New York State
Trauma-Informed Network
& Resource Center

It is a magical moment to catch the last light of the candles on the final night of Chanukah. The flames dance atop the Menorah casting shadow and light until the last spark blinks out. And as I peer out into the darkness, my eyes are treated to wonderous displays of light decorating my neighbors' front yards. From trees wrapped in soft golden shimmering bulbs to flashing reindeer and giant snow globes, the radiating light signals that this is a season for peace and joy. Ironically, the deeper we move into darkness as the days become shorter, the more we are also surrounded by light.

As I reflect on the journey of TINRC over the past year, I imagine sparks of light spreading across New York State. I have witnessed the spark igniting as someone first learns about ACEs and toxic stress. The spark then takes hold as people can now see with a clearer understanding both their own internal landscape and the world around them. The spark is transferred when those who become trainers teach others about the impact of trauma and how trauma responsive practices can support healing and recovery. The spark is nurtured when we pause and take time for ourselves to recharge with restorative practices.

Person by person, there is a growing group of light bearers. May we continue to shine bright as we enter a new year. Wishing you peace, love, and ease throughout the season of light.

**Elizabeth Meeker**

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# Care Resources

The holiday season can be emotionally challenging. Complex feelings can leave us isolated, and it's okay. Check out these self-care resources to help during the holidays.

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# Breath-Body-Mind Practice Sessions

The most wonderful time of the year can still be stressful! If you're home for the holidays or traveling, join us for the **virtual Breath-Body-Mind Practice Sessions.**

Find someplace quiet where you can learn basic gentle BBM practices to soothe, balance, and strengthen the nervous system.

Register now!

# The Art of Reflective Supervision

In the summer of 2023, with the support of NYS Office of Mental Health and funding from the Research Foundation for Mental Hygiene, Jaydn McCune, LCSW, created a menu of

learning opportunities on The Art of Reflective Supervision. Reflective Supervision is one tool that can build the capacity of supervisors and leaders to create cultures of care that support the connection and well-being of all human service employees.

These learning opportunities include two self-paced online training modules as well as follow up offerings that include no cost individual one on one coaching and/or participation in one of two learning collaboratives that will begin in 2024.

**Learning Collaborative schedules:**

Cohort #1: Begins January 18th at 10am, third Thursdays through June

Cohort #2: Begins March 13th at 3:30, second Wednesdays through July

Read Full Article

Art of Reflective Supervision Flyer

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# December Story

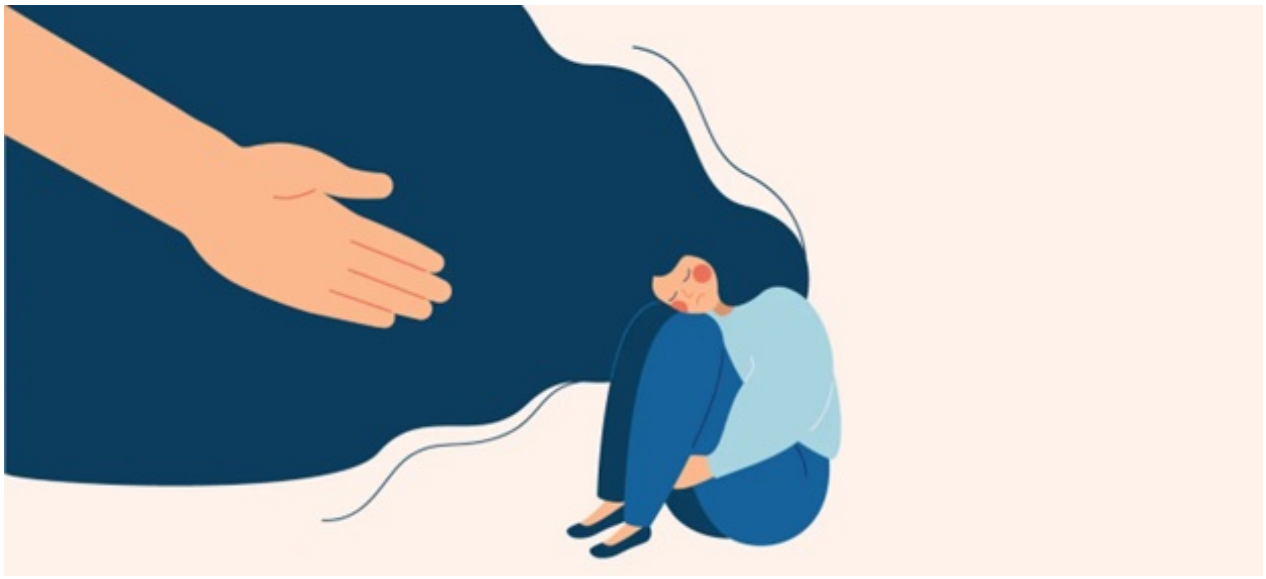

Image: Illustration of an individual holding on to themself in grief, with a hand being extended toward her for help Source **Baylor University Masters Program for Child Education**

## Re-Imagining Grief in the Workplace

### by Kaitlinn Estevez, *Vibrant Emotional Health*

**Content Warning: This story discusses loss and death, including birthing loss, traumatic events, and current global events of genocide and ethnic cleansing.**

For many, December is a month of celebration and tradition. We look forward to events, parties, gatherings, the change in tempo, food, and connecting to our culture (and each other). However, for many—and often the same many, the holiday season is a stark reminder of loss and a more glaring longing for those no longer with us.

Read Full Story

# Join the Network

- Register today to share your resources and tools for all New Yorkers.
- Create an Organizational Profile on the TINRC website
- Learn the latest on trauma-informed care across NYS by signing up for the TINRC Newsletter.

Coordinated Care Services Inc. | 1099 Jay Street, Bldg J, Rochester, NY 14611

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