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

Submit a workshop proposal application by July 21, 2023

Embrace Wellness

Breath-Body-Mind Foundation
Virtual Practice Sessions
July-September

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

Breath-Body-Mind
Fundamentals Course
August
September

New York State First Responder

I am a Gardener when I Speak to You

My mother is from Brooklyn and despite living in Rochester, NY for over 50 years, she has not lost her accent of origin. With the advent of new technology, we have learned that Siri does not understand Brooklynese which has led to text messages that range from confusing to outright hilarious.

Recently I received the following message: "I am a gardener when I speak to you." I have not yet deciphered what the message was supposed to be, but the text left me pondering none the less. A gardener plants seeds, enriches soil, cuts away what is no longer needed, and nurtures growth. The more I thought about it, the more I realized that my mother has always been a gardener when she speaks to me. Through words she has planted beliefs and values, soothed me when hurt, encouraged me when struggling and supported me when it was hard to let go. And if she has been a gardener to me, I began to wonder what kind of gardener I have been, not only to my children but to my family, friends, colleagues, and those I have served over my career as a therapist and consultant. What kind of ideas have I been planting and nurturing? How have I

Wellness Symposium July 21

Trauma Responsive and Resilience Informed Care Training of Trainers

Apply for October (Rochester)
Apply for December (Virtual)

Prioritize Yourself Today!

Self-Care at Your Desk

6 Resiliency Tips

How I Stay Resilient

used my words – as fertilizer or as a toxin?

As we collectively embark on the journey of expanding the NYS Trauma Informed Network and Resource Center, this seems like a critical question to ask of ourselves and each other. One of my favorite authors, Terry Pratchett, wrote "words create worlds." It reminds me of the power of words and the importance to choose them wisely. Our words shape the culture of our environment. As I have conversations with colleagues across the state, my team, and the individuals I am privileged to serve, what kind of gardener am I when I speak to them? Am I creating the conditions that contribute to them reaching their full potential or are my words inhibiting growth?

Together, we have the opportunity to plant the seeds within our own communities to blossom into an incredible statewide garden fertilized with the trauma informed values of safety, trust, transparency, choice, collaboration, and empowerment. I encourage you to envision the garden in which you desire to live, work and play and then remember "I am a gardener when I speak to you."

And a special thank you to my mother for your lifetime of love which enabled me to receive the message that I needed even if it was not the one you intended to send.

-Elizabeth Meeker, Sr Director, CCSI

BIPOC Mental Health Month

During the month of July, the Trauma Informed Network would like to recognize and honor the mental health and wellbeing of Black identifying persons, African Americans, Latinos, Indigenous and Native American persons, Asian Americans and Pacific Islanders and other persons of color.

Now and throughout the year, the Trauma Informed Network recognizes and looks to actively dismantle systemic barriers that impact the mental health and wellbeing of BIPOC identifying persons and other intersecting community members. Through this, our team acknowledges the oppressive and biased

systems that prevent, limit, and/or stigmatize access to equitable and affirming health services. The Trauma Informed Network aims to consistently promote and value the importance of mental health and well-being of all communities, especially those most historically marginalized.

We encourage opportunities to learn, unlearn, and relearn the importance of black, brown, and indigenous mental health. Learn the stories of BIPOC community leaders and trailblazers. Foster space for historically marginalized communities to claim and/or reclaim their power and opportunities to experience resilience. Please join us as we recognize, enhance, and support the emotional, psychological, and social well-being of Black, Brown, and indigenous people of color, and other intersecting communities.

For more information about BIPOC Mental Health Awareness Month, please visit:

Prioritizing Minority Mental Health

Bebe Moore Campbell National Minority Mental Health Awareness Month

Black Mental Health Matters

Post Traumatic Slave Syndrome- How Is It Different From PTSD?

Mental Health Stigma in Black Communities

July Blog: *My Name Means Something to Me*

Dale Carnegie is quoted as saying a person's name is to him or her [sic] the sweetest and most important sound in any language. This may very well be true. However, history has shown us that there is a lot of bias associated with names. This is especially true amongst job applicants who experience name bias in hiring. Name bias is a discriminatory act that involves a negative judgment or preference for a person's name. In a study conducted by two professors from University of Chicago and Massachusetts Institute of Technology (MIT), they found that applicants with white sounding names were 50% more likely to be contacted for job interviews than those with typical black sounding names.

READ THIS MONTH'S BLOG POST

Ways to Get More Involved in the Trauma-Informed Network & Resource Center!

- Register for the TINRC Website to access, share, and post trauma-responsive resources and events
- Sign up to use the TRUST/TRUST-S tool to assess your organization's journey towards becoming more trauma-informed

Welcome, New TINRC Staff!

Welcome **Sara Taylor** as the part-time Senior Consultant for the New York State Trauma-Informed Network and Resource Center. Sara will will serve as key contact and technical assistance coach and support for faith-based, small grassroots, peer and parent groups and organizations serving marginalized communities. Sara previously worked as the Community Liaison and Training Specialist at Eleversity Workforce Development/Heritage Christian Services.

You can connect with Sara at **staylor@ccsi.org**

Welcome **Denise Quamina** as the full-time Senior Consultant for the New York State Trauma-Informed Network and Resource Center. Denise will provide technical assistance, training, and implementation support utilizing the Trauma Responsive Resilience Informed curriculum. Previously, Denise worked as an Assistant Principal for the Rochester City School District.

You can connect with Denise at **dquamina@ccsi.org**

Champion's Corner

Kesha Carter is the Chief Diversity Officer for CCSI. There she leads the organizational strategy on diversity, equity, inclusion (DEI), and antiracism. She has facilitated DEI workshops, conversations, and trainings, both locally and nationally.

Prior to coming to CCSI, Kesha developed policies and programs to attract, retain, and promote a diverse workforce. In another previous role, she assisted the Director and CEO with a broad spectrum of programming for employees.

Kesha Carter, CDP, PHR

Kesha is a Certified Diversity Professional (CDP) and holds a Six Sigma Green Belt, as well as a Professional Human Resources certification from the Human Resource Capital Institute. She was also a Young Athena Award Finalist 2019-2020 and a Democrat & Chronicle "Woman to Watch" in October 2016.

Integrally involved in the community, Kesha is a board member of Rochester RHIO, The Women's Council, Mission Fulfilled, and Willow Domestic Violence Center and is also a member of Zeta Phi Beta Sorority, Incorporated.

She earned her Bachelor of Science in Organizational Leadership, as well as a Master of Science in Business Administration and Management, both from Keuka College.

Kesha brings over 15 years of experience to her role and is committed to creating continuous growth through education and collaboration.

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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