New York State
Trauma-Informed Network
& Resource Center

Close your eyes for a moment and imagine. There is a large, open room with windows overlooking a lake and fall foliage. Within this room, 300 people have traveled by bus, train, and car from across New York State to be together in community. And with each of these individuals, 300 unique stories have traveled to converge in one point in time to leverage the power of the collective to create a trauma responsive space and place.

This scene describes the launch of the first in-person, annual conference of the NYS Trauma-Informed Network and Resource Center. Our overarching goal for this conference was to curate an experience that centered not only learning but also connection, restoration, and play. I can definitively say that this goal was not only achieved but surpassed. We shared our truths. We laughed and cried together. We danced, breathed, walked, moved, and drummed together. We left feeling re-energized, inspired and hopeful.

I offer deep gratitude to our storytellers, workshops presenters, the TINRC Advisory Committee, TINRC team, CCSI staff, the Fort William Henry Hotel & Conference

Center staff, and the NYS Office of Mental Health for making this event possible. As we now disperse across the state, I know that the work will continue, and the seeds will continue to be planted. I look forward to next year's harvest.

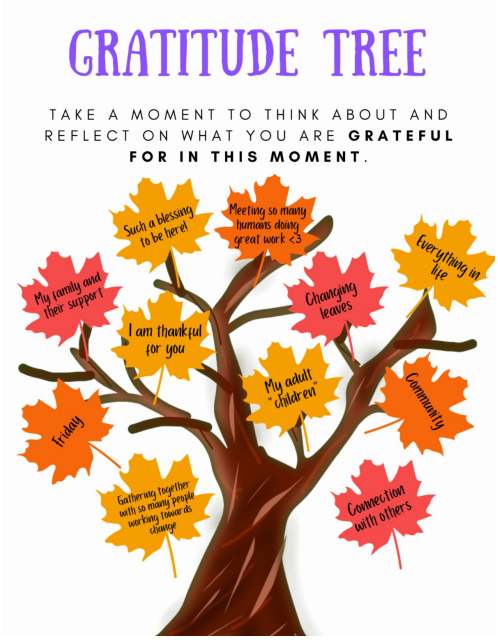
Elizabeth Meeker

For those who attended, we highly value your input and will use your suggestions to help us plan next year's conference and other events. If you haven't already, please take a few minutes to complete the **conference survey** to provide feedback on your overall experience at the conference.

A Moment to Pause...

During the Join the Journey conference, a Reflection Room was available for attendees to take a moment to pause, notice, relax, and reflect.

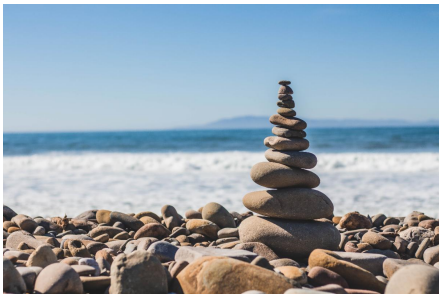
Multiple resources and activities were available in the Reflection Room, including a variety of fidgets, instructions/materials to make their own breathing stick, a mindful doodling activity where attendees could visualize and draw their own special peaceful place, guided reflection prompts, QR codes to scan to bring them to virtual mindfulness resources they could have and access anytime (in both English and Spanish), and a community gratitude tree.



Through the gratitude tree, attendees could think about and reflect on what they were grateful for in that moment and write them on a leaf to add to the tree.

When you take a moment to pause, what are you grateful for?

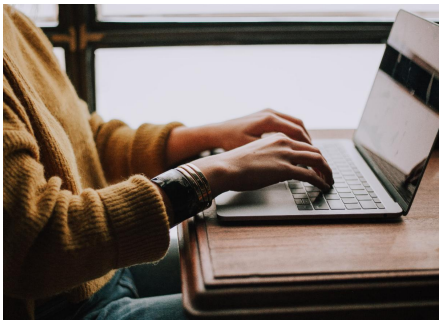
Upcoming Events



Breath-Body-Mind Practice Sessions

November - December: Every Tuesday at 6AM, 12PM and 8PM via Zoom. Each session will provide an opportunity to learn and use basic, gentle Breath-Body-Mind practices to soothe, balance and strengthen the nervous system.

Register Now



Trauma Responsive and Resilience Informed Care Training (Virtual)

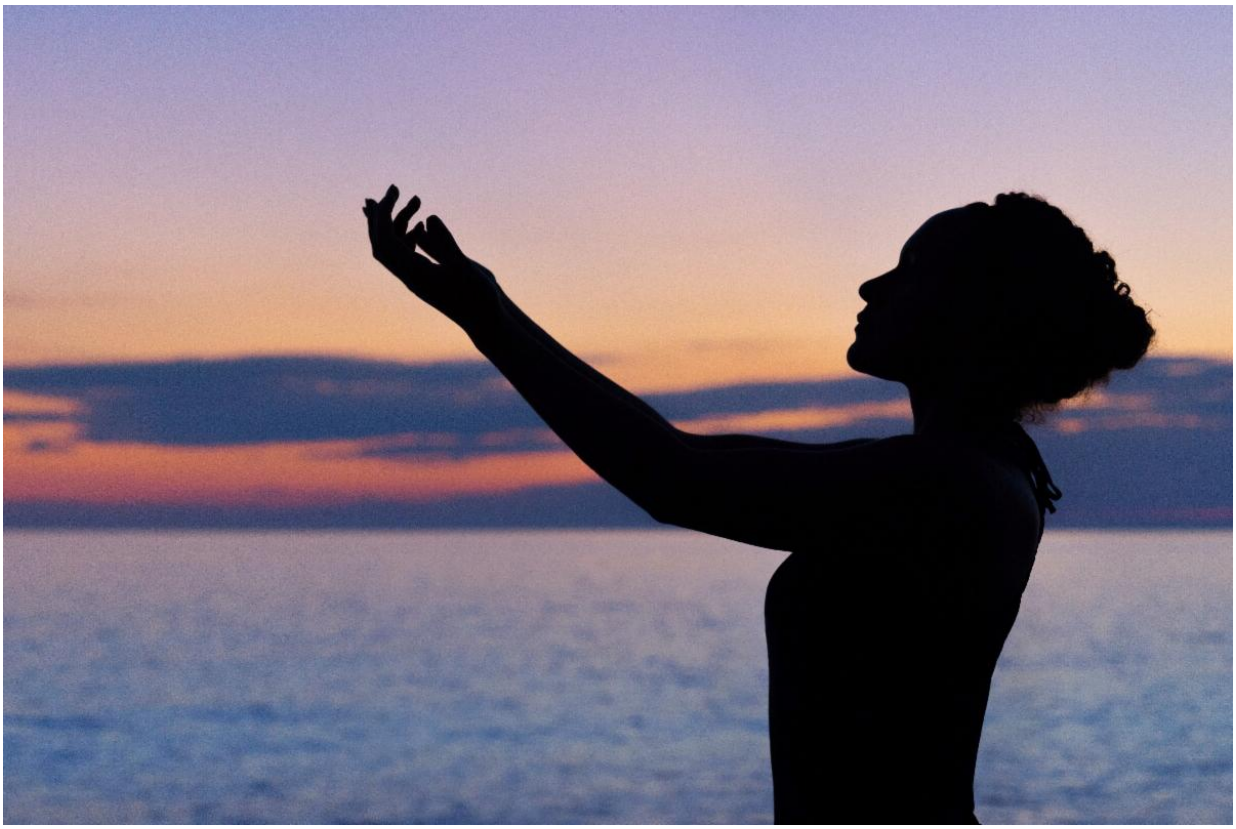
The **Trauma Responsive and Resilience Informed Care Training** provides foundational knowledge on the effects of toxic stress, trauma, and adversity on health and well-being.

This is a ***live, interactive training.*** Participants **MUST** attend for the whole training. This training will not be recorded.

Register for November 30th (virtual)

Capacity is limited

November Blog



The Stardust Revolution - *Adair Finucane, With Adair*

I got home from NY TINRC's *Join the Journey* conference over a week ago, it's clear that I'll be integrating my experience there indefinitely. I left the conference deeply inspired, and also with a hangover. It's the heaviness that comes from honing in on trauma - my heightened sense of horror at our violent systems.

An activist and healer since my teen years, I'm familiar with compassion fatigue. This familiarity has guided my professional path and personal healing journey. I am accustomed to the fear-based impulses that often follow opening my heart to the pain of the world.

Read Full Blog

Guided Meditation Recording

Join the Network

- Register today to share your resources and tools for all New Yorkers.
- Create an Organizational Profile on the TINRC website
- Learn the latest on trauma-informed care across NYS by signing up for the TINRC Newsletter.

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