, anger, and hurt – which result in increased difficulty concentrating in day-to-day life, planning ahead, and in the moment decision making.

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- Understanding the Effects of Trauma on Health
- Understanding Traumatic Stress in Adolescents Fact Sheet from the NCTSN
- SAMHSA Tips for Survivors: Coping With Grief After Community Violence

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

Mary Moussa Rogers, PhD

Dr. Moussa Rogers is a first-generation Lebanese American and first-generation college student. She graduated with her doctoral degree in Clinical Psychology in August of 2021 and is currently an Assistant Professor at University of South Carolina Aiken. Her research focuses on the context (i.e., family, culture) of health risk behavior and impulsivity as well as prevention methods. She is an active participant in Psi Chi's Network for International Collaborative

Assistant Professor & Clinical Psychologist
University of South Carolina Aiken

Exchange. She has clinical experience working with children and adolescents, families, and young adults and prides herself on being an advocate for her clients.

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