NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Time to Talk About Mental Health

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

CHAMPION'S CORNER
Features champion
Jenna Velez, LCSW
Vice President of External Affairs
MHA of Westchester

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:
Time to Talk About Mental Health

Focus: Time to Talk About Mental Health

For far too long, mental health has been a subject that we don't talk enough about. Stigma has been a powerful force in shaping the way society views and thinks about mental health, contributing to negative and inaccurate perceptions that lead to discrimination in all facets of life. This has been particularly true in the workplace. Despite the fact that approximately 20% of individuals in the US experience a mental health concern annually, conversations about how to recognize and respond to signs of concern are often avoided. It is not difficult to connect this to the outcome that more than half of those reporting a mental health concern have not received treatment.

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- ICU Program Employer Resources
- Mental Health & Wellness in the Workplace (MHANYS)
- Building Psychological Resilience for the Public Health Workforce during the COVID19 Pandemic

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

Jenna Velez, LCSW
Vice President of External Affairs
The Mental Health Association of Westchester

Jenna Velez, LCSW, is the Vice President of External Affairs at The Mental Health Association of Westchester. Ms. Velez has worked at MHA since 2005 after completing a Master's in Social Work at Columbia University School of Social Work in New York City. She has extensive experience in direct service provision and behavioral health administration and is committed to furthering MHA's mission of promoting mental health through advocacy, community education and direct services.

Ms. Velez is one of the co-chairs of the Westchester County Coordinated Children's Service Initiative Trauma Subcommittee. Her passion is fostering the adoption of trauma-informed practices and eradicating stigma around mental health, which she pursues by delivering training and hosting MHA's podcast, Surfacing: The Meaning in the Story.

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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