NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA-INFORMED NETWORK & RESOURCE CENTER

Resources | Connection | Inspiration

FOCUS
Progress Towards True Healing Through Relationship Building

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

CHAMPION'S CORNER
Features champion
Maria Isabel Moran Boehlert
School of the Arts Student

TIPS
Getting the most from the NYS Trauma-Informed Network

Register for upcoming 2023 quarterly meetings here!

WELCOME

TO THE NEW YORK STATE TRAUMA-INFORMED NETWORK AND RESOURCE CENTER

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 supportthose who are engaged in or interested in 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.

Breath, Body, Mind Foundation

The **New York State Trauma Informed Network and Resource Center (TINRC)** is a space for relationship building and connection to further advance trauma-responsive and equity-focused practices that support the wellness of all New Yorkers. Join us for the **second quarterly meeting of 2023** for deep learning, connection, and imagining around organization and community wellness practices.

In this session, the Breathe, Body, Mind Foundation will share information about the free, virtual 2023 Breath-Body-Mind™ (BBM) practice sessions and trainings for frontline staff, organizations and communities, Westchester Library System will share how they have implemented these practices in their community. In our Network Discussion, we will learn about wellness opportunities in your community and ways to connect BBM practices.

Upcoming BBM Sessions:

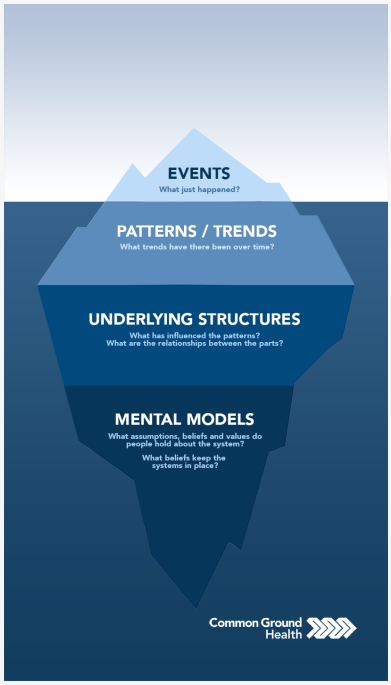
BBM Virtual Practice Sessions (May-June 2023)

BBM Virtual Information Session (June 13th)

BBM Virtual Information Session (August 8th)

BBM Virtual Information Session (September 19th)

FOCUS ON:
Progress Towards True Healing Through Relationship Building



Progress Towards True Healing Through Relationship Building

As we recognized Adverse Childhood Experiences (ACEs) Awareness Day at the end of April and move into Mental Health Awareness Month in May, I have been reflecting on children's mental health and well-being. The headlines are everywhere about "the crisis in children's mental health", particularly in the context of the pandemic. While the headlines are drawing needed attention to our children's overall health, we know that there was a rising crisis well before COVID-19 and that the pandemic is certainly not the only contributor to the current state of mental health for young people.

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- Never Give Up: A Complex Trauma Film by Youth for Youth
- My COVID-19 Resilience Workbook
- Center of Excellence For Integrated Health Solutions Website from the National

Council for Mental Wellbeing

Search resources at the
NYS Trauma-Informed Network
and Resource Center

Welcome, New TINRC Staff!

Welcome **Anita Black** as the **Program Operations Manager** for the **NYS Trauma Informed Network and Resource Center**. As the Program Operations Manager, Anita is responsible for managing day-to-day operations, including subcontract/vendor relationships, budget monitoring, adherence to timelines and deliverables, and more. Anita previously worked as a Program Officer for the Greater Rochester Health Foundation supporting the operations of a whole child health strategy focused on racial equity, social-emotional supports, and family leadership as central in systems change. Anita brings with her knowledge and expertise of trauma informed care and resilience practices. Additionally, Anita is a clinical social worker and a yoga/meditation teacher and practitioner.

Welcome **Margarita Tegas** as the **Program Assistant** for the **NYS Trauma Informed Network and Resource Center**. As the Program Assistant, Margarita will be responsible for supporting operations and logistics. Margarita previously worked at Hillside, focusing on trauma informed care and Adverse Childhood Experiences and has worked on various public health projects while completing her Master of Public Health degree at St. John Fisher University. Additionally, Margarita is a passionate soccer fan.

CHAMPION'S CORNER

Maria Isabel Moran Boehlert
School of the Arts Student

As a student of the School of the Arts, Maria Isabel Moran Boehlert is a Vocal Major. She absolutely loves to sing and draw as ways of helping her in times of all lost hope. She also participates in multiple sports and is involved in multiple things to help better the community. She currently works with the RCSD as a Student Leader in Congress, as well as works with the Common Ground Third Ace Work Group. She likes to go out and spread positivity, especially with her church, which does things for others without expecting anything in return. She is a survivor of so many things and with the help of music, her community, and self-love, she is thriving!

TIPS

Here are some suggestions to help you

get the most out of the NYS Trauma-Informed Network and Resource Center. Add a resource, share an event, help us spread the word and drive change in NYS.

NEW YORK STATE TRAUMA-INFORMED NETWORK

NYS Trauma Informed Network and Resource Center
https://traumainformedny.org
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