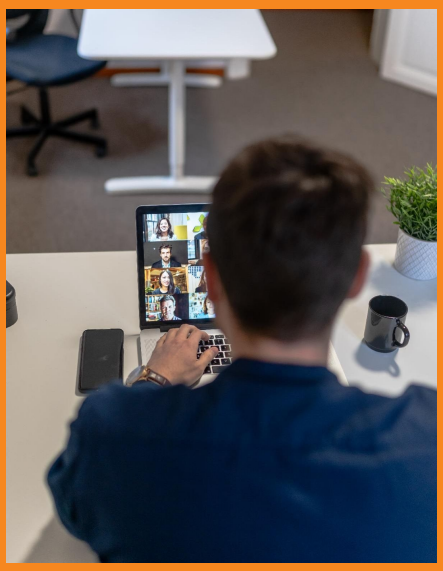
NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration



FOCUS
Connecting Beyond the Camera: Creating Community in a Virtual Landscape

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

CHAMPION'S CORNER
Features champion
Brittany A. Pereira, M.Ed.
Consulting Intern, Coordinated Care Services, Inc.

TIPS
Getting the most from the NYS Trauma-Informed Network

Remember to register for or update your NYS Trauma-Informed Network listings!

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:
Connecting Beyond the Camera:

Creating Community in a Virtual Landscape

Focus: Connecting Beyond the Camera: Creating Community in a Virtual Landscape

It is January 2023, nearly three years since the onset of the COVID-19 pandemic that altered business as usual in our professional worlds. There was an abrupt shift in operations for many of us; we whirled in uncertainty for some time, re-writing the rules as we went. It is clear to us now that the landscape of the workplace has been permanently altered as remote work opportunities seem here to stay.

Many employees find remote work favorable for several reasons - accessibility for underrepresented workers, flexible work hours, reallocation of time usually spent commuting, reduced emissions and vehicle congestion on the roads- yet identify feelings of social disconnect from their coworkers, contributing to a diminished sense of community in the workplace. Though some employees may not perceive a disconnect and find these conditions favorable, others may find a deteriorated sense of community consequential to their overall feelings of job satisfaction.

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- Staying in Balance: Healthy Solutions for Managing Workplace Stress
- Breaking the Cycle of "Trauma Drama" and Creating a Calm, Connected Community that Flourishes in the Most Challenging of Times!
- Coping Skills to use While Social Distancing

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

Brittany A. Pereira, M.Ed.
Consulting Intern
Coordinated Care Services, Inc.

Brittany A. Pereira, M.Ed. is a Rochester Institute of Technology predoctoral intern and a Consulting Intern at CCSI working under the supervision of Dr. Elizabeth Meeker. Brittany earned her B.A in psychology with a minor in creative writing from Roger Williams University and completed her M.Ed. in school psychology at the University of Massachusetts Boston where she is currently a doctoral candidate in the School Psychology PhD program. Throughout her training, she has conducted comprehensive psychological assessments, provided evidence-based therapies for school-aged youth, and has engaged in collaborative consultation to support the implementation of MTSS frameworks across general education and therapeutic school settings.

As a researcher, she is interested in evidence-based infrastructures and interventions that support the inclusion of students with social-emotional difficulties in general education environments, with a specific interest in how mindfulness-based strategies can be integrated into preventative frameworks to support the mental health of students and teachers alike. In May of 2022, she successfully defended her dissertation which integrated a virtually delivered mindful breathing intervention with a regularly occurring writing practice opportunity for elementary-aged students. Through consultation, her goal is to utilize data and research methodology to assist school's implementation of Tier 1 mental health supports. Brittany is a lover of hot tea, cats, yoga, bike rides, and nature walks.

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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