NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Mental Health Community Partners: Wellness in Partnership with Others

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

CHAMPION'S CORNER
Features champion
Meg Spagnola, CASAC-2
MHCP Program Specialist
Mental Health Association in New York State (MHANYS)

TIPS
Getting the most from the NYS Trauma-Informed Network

2022 NYS TI Network Annual Meeting Link

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:
Mental Health Community Partners:

Wellness in Partnership with Others

Focus: Mental Health Community Partners: Wellness in Partnership with Others

Our MHCP team likes to say that we find wellness in partnership with others. This means that healing in mental health is not without our support system, and illness impacts not just the individual but their family and supporters. MHCP highlights a relational approach to mind-body health and recovery. Our goal with MHCP is to support the individual as much as possible during any major life transition, like transitions from treatment back to life in the community. Through a holistic lens, we focus on wellness and all dimensions of our health to highlight strengths within an individual to find recovery on the continuum of wellness. We recognize that we are never 100% well or 100% ill for all of our lives. So this reminds us that our current status of health is always in movement, and it changes day-to-day.

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- Center of Excellence For Integrated Health Solutions Website from the National Council for Mental Wellbeing
- Toward Wellness and Recovery: Podcast from the Northeast and Caribbean MHTTC
- Reimagining Communities: Using Trauma-Informed Practices to Build Safe Spaces and Systems that Heal

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

Mental Health Community Partners

This month's champion and blog author is **Meg Spagnola, CASAC-2**, Mental Health Community Partners Program Specialist, Mental Health Association in New York State (MHANYS). Meg is a Program Specialist and trainer with the Family Engagement team at MHANYS. She is a graduate of the State University of New York at Potsdam with a BA in Psychology. Meg's career has been in substance abuse counseling for the last 8 years spanning the continuum of care from detoxification, inpatient, residential and outpatient treatment facilities in NY. She is a CASAC-2 with clinical supervision training. Meg changed career paths this year to work with MHANYS on the MHCP project with a belief that there are alternative ways to support individuals and their families in their journey towards mental health recovery and wellness. Meg brings her clinical background to this human-centric, relational, wellness oriented program in order to improve systemic gaps in care through providing engaging and exciting trainings to professionals and paraprofessionals across New York State.

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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