

An Introduction to:

# The NYS Trauma-Informed Network and Resource Center

Planting the Seeds:  
Growing Trauma-Responsive Practices

*Rooted in compassion, guided by community.*



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# TASKS FOR TODAY...



Lay the foundation for common language of trauma and its impact on brains and bodies



Understand the core principles of trauma responsive practices



Introduce “ways of being” to foster resilience and resources through the NYS TINRC

## MAIN IDEA...

“Traumatic events overwhelm the ordinary systems of care that give people a sense of control, connection, and meaning.”

- Judith Herman (1992)



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# The 3 E's of Traumatic Response

## **Event**

Exposure to a single or ongoing event that heightens the human stress response

## **Experience**

An event is experienced as a threat to our physical and/or psychological safety

## **Effects**

Impacts one or more domains of wellness: Mental, Physical, Social, Emotional, or Spiritual



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# THE HUMAN STRESS CONTINUUM...



## Positive Stress

- Short lived
- Promote growth & change
- Necessary for healthy development



## Tolerable Stress

- Discrete beginning and end
- Universal
- Impact reduced by sufficient social supports when available



## Chronic/Toxic Stress

- Prolonged, intense activation of the stress-response
- Adverse Childhood Experiences
- Community and environmental impact



## Traumatic Stress

- Result of overwhelming event
- Impacts multiple domains
- Complicated by pre-existing vulnerabilities
- Post-event activities may provide buffer



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# Fight-Flight-Freeze-Fawn:

## How it shows up



- Irritability
- Loss of temper
- Defensiveness



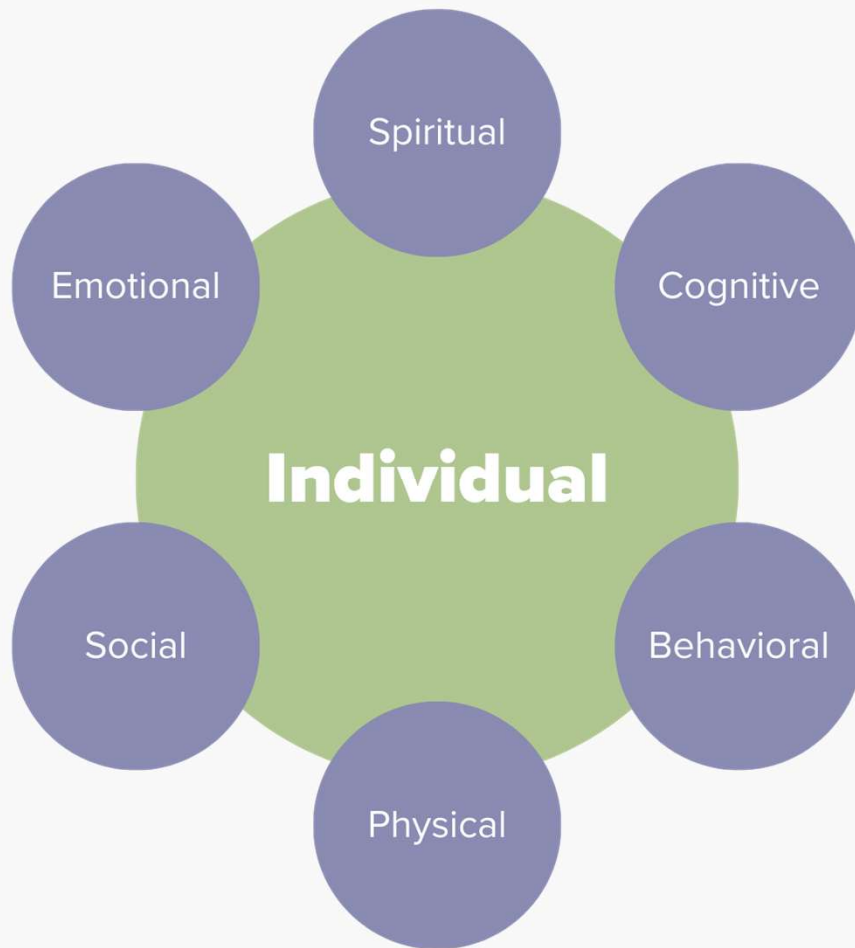
- Avoidance
- Anxiety
- Fear



- Numbing
- Detachment
- Giving up easily
- Inability to make decisions



- Pays compliments
- Avoids conflict
- Difficulty saying "no"



## Domains of Reaction

When human beings experience an event that overwhelms their ability to cope and compromises their safety, we begin to react in predictable ways.

Without supportive responses, over time these reactions can undermine our health and well-being.



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# Common Reactions by Domain

## Cognitive (Thought)

- Flashbacks/Memories/Nightmares
- Concentration/Making decisions
- Confusion
- Hypervigilance (Being on guard/Easily Startled)
- See the world and adults as unsafe
- Self-blame
- Low Self-esteem
- Low Self-worth
- Dissociation

## Emotional (Feelings)

- Anger/Rage
- Fear/anxiety
- Disgust
- Difficulties regulating emotions
- Loss of control
- Irritability
- Guilt/Shame
- Hopelessness/Helplessness
- Emotional Numbness

## Behavioral

- Substance use/abuse
- Hypersexuality
- Self-injury/suicide
- Engaging in abusive relationships
- Engaging in risky behaviors

## Physical (Health)

- Headaches
- Stomachaches
- Sleep problems
- Cardiovascular problems
- Joint pains/Inflammation

## Spiritual/Existential

- Questioning religious beliefs
- Hopelessness about the future
- Questioning humanity

## Interpersonal

- Withdrawal/Isolation/Avoidance of Others
- Problems with attachments
- Problems with intimacy
- Difficulties with social relationships



# UNDERSTANDING **WHY...**



**WHAT IS  
PREDICTABLE IS  
PREVENTABLE**



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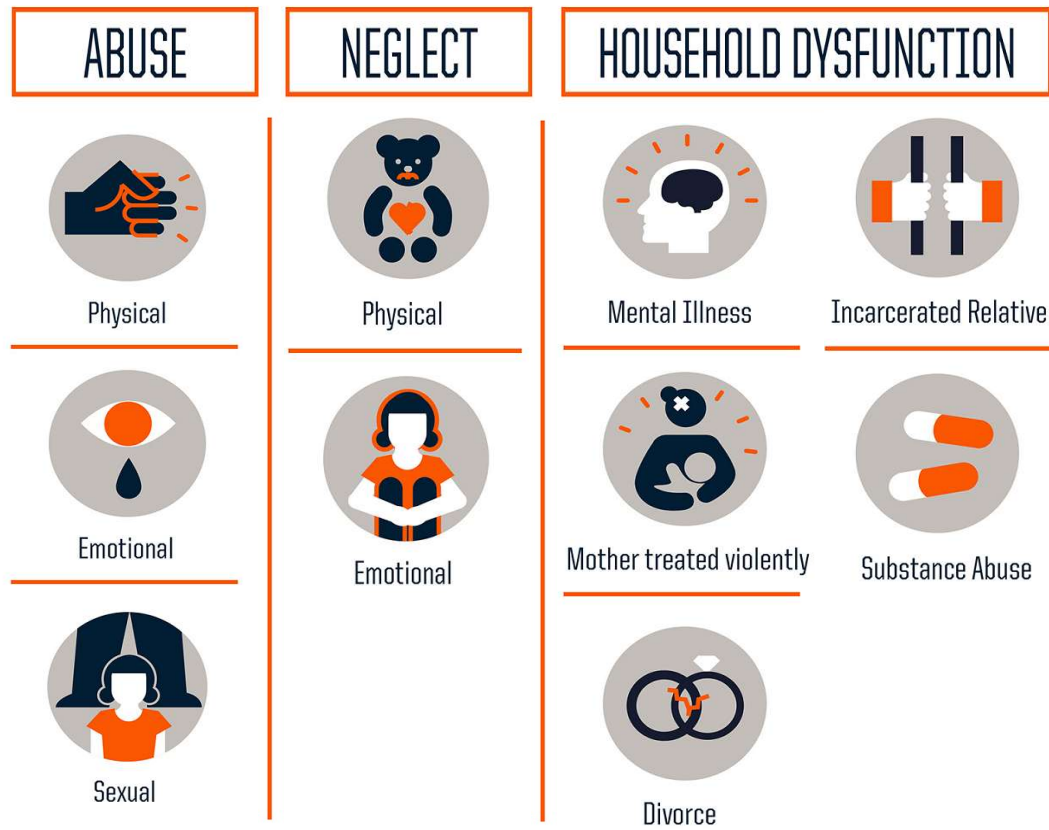
# WHAT IS THE ACE STUDY?



- **1985** - Dr. Felitti, Obesity Clinic, **Adverse Childhood Events (ACEs)**
- Kaiser Permanente, Preventative Medicine
- **1990** - Dr. Anda, CDC Epidemiologist
- ACE Study
- 10 Questions
- 17,421 participants from Kaiser's Dept of Preventive Medicine
- Responses compared with Kaiser medical records

## Adverse Childhood Experiences (ACEs)

Increases risk for...



Centers for Disease Control and Prevention | Credit: Robert Wood Johnson Foundation



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[Resource  
Video](#)

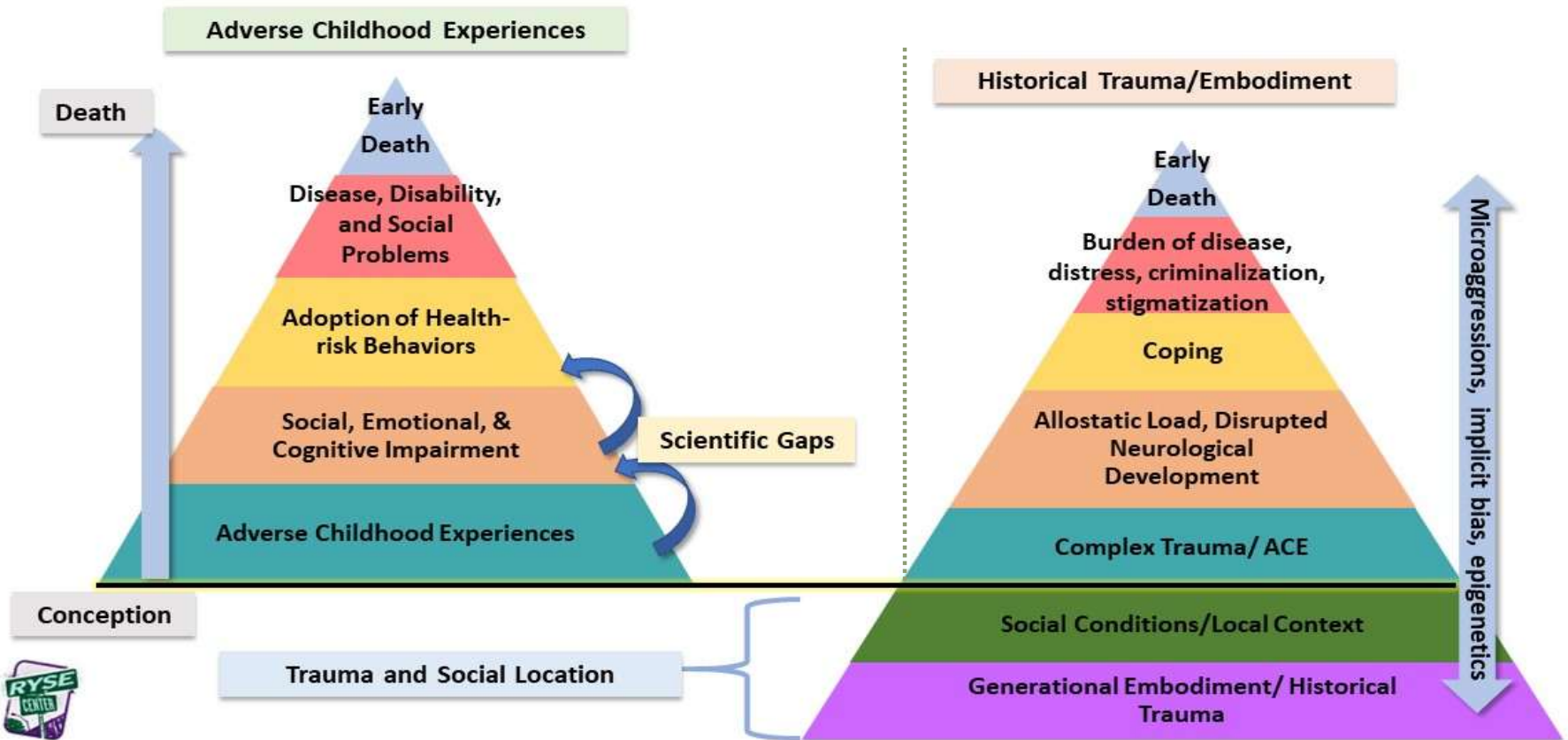
# ACE STUDY & HEALTH OUTCOMES



- Diabetes, stroke, cancer, obesity, heart disease, COPD, depression, substance use disorders linked with higher scores (just to name a few)
- 16% of us have an ACE score of 4 or more
- People with a score of 6 or more have life expectancy that is 20 years shorter than folks with no ACEs
- ACEs cross all socio-economic and cultural groups

Researcher Dr. Robert Anda (CDC) said:  
“I saw how much people had suffered and I wept.”

# Trauma and Social Location



<http://www.acesconnection.com/blog/adding-layers-to-the-aces-pyramid-what-do-you-think>



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# SOCIAL DRIVERS OF HEALTH

**SOCIAL DETERMINANTS**  
**FACTORS THAT INFLUENCE YOUR HEALTH**

The conditions in which you live, learn, work and age affect your health. Social determinants such as these can influence your lifelong health and well-being.

<b>HOUSING</b> 	<b>INCARCERATION</b> The incarceration rate in the U.S. grew by more than 220% between 1980 and 2014, though crime rates have fallen. 	<b>POVERTY</b> 
<b>HEALTHY FOOD</b> 6.5 million children live in low-income neighborhoods that are more than a mile from a supermarket. 	<b>ENVIRONMENT</b> 	<b>GRADUATION</b> 
<b>LITERACY</b> 	<b>ACCESS TO CARE</b> 	<b>HEALTH COVERAGE</b> More than 89% of U.S. adults had health coverage in 2014. But 33 million Americans still lacked insurance. 

*The* **NATION'S HEALTH**  
A PUBLICATION OF THE AMERICAN PUBLIC HEALTH ASSOCIATION  
[www.thenationshealth.org/sdoh](http://www.thenationshealth.org/sdoh)

## DEFINITION...

The SDH are the conditions in the places where people live, learn, work and play that affect a wide range of health and quality-of-life-risks and outcomes.



**WHERE TRAUMA MEETS SYSTEMS**



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# 3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

ACES  
Connection

# TAKING THE NEXT STEPS...

## Building & Sustaining Trauma-Responsive Organizations

### WHAT CAN I DO AS...

- an **INDIVIDUAL?**
- a **MEMBER OF A TEAM?**
- a **PART OF AN ORGANIZATION?**

These are the...

***TRANSACTIONAL STEPS***

In addition, it is important to ask ourselves...**HOW CAN I BE?**

This is...

***TRANSFORMATION***



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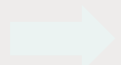
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# THE 1<sup>st</sup> SHIFT...

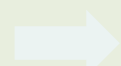


**IT'S NOT...**



**IT IS...**

...what's wrong  
with you



...what's happened to  
you

...what's wrong with  
communities



...what have communities  
experienced

...what's wrong with  
populations



...what's happened to  
populations

Photo by [Ronak Valobobhai](#) on [Unsplash](#)



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**Creating the  
Conditions to  
Shift the  
Balance...**



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# THE 4 R's OF TRAUMA-INFORMED CARE...

## Realize

The prevalence of trauma and adversity

## Recognize

How trauma affects all individuals involved with programs, organizations and systems, including the workforce

## Respond

By putting knowledge into practice

## Resist

Re -Traumatization

By creating healthy environments for staff and clients



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SAMHSA, 2014

# CORE VALUES OF A TRAUMA RESPONSIVE ORGANIZATION

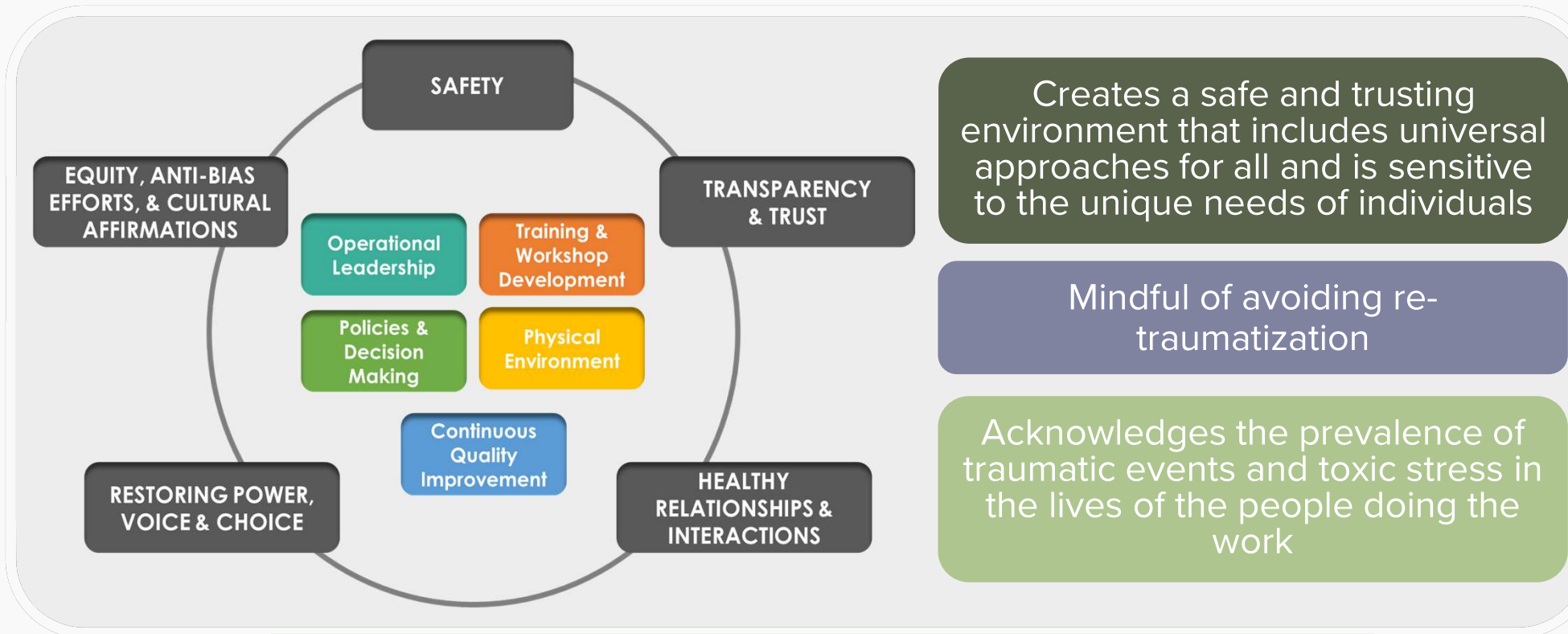


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# WHAT IS A TRAUMA-RESPONSIVE INSTITUTION?



NOTE: Trauma-Informed Care is **NOT** a program – It is an ongoing process that is unique to the strengths and needs of each agency

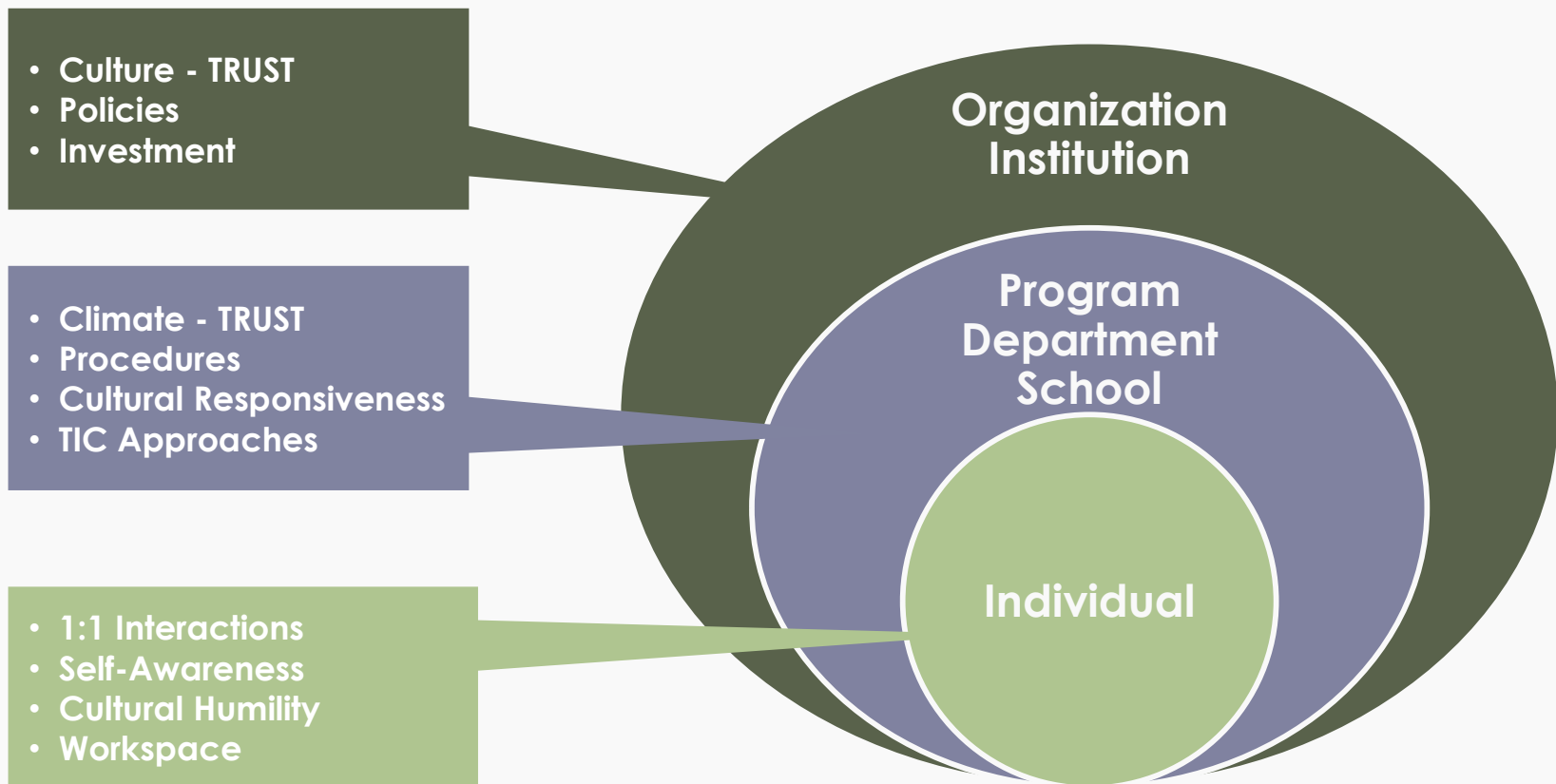


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# CIRCLES OF INFLUENCE & ACTION





# New York State Trauma-Informed Network & Resource Center

<https://www.traumainformedny.org/>

*Rooted in compassion, guided by community.*

OCTOBER 28  
TO OCTOBER 30, 2025

# **Our 3<sup>rd</sup> Annual *Join the Journey* Conference**

Register Now at [traumainformedny.org](https://traumainformedny.org)



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# Get Involved

## Follow Us On Social

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*Get listed on our directory*



*Join a BBM™ session*



*Take the TRUST 2.0 Survey*

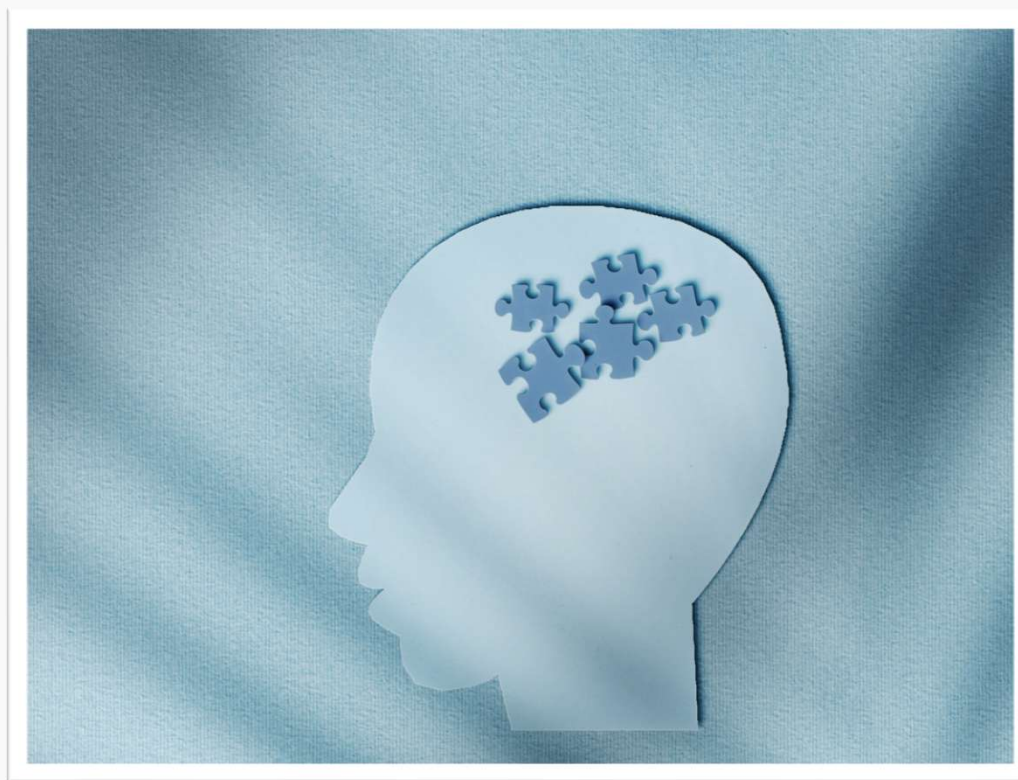


*Listen to our Pathways podcast*



*Join a Workgroup*

# ANY QUESTIONS OR FINAL THOUGHTS



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# Thank you!

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