

Independent Perspective #1900 with Rebecca Batt

Transcript

00:00:00 Speaker 1

Welcome to Independent Perspective, a public affairs presentation of Western New York Independent Living.

00:00:06 Speaker 1

Wellness is a journey that is different for everyone.

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Our wellness impacts every aspect of our lives, including the workspace.

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As a path to wellness, the team at Independent Living of the Genesee Region practices the New York State Office of Mental Health model where all people and their communities can attain wellness and resiliency.

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Joining us today to talk about the importance of wellness plans in the workplace and in life, as well as some trauma-informed wellness initiatives, is ILGR program specialist Rebecca Batt.

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Welcome to the program, Rebecca.

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Hi, thank you for having me.

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It's our pleasure.

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We'd like to let our listeners get an idea of what we're talking about.

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Let's start with a discussion about trauma-informed wellness practices.

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Can you provide us with an overview of what that means?

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When we talk about trauma-informed wellness practices, we're really talking about approaching health and well-being with an understanding that trauma is common and that it lives in the body as much as the mind.

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A trauma-informed approach isn't about asking people to share their trauma.

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It's about creating spaces and practices that feel safe, respected, and empowering, because you never know what someone has been through.

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It prioritizes things like choice, consent, and nervous system awareness.

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Instead of pushing people to power through discomfort, it invites them to listen to their bodies and go at their own pace and trust themselves.

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At its core, trauma-informed wellness asks a simple but powerful question.

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What do people need in order to feel safe and heal?

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There are two main programs you work with at ILGR.

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The first is Breathe Body Mind.

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Can you tell us a little about that program?

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What is it and who would benefit from it?

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Breathe Body Mind is a simple way of understanding how we experience stress, healing, and well-being.

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Instead of treating them as a separate, this approach recognizes that they're always connected.

00:02:04 Speaker 2

It's about using your breath and body to help your mind feel calmer or more grounded.

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The body holds experiences, stress, trauma, and emotion.

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They just don't live in our thoughts.

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They show up

00:02:13 Speaker 2

in our tension, fatigue, pain, and even shutdown.

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Breath and gentle movement help the body to release what it's holding onto and reestablish a sense of balance.

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The best part of Breath, Body, Mind is that you can join the practice for free Tuesdays, Wednesdays, and Sundays on the New York State Office of Mental Health Trauma-Informed Network and Resource Center.

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The second program you help to facilitate is Tending the Roots.

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What is the main objective of the program, and what are the learning objectives for participants?

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Tending the Roots is a trauma-informed learning and wellness practice that helps people understand how stress and trauma show up in the body, the brain, and our day-to-day reactions, and how to respond with awareness instead of overwhelming.

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It focuses on breath, body, and nervous system regulation as a foundation of well-being.

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We teach Tending of the Roots in workplaces because stress, burnout, secondary trauma, and compassion fatigue

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directly impact how people feel, work, and relate to one another.

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The main objective is to support safety, resilience, and emotional regulations for individuals and for the organizations.

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Participants learn how trauma affects the brain and body and how to recognize their own stress responses and how to use practical, accessible tools for self-regulation, build resilience, and restore balance.

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This supports wellness at work by improving focus, communication, and sustainability.

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When individuals feel safer and more supported, the impact extends beyond the workplace.

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It strengthens teams, services, and ultimately the communities we serve.

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You also offer...

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Retreats aimed at parents and caregivers.

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What can you tell us about them?

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Well, this is one of my most favorite parts of work.

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I'm most passionate about hosting wellness retreats specifically for staff, parents, and caregivers of youth with special health care needs.

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These are the people who are constantly giving emotionally, physically, and spiritually.

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And so often, their own well-being comes last.

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The retreats I design are intentionally accessible, trauma-informed, and restorative.

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We start by creating a space that feels safe and welcoming, where people can exhale and simply be.

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A core part of the experience is teaching spirituality in a very practical, inclusive way, beginning with gratitude as a daily practice, not toxic positivity, but noticing what sustains us even in the hard moment.

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We're totally out of time.

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If someone's interested in more information about trauma-informed wellness programs and services,

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offered through Independent Living of the Genesee Region.

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Where can they get more information?

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Well, they're welcome to come on down to the office at 319 Main Street in Batavia, or they can go on our Facebook page and look us up.

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We do post often there.

00:05:01 Speaker 1

Thanks so much for being with us, Rebecca.

00:05:04 Speaker 2

Thank you.

00:05:04 Speaker 1

You've been listening to Independent Perspective, a public affairs presentation of Western New York Independent Living.

00:05:10 Speaker 1

Our guest today was...

00:05:12 Speaker 1

Rebecca Batt, ILGR Program Specialist, and I've been your host, Ernie Churchwell.