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

Embrace Wellness

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

Breath-Body-Mind Foundation
Virtual Information Sessions
September 19

Trauma Responsive and Resilience Informed Care Training of Trainers

Apply for December (Virtual)

Note from the Network

For the past two weeks I have been fortunate enough to spend time in one of our state's natural treasures, the Adirondack Park. My days have slowed; sitting and listening to the waves wash upon the shore, strolling through the woods spotting emerging fungi after the rain, and listening to the birds sing.

As our guest blogger, Lindsay Cray, shares, time spent in nature is restorative and grounding. At the same time, I have experienced moments of unease as I notice the rapidly rising levels of the lake, limited my activity due to dangerous air quality due to the wildfires, or caught a headline in the news cycle about extreme temperatures and weather across the country. It has been helpful to be able to acknowledge and name this anxiety as well as to understand that this is a normal reaction to the increasing impact of climate change.

Lindsay's blog explores how our disconnection from nature impacts our mental health and the ways in which

The following resources can help with better understanding and managing *anxiety, stress, and trauma* that may be experienced from *climate/environment related events* and *climate change overall.*

Climate Change and Mental Health Connections

Making the Connection: Climate Changes Mental Health

Climate Change & Trauma

With a Changing Climate, Students are Facing a Mental Health Crisis

Coping Tips for Traumatic Events and Disasters

Visit TINRC Website for additional resources.

reconnection can contribute to restoring balance. The resource section in this month's newsletter provides additional information to learn about the emotional impact of climate change and ways to adaptively cope. As much as there are times where we might want to turn away, when we can pause, be with and name the source of our discomfort/fear, the moment arises for us to respond in ways that are both helpful to ourselves, each other, and our planet. With this clarity comes the opportunity to identify what is within our sphere influence, to act where we are able and restore a sense of control.

The NYS TINRC will continue to develop resources on the impact of climate change, and ***we invite you to share materials that you have created and/or found helpful.***

Please reach out to Margarita Tegas at **mtegas@ccsi.org** if you need support to create an organizational profile on the website or to post resources. We journey together and together we can make a difference.

-Elizabeth Meeker, Senior Director, CCSI

Mental Health Tips in Response to Climate & Environmental Changes

For care providers and those they serve

Our changing environmental climate is causing many people to experience increased stress, anxiety, and trauma as more people directly experience climate-related disasters and eco-anxiety. These climate/environment-related challenges can affect our wellbeing on many levels, including emotionally, financially, physically, and psychologically. Many communities have suffered loss from environment-related disasters, many have experienced negative impacts from environmental change/events, and many

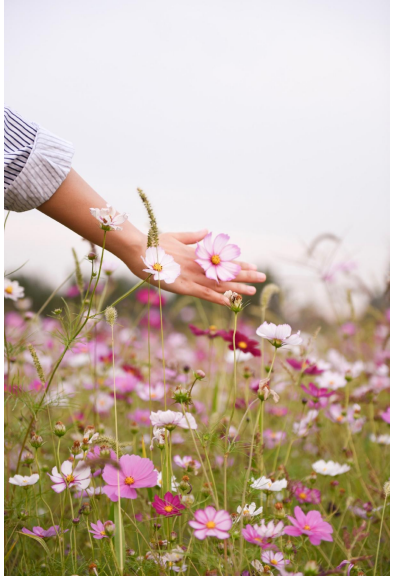
grapple with worry about the planet's future. Others feel deeply uncertain and worry about their ability to continue surviving and thriving. Additionally, the effects of climate change can disproportionately impact various populations.

It is normal and understandable to feel overwhelmed when faced with a crisis of this scale, and important for us to notice and validate how ourselves and others are feeling. We can work to bolster our capacity to experience resilience by prioritizing our own well-being, supporting one another, and channeling our energy into purposeful action.

If you are in a position to provide care and emotional recovery, the practical tips provided in this resource, developed by the New York State Trauma-Informed Network and Resource Center can help build coping strategies for yourself as well as those you serve to navigate recent climate/environmental-related challenges with compassion. Together, these distress tolerance skills, sensory body awareness, and mindful acceptance exercises can work to help individuals **self-regulate and cope** with stress and anxiety when enduring a natural disaster or distress caused from the impact of climate and environmental changes. **Actionable problem-solving skills** and **community connections** can further foster a sense of safety and empowerment in the face of climate and environmental-related changes and events.

August Blog: *We Are More Deeply Connected Than We Know*

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
- Watch TINRC 3rd Quarterly Network Meeting

Wellness Practices

Breath-Body-Mind Foundation offers classes every **Tuesday at 6am for 30 minutes, 12pm for 30 minutes, and 8pm for 45 minutes.** These practice sessions are run by BBM instructors who introduce individuals to basic, gentle practices to soothe, balance, and strengthen the nervous system. Participants can use these sessions to continue developing their skills. These sessions are open to beginners who have not done these practices previously or anyone new to the practices.

The core practice is **Coherent Breathing**, evidenced in laboratories around the world to maintain optimal and synchronous function in our breath, body, mind systems. Optimal health and reduced stress are possible as we breathe together. The breath pacing tracks, listed below, can support you when you practice your Coherent Breathing outside of the classes.

We recommend the following three audio pacing tracks:

1. 5-Breath Tones (60 minute track)
2. 2-Bells (60 minutes)
3. Ocean Whispers (scroll to bottom page)

Champion's Corner

Lindsay Cray, MS, MHC-P

For more than twenty years, Lindsay has focused her career on the development and delivery of progressive and intentional nature-based practices that help people broaden their personal growth, enhance relationships, change the culture of health and foster a connection between self and other.

After pioneering a highly effective Nature-Based Clinical therapy model for supporting trauma recovery, she created Trybe Ecotherapy in 2020. A counseling practice that focused on healing military veterans through the balance of cognitive, emotional, and physiological states. Her early professional years were spent in social-ecological sciences, via a fellowship from the National Science Foundation. During this time, she joined multiple efforts towards ecological sustainability, including attending the United Nations Conference on Climate Change in 2009.

In 2010, Lindsay discovered the power of connecting young people directly to nature and the serious implications for creating successful learning pathways for youth in alternative education programs. In this work Lindsay traveled for nearly a decade, nationally and internationally, focusing on underserved populations, juveniles in the justice system. In 2013, she founded the Earthworks Institute for expeditionary learning, a nonprofit to serve those who lacked exposure to healthy outdoor opportunities.

As a consultant and as a mental health counselor, Lindsay applies her experience to assist individuals, professionals and organizations alike in engaging the Power of Nature to Support Emotional Health and Wellness. Whether it be through clinical work, consulting, or as a field guide, her work has reached a diversity of people across cultures, races and income-levels.

To learn more about her work, visit **Integrating Nature**

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**

NEW YORK STATE TRAUMA-INFORMED NETWORK AND RESOURCE CENTER