NEW YORK STATE
TRAUMA-INFORMED NETWORK
AND RESOURCE CENTER

JOIN THE JOURNEY

Building and Strengthening Trauma-Informed Practices Across New York State

Connection | Community | Collaboration

Join Us!

Save the Date:
Join the Journey NYS Trauma-Informed Network and Resource Center Annual Conference

Register for Quarterly Network Meeting on July 13th

Embrace Wellness

Breath-Body-Mind Foundation Virtual Practice Sessions

Breath-Body-Mind Foundation Virtual Information Sessions
August 8
September 19

Breath-Body-Mind Foundation Workshops
Cohort 1
Cohort 2

Self-Care and Wellness Virtual Training - June 21

Let's get to know each other!

One of the greatest benefits of my more than two decades of work committed to advancing equity-focused, trauma-responsive practices has been the phenomenal people I have met. Through every interaction and conversation, I have learned more about myself, broaden my worldview, and deepened my practice. Along the way, I have been so fortunate to build relationships that have also become friendships. And while this work can be challenging at times, the gift of connection has been invaluable and sustaining.

The expansion of the NYS Trauma-Informed Network and Resource Center is already allowing us to bring additional resources through training opportunities and wellness initiatives. These offerings will help us to collectively build our statewide capacity and advance our practice. And while this excites me, what has been most energizing has been the opportunity to connect with people across NYS – from those are new to this work to those who have been dedicated to this work for some time.

Over the past two months I have been invited to attend the Sanctuary Network Days learning about and from agencies who have been working to implement the Sanctuary model. Anita Black, Operations Program Manager, and I also attended the

Trauma-Informed Training

In-Person: Trauma Responsive and Resilience Informed Care Training, Rochester, NY June 28

Virtual: Introduction to Trauma and Trauma-Informed Training - June 27

Anita Black and Elizabeth Meeker at the New York State Education Safety Summit.

NYS School Safety Summit where we formed new relationships with other NYS technical assistance centers and had the privilege of meeting school personal from across the state. In addition, I have been able to have engaging conversation with colleagues I have known for years as well as making new connections – all sharing a deep-rooted passion to promote healing centered change to programs, organizations, and systems. It has been truly inspiring and has filled my cup.

With the addition of Josh Higgins, Community Provider Engagement Specialist, we are primed to expand our outreach efforts. I also want to personally invite you to reach out to jhiggins@ccsi.org or emeeker@ccsi.org.

We want to meet you, learn about your work, and where we can partner.

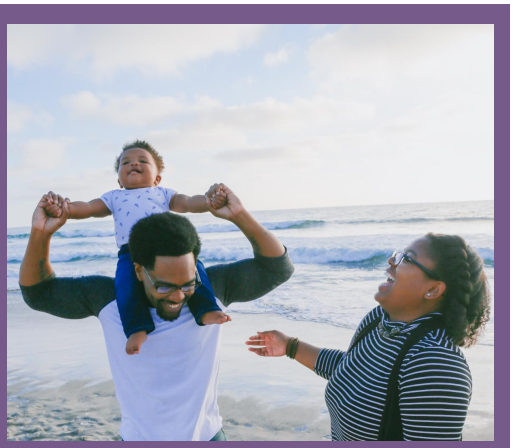
I look forward to meeting you soon!

Elizabeth

Recognizing Juneteenth

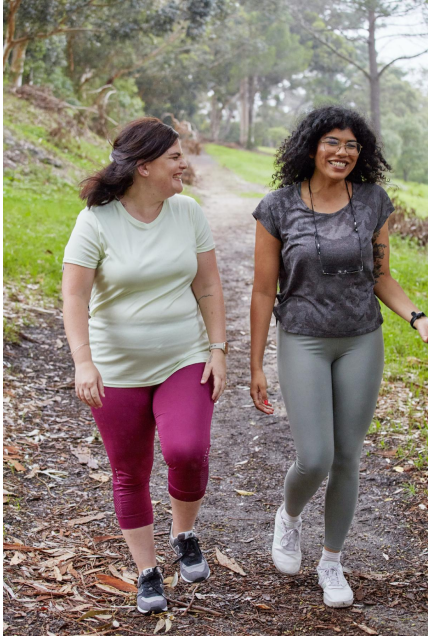
Juneteenth uplifts the resiliency of the Black community and emphasizes the significance of anti-racist, and equity focused trauma-informed practices. Here are impactful resources:

- Three Ways to Celebrate and Support Black Mental Health
- Principles of an Anti-Racist, Trauma-Informed Organization
- Addressing Health Equity and Racial Justice
- The Traumatic Impact of Racism & Discrimination on Young People & How To Talk About It



June Blog: *Mental Health is Health*

Spiritual teacher and author Eckhart Tolle said, *"Awareness is the greatest agent for change."* Being aware includes information or



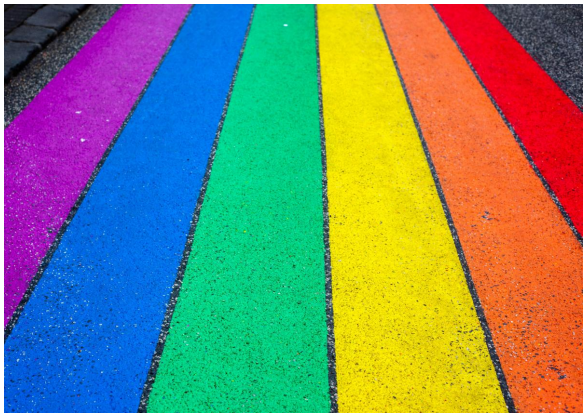
knowledge and a level of understanding. Let's start with information: Mental health includes emotional, psychological, and social well-being. Our mental health affects how we think, feel, and act and helps determine how we make decisions, relate to others, and handle stress.

Mental health is important at every stage of life, from childhood and adolescence through adulthood. You can take action to increase awareness and understanding by increasing your knowledge and sharing resources with your friends and family to raise acceptance surrounding the mental well-being of children, youth, and young adults.

READ THIS MONTH'S BLOG POST

Celebrating Pride Month

June is Pride Month, where we uplift and celebrate LGBTQ+ voices while understanding the need to address mental and emotional trauma of the community.
Here are impactful resources:



- LGBTQ+ Trauma-Informed Care
- Screening for the Intersection of Trauma and LGBTQ+ Youth
- 5 Ways for LGBTQ+ People to Prioritize Mental Health
- Wholistic Health Equity
- Kind Communities: Perspectives from LGBTQ+ Young People on Mental Health

Welcome, New TINRC Staff!

Welcome **Josh Higgins** as the **Community Provider Engagement Specialist** for the NYS Trauma Informed Network and Resource Center. Josh will be working to expand and strengthen the network of providers engaged in Trauma Informed Care across New York State. Josh has over 20 years of experience primarily with youth serving systems of care, and most recently as the Program Manager for Youth and Family Service at Compeer Rochester. Additionally, Josh is an MC and producer for the Ithaca, NY based hip-hop

collective The Gunpoets.

You can reach out to Josh at **jhiggins@ccsi.org**

Champion's Corner

Rachel M Ludwig, LCSW

Rachel Ludwig is the Project Director for Tapestry System of Care in Chautauqua County, NY. Rachel is a Licensed Clinical Social Worker with over 25 years of experience in child and adolescent therapeutic interventions and family therapy through direct practice and administrative roles in community, residential and governmental settings in PA and NY. She is trained in numerous modalities with overall focus on wellness and integrated care, including "Implementing Trauma-Informed & Resilience Building Care".

Rachel has taught at the bachelor and master level at two universities' schools of social work. She has presented at numerous state-wide and national conferences on topics including building partnerships in system of care, high fidelity wraparound, evidenced based practices, trauma informed care, wellness, family driven care, and utility of evaluation to practice.

Rachel currently serves on several community boards. She most enjoys time with family and her little "zoo" and especially values outdoor adventures, sporting events, and gardening.

Let's Connect!

Interested in growing your organization's connections and involvement in the network? Please email **jhiggins@ccsi.org**

Want to be involved in future newsletters or blogs? Please email **mtegas@ccsi.org**

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