

"Alone we can do so little, together we can do so much." - Helen Keller



## STAY CONNECTED

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*ECTIC Newsletter Volume 1 | Fall 2019*

### E-News & Updates

We've developed a newsletter to help us all stay connected between the bi-annual Community Meetings. You can expect to read about current ECTIC efforts, resiliency building strategies and opportunities to get involved!

Since launching in spring 2017, the coalition has reached more than 2,540 individuals with the message of hope beyond hurt through trauma awareness initiatives and resiliency building activities.

#### Fall 2019 Community Meeting

More than 80 folks attended the Fall 2019 Community Meeting at Blasco Memorial Library on November 7th.

Attendees learned about coalition strategic priorities, accomplishments and upcoming events. Feedback was solicited to enhance current and future initiatives.

Complete the survey [here](#) if haven't done so in person!



#### Workgroups are currently:

1. Developing an **informational video** about resilience and ways to buffer traumatic experiences.
2. Conducting **research** about the perceptions and experiences of trauma as well as barriers to accessing help.
3. Creating a local **resource guide** and weekly **blog posts**.
4. Engaging diverse sectors of the community and



**Roundtable Discussion** with local leaders from various sectors, legislators and PA Attorney General, Josh Shapiro. ECTIC

promoting common language to **reduce stigma** about trauma.

5. Developing **trainings**.

advocated for a local and state response to trauma because of the way it impacts individuals being served across all of PA's systems.



**PennState**  
Behrend

**Susan Hirt Hagen CORE**

COMMUNITY OUTREACH • RESEARCH • EVALUATION

Through ECTIC's partnership with Penn State Behrend CORE, the coalition will be able to continue to meet the increasing requests for trauma training. CORE is currently working on enhancing the Trauma 101 course as well as developing a skills application training for professionals.

Do you have a training need? [Let us know!](#)

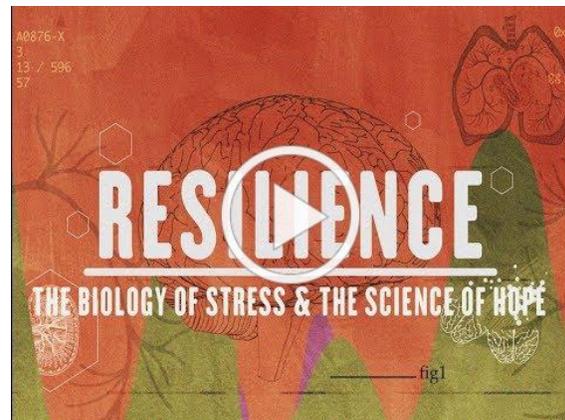
## Upcoming Events

We're committed to continuing to offer **FREE** community capacity building opportunities for any interested and willing individual. Check out the upcoming events in early 2020 and help us spread the word by forwarding the newsletter or sharing these printable versions ([Trauma 101](#) and [Resilience](#)).



Trauma affects us all. Learn about the impact of toxic stress and traumatic events that overwhelm our ability to cope. Find hope through an exploration of ways to build resilience and a more connected, thriving Erie County, PA.

[Register for Trauma 101](#)



### Film Screening & Panel Discussion

Resilience is a documentary that explores the science of toxic stress and trauma and the science of hope. ECTIC is offering free **childcare** and **dinner** at this event.

[Register for Film & Dinner](#)

## Trauma Tips

### Coping with the Holidays

The holiday season is a joyous time for many, enriched by reuniting with friends and family and heartfelt memories of loved ones. For some, though, this supposed, "most wonderful time of the year" can be especially challenging. The holidays can bring their own special stressors—managing uncomfortable family conversations and increased social expectations, dealing with the pressures of gift-giving and financial constraints, lost relationships and loneliness, and the difficult trigger of strong emotions or traumatic experiences.

### So what can you do?

- Be kind to yourself and make self-care a priority
- Know your triggers and develop a plan to help cope
- Create healthy boundaries
  - Act according to your own values and beliefs
  - Say "no" without guilt
  - Say "yes" because you want to
  - Share space as you see fit, no matter what others desire
- Breathe and practice gratitude
- Try to avoid holiday activity overload
- Let loved ones know how they can support you and seek help
- Stick to a budget if finances are a concern - some of the best gifts are those that are handwritten or handmade.
- If you feel lonely or isolated, seek out community, religious or other social events.
- Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do



#### Learn more:

[Trauma Informed Self-Care for Holiday Stress](#)

[Holiday Stress Minimizers](#)

[Holiday Survival Guide](#)

[Erie County Resources & Supports](#)

## Have you made The Pledge?



### ECTIC Ambassadors of Hope

Be an ambassador for hope beyond any hurt!

More than 100 Erie County individuals have already made the pledge, are you ready to join us?

[Learn More!](#)

Visit our Website

Join a Workgroup

