NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Comparing Neural Pathways and Healing Networks

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

CHAMPION'S CORNER
Features champion David Eckert, LMHC, NCC, CRC

TIPS
Getting the most from the NYS Trauma-Informed Network

2022 NYS TI Network Quarterly Meetings Calendar!

WELCOME

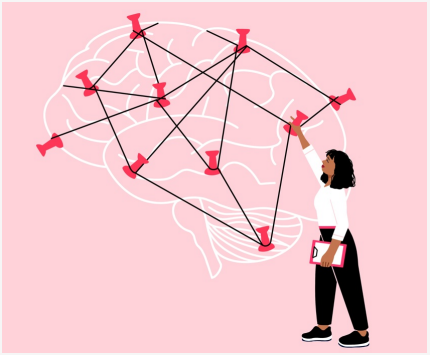
TO THE NEW YORK STATE TRAUMA-INFORMED NETWORK

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: Comparing Neural Pathways and Healing Networks

Focus: Comparing Neural Pathways and Healing Networks



Neural evidence of resilience is seen when an individual engages in new problem-solving activity (thoughts, feelings, or behaviors) in the face of a challenge. The goal of effective crisis response is to establish a safe environment that allows the individual to move past feeling overwhelmed and begin to create a plan to use helpful coping strategies. New behaviors lead to new neural pathways, and hopefully, a new state of equilibrium for the individual when the issue is resolved. For others, particularly those with significant histories of abuse or those under unrelenting stress, their coping mechanisms can be overrun, leaving them further traumatized and in need of support.

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- Neuroplasticity: A Brief Educational Video
- Neuroplasticity: The Truth in PTSD Recovery
- The Healing Place Podcast - Sarah Peyton: Your Resonant Self

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

David Eckert, LMHC, NCC, CRC
Senior Consultant

Dave is a Senior Consultant on CCSI's Fiscal and Quality Improvement team and supports CQI efforts in numerous counties across NY. He is a Nationally Certified Counselor, a Certified Rehabilitation Counselor, and a Licensed Mental Health Counselor in New York State. He has over 35 years of experience in a variety of clinical settings, including 10 years as coordinator of mental health clinics in the Rochester area. Focused experience includes quality improvement, documentation standards, clinical

Coordinated Care Services, Inc.

design to improve service delivery, and family therapy.

He received a Bachelors degree in Psychology at Florida State University and a Master's degree in Community Mental Health Counseling at the State University of New York in Brockport. His appreciation of person-centered, trauma-informed, and evidence-based practice, as well as data-driven behavioral health service delivery, is woven into his consulting work with CCSI. These experiences are also shared in his role as an Adjunct Professor for the Masters level counseling program at SUNY Brockport, which includes teaching a course he designed titled "Neuroscience in Counseling".

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