

## Latest PPS News

### Building Resilience and Better Health in Patients Living with Trauma

People who use the majority of healthcare services often have significant physical, mental/behavioral and social needs. Many have also experienced deep trauma including various forms of violence, poverty and abuse which leave them at greater risk for poor health, substance use and involvement with the criminal justice system.

A BPHC Innovation Fund pilot through the [Osborne Association](#) is addressing patient trauma through programming that builds resilience and self-care among its clients and links them to primary care.

The main component of the pilot is the Social Resilience Model (SRM), a neuroscience-based approach to coping with stress, distress and trauma. SRM helps bring better awareness and understanding of one's reactions to stress, frustration and other triggers. Through SRM, people learn how to redirect and regulate the way the body reacts to stressors to reduce anxiety and impulsivity.

"Exposure to violence is a nearly universal experience among the people we serve," says Michelle Howard, Director of Operations at Osborne. "Addressing this trauma and improving their self-awareness can stop the cycle of substance use, incarceration and the need for acute and crisis care.

[Read full story.](#)

## Listen to "SBH Bronx Health Talk" All the Health News from the Bronx



SBH Bronx Health Talk is the first health podcast developed by a hospital in the Bronx. This informative and engaging 15-minute program features SBH medical specialists who offer a close-up of medical and healthcare news in the Bronx.

Weekly episodes have focused on adolescent health, allergies, medicine, stroke, geriatric care, maternal care/midwifery, WIC services, sleep disorders and more. The podcast is available on Spotify, Apple iTunes, Google Play, Podbean and on [sbhbronxhealthtalk.org](http://sbhbronxhealthtalk.org).

## How Is DSRIP Making an impact?

Erin Palmer shares how...



*"BPHC brought some science (to our innovation grant), some methodology.. as opposed to it being just another good idea."*

– Erin Palmer is Director, Program Planning & Evaluation at Services for the UnderServed (S:US).

A BPHC Innovation Fund project, led by S:US, has been piloting a variation of yoga, called "trauma-informed yoga," into the course of treatment at Starhill, its residential substance use treatment program in the Bronx. [Full story here.](#)

[Click here](#) for a brief video and learn more of what she has to say about the pilot and DSRIP's impact.

## Resources Community Health Profiles

Earlier this year, the NYC Health Department released its latest [Community Health Profiles](#), which analyze health in all 59 community districts across the city.

The profiles feature over 50 health measures for each city neighborhood including comparative information at the community district, borough and citywide level for major health issues such as HIV, smoking and health insurance.

They serve as a critical resource for highlighting inequities to improve our communities' health.

[Click here for the Community Health Profiles.](#)

## Bronxphc.org



E-mail us your feedback: [feedback@bronxphc.org](mailto:feedback@bronxphc.org)

To report compliance issues please call the **Compliance Helpline: 1-855-813-7351**, or report online: [www.bphc.ethicspoint.com](http://www.bphc.ethicspoint.com).

Our mailing address is: 4422 Third Avenue • Bronx, New York 10457

Copyright ©2015 Bronx Partners for Healthy Communities. All rights reserved.



You can visit us online:  
[www.bronxphc.org](http://www.bronxphc.org)

