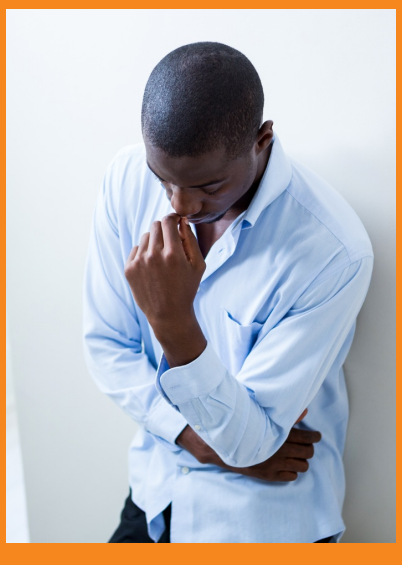
NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration



FOCUS
How Nice is Too Nice?

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

CHAMPION'S CORNER
Features champion
Jenna Velez, LCSW
Senior Consultant, Coordinated Care Services, Inc.

TIPS
Getting the most from the NYS Trauma-Informed Network

Register for the first Quarterly Meeting of 2023 here!

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.

Stay tuned to hear about a **Train the Trainer in Trauma-Responsive, Resilience-Informed Care** planned for this coming April 20th and 21st in person, and April 28th virtually!

FOCUS ON:
How Nice is Too Nice?

Practice Self-compassion

Focus: How Nice is Too Nice?

If you ask the average person to explain the fight, flight, freeze response, most will know that this is the body's automatic response to a threat or stressful situation. Many will also easily describe the difference between the responses. It is well understood that the human stress response is adaptive and effective at protecting us from threats, activating immediately without waiting for our conscious thought to catch up. Less commonly understood but not infrequently experienced is the fawn response, which refers to the consistent dismissal of one's own needs to appease those around them.

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- Mapping Your Nervous System's Response to Trauma
- The 12 Core Concepts for understanding Traumatic Stress Responses in Children and Families
- ACE Response Webinar Series

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

Jenna Velez, LCSW
Senior Consultant
Coordinated Care Services, Inc.

Jenna Velez, LCSW, is a Senior Consultant at Coordinated Care Services, Inc. (CCSI) for the System and Practice Transformation team. Jenna joined CCSI in 2022, bringing extensive experience in behavioral health administration and direct service provision. She managed the implementation of a Certified Community Behavioral Health Clinic model of care and promotes a whole-health approach to addressing complex medical and behavioral health issues. Jenna also co-chairs the Westchester County Trauma Subcommittee, a cross-systems collaborative that facilitates trauma-responsive organizational change. Jenna is a thought leader with a unique ability to identify innovative strategies for achieving outcomes. Her enthusiasm and individualized approach provide leverage for engaging stakeholders in transformation.

Jenna has a passion for eradicating stigma and is dedicated to the promotion of trauma-responsive, resilience-oriented practices through training, advocacy, and program development. Jenna received her BA in Psychology at the University of Massachusetts Amherst and her Master of Science in Social Work at Columbia University School of Social Work.

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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