



A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

Wellness Matters



We are thrilled to bring the New Paltz community an OCW newsletter providing updates on upcoming events and programs, as well as an understanding of the multi-faceted work we do.

Remember, all the programming and events coming out of the OCW are FREE and meant to bring the community together to meet each other, have fun together, and realize the true gift of an engaged and dedicated community.

Perhaps most importantly, we'd like you to know that we, at the OCW, are here to help!

Our goal is to inspire, educate and connect the people of New Paltz, as well as aspire to assist individuals in meeting their unique needs.

We are always looking for volunteers and individuals who have a desire to give back and hope to see all of YOU at some point at one or more of the many important programs and truly fun events we coordinate along with our many partners. We couldn't do it without them, and we, as a community, cannot exist without YOU.

**So, scroll down and click away for invaluable information and opportunities.
And, stay tuned... There is more to come!**

[CLICK HERE TO SIGN UP & RECEIVE OUR NEWSLETTER!](#)



MAY IS MENTAL HEALTH AWARENESS MONTH



FREE TRAINING PROGRAM



A NEW FACE JOINS THE OCW



like us and follow us on facebook and instagram



FREE PROGRAM OPS Opportunities

Trauma is a widespread, harmful, and costly public health problem. It occurs because of violence, abuse, neglect, loss, disaster, and other harmful experiences. National statistics indicate that at least 70% of adults have experienced some form of trauma. However, we know that when communities raise awareness of trauma by educating cross sector partnerships and service providers, there is tremendous opportunity to purposefully address trauma in a meaningful and systematic way that leads to improved health and wellness, and creates resilient communities.



TRAUMA-RESPONSIVE AND RESILIENCY INFORMED CARE TRAINING

The Trauma-Responsive and Resilience-Informed Care training provides foundational knowledge on the effects of toxic stress, trauma, and adversity on health and well-being.

This training increases the capacity of individuals and organizations to promote trauma-responsive, equity-based practices that support holistic, sustainable health across New York.

Through TRRIC training, organizations and individuals can...

- Create a fundamental understanding of trauma, its prevalence, and its effects.
- Provide strategies and interventions to build effective and sustainable trauma informed practices and environments.
- Ensure an understanding of how racial trauma, or race-based traumatic stress, affects an individual's mental and physical health.
- Promote strategies to address social determinants of health to reduce inequities and disparities at individual and systemic levels.
- Encourage organizations to build and sustain trauma-responsive care and the ability to train their workforce.

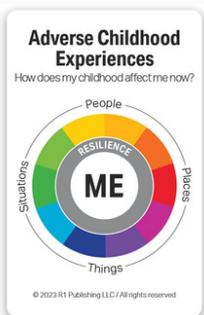
[CLICK HERE TO REGISTER NOW](#)

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The Trauma-Informed, Resilience-Oriented (TR) Schools Toolkit outlines a framework for implementing trauma-informed, resilience-oriented approaches in any school or school district. The primary audience for this toolkit includes...

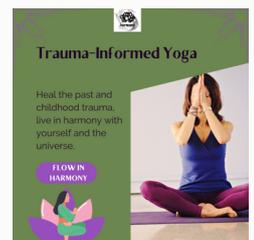
Click [HERE](#) to [Read More](#)



Click on the links below for definitions and a short video from our Trauma Informed Trainer

[WHAT IS TRAUMA?](#)

[WHAT IS TRAUMA-INFORMED CARE?](#)



[A WORD ON TRAUMA RESPONSIVE CARE FROM OUR TRAINER](#)



A trauma-informed approach to care acknowledges that health care organizations and care teams need a complete picture of a patient's life situation — past and present — to provide effective services with a healing orientation. Adopting trauma-informed practices can potentially...

Click [IMAGE](#) to watch a short video

FREE, FUN EVENTS

Upcoming Events

MAY EVENT

1st annual Paint with Pride!!

CLICK on the Flyer below to register



**OUTDOOR MOVIE NIGHTS ARE BACK THIS SUMMER
AT HISTORIC HUGUENOT STREET!!!**



EVENTO DE JUNIO

Están invitados a unirse con nosotros para
el Día de la Comunidad
7 de junio de 5:30pm - 7:30pm
(En caso de lluvia será el 14 de junio.)

Familia de New Paltz
51 North Chestnut Street

¡Todo es gratis en esta celebración del Día de la Comunidad!

Pasen con la familia a disfrutar de:

- Actividades para los niños
- Pinta caritas
- Información importante sobre salud y exámenes

También ustedes pueden conocer a algunas personas de la comunidad que están aquí para ayudar.

Para obtener más información, llame al (845) 255-7957.

Logos for New Paltz, Ulster County, and Thriving Capital Area are visible at the bottom.

**The Ulster County Dept. of Mental Health
has a new location: Go to their open house!**

Open house

at the new location of the
**ULSTER COUNTY
DEPARTMENT OF
MENTAL HEALTH**

All are welcome! Please come check out our new space, meet our team and learn about available programs & services.

368 Broadway
Suite 401
Kingston, NY

Wednesday
May 22nd
4-6:00pm

FOR MORE INFO:
(845) 340-4110

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CLICK ON THE STATEMENTS AND IMAGE BELOW TO LEARN MORE

May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience. Hospitals and health systems play an important role in providing behavioral health care and helping patients find resources available in their community

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness

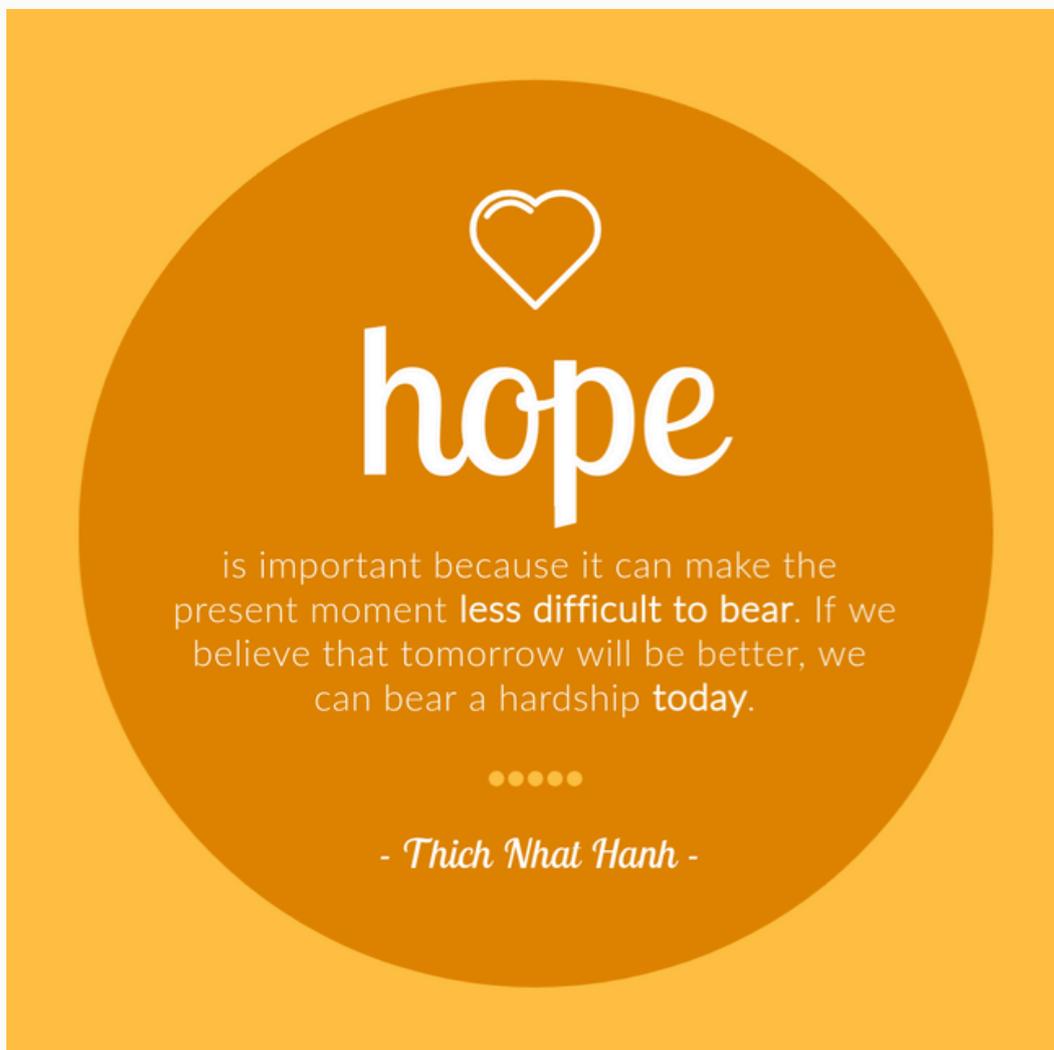
May is Mental Health Awareness Month, a national event to bring attention to the importance of mental health.

During the month of May, the American Counseling Association (ACA) joins the national movement to raise awareness about mental health. Established in 1949, Mental Health Month sought to put a spotlight on the importance of mental health and wellness. Each year we continue to fight against the stigma associated with mental health, provide support for those with mental illness and the counselors supporting them, as well as advocate for policies on behalf of those with mental illness and their loved ones.



Where there is Care there is Hope

Community wellbeing is the combination of social, economic, environmental, cultural, and political conditions identified by individuals and their communities as essential for them to flourish and fulfill their potential.



The OCW is here to help

If you or someone you know is struggling with a
Mental Health or Substance Use Challenge
Click [HERE](#) for Local Resources

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Does the beautiful artwork gracing the border of this page, look familiar??
Take a gander around town to view the incredible spring window paintings that took place on April 20th.



Some lucky, local business store windows display these incredible works of art from New Paltz students and their families!!



**COME JOIN US FOR THE NEXT
PAINT WITH PRIDE WINDOW PAINTING
ON MAY 30TH**

[Sign up HERE Now](#)



In proud sponsorship with Manny's Art Supplies and the New Paltz Pride Coalition, please join the OCW to help gear up for the 20th Annual Pride March & Festival in New Paltz on June 1st. Hope to see YOU there!

