NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Westchester Breathes: Increase Your Resilience, Lower Your Stress

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

CHAMPION'S CORNER
Features champion
Elena Falcone
Director, Public Innovation and Engagement, Westchester Library System

TIPS
Getting the most from the NYS Trauma-Informed Network

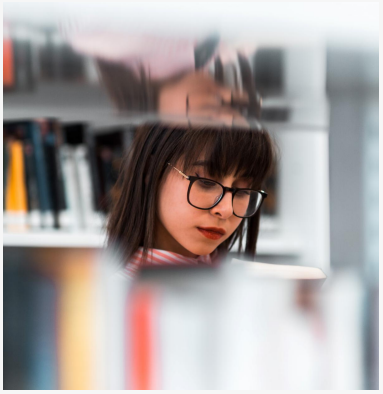
2022 NYS TI Network Quarterly Meetings Calendar!

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:
Westchester Breathes: Increase Your Resilience, Lower Your Stress



Focus: Westchester Breathes: Increase Your Resilience, Lower Your Stress

Westchester Breathes is an ongoing program, initiated by the Westchester Library System (WLS) in 2018, that offers an experience of gentle movement, breathing and relaxation exercises that reduce stress and anxiety and increase a sense of calm and well-being. These exercises are simple and evidence-based – which is to say they are accessible to multiple audiences and they work!

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- 10 Ways to Tackle Collective Occupational Trauma and Restore Resilience
- The Healing Place Podcast - Sarah Peyton: Your Resonant Self
- ACEs and Resilience

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

Elena Falcone
Director, Public Innovation and Engagement
Westchester Library System

Elena Falcone is the Director of Public Innovation and Engagement at the Westchester Library System. She is a librarian with a love of gadgets and the data she can access with them. Her experience in research, strategic planning, innovation, and community engagement fuel her dreams about the possibilities for her community. She is motivated to demonstrate the positive impact library services can have for all populations and to promote information literacy in a digital age.

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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