



University
Health

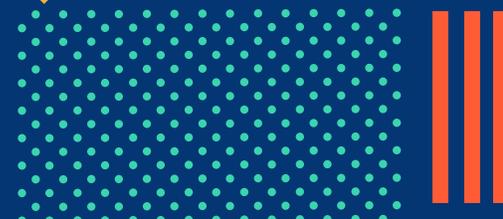
Thinking beyond

Trauma-Informed Care Awareness Month May 2023



Calendar

Presented by:
Institute for Trauma-Informed Care
at University Health





Trauma-Informed Care Awareness Month

Trauma-Informed Care began as a patient care approach that focused on the traumatizing toll that war took on veterans in the 1970s. The effects that many veterans faced allowed researchers and medical professionals to understand how trauma can have a lasting impact on the body and mind. In the 1980s, the National Institute of Mental Health was able to coin the term post-traumatic stress disorder or PTSD. This then led President Ronald Reagan in 1988 to recognize the need for trauma awareness and establish May as Trauma Awareness Month.

As time progressed, the understanding of trauma and the effects it has on the mind expanded outside of the war and into civilian life. The question then posed was how individuals who faced other traumas, such as abuse and neglect at key developmental years, compare to those who faced traumas well into adulthood.

In the 1990s, Dr. Robert Anda and Dr. Vincent Felitti conducted the Adverse Childhood Experiences Study, which answered how adverse childhood experiences can have an overall and long-lasting impact on an individual from childhood and into adulthood. Their work was essential to reducing adverse childhood experiences and building resilient communities.

Years later, organizations expanded the conversation of trauma and shed light on how abuse affected individuals from an early age and how re-traumatization occurred years after the initial trauma. By 2000, the Substance Abuse and Mental Health Services Administration (SAMHSA) and the U.S. Congress had established the National Child Traumatic Stress Initiative and the National Child Stress Network.

While the approach to trauma-informed care has evolved over the last 50 years, it has gained increased attention and has become an issue that has warranted an increased awareness of others' traumatic experiences and how positive approaches can be beneficial to all involved and affected.

May 2023 Trauma-Informed Care Awareness Month

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Kickoff: Lunch & Learn Dr. Leo Lopez III, Director of Public Health University Health</p> <p>ChildSafe 3730 IH-10, SA, TX 78220 11:30 a.m.–1 p.m. CST</p> <p>In-Person Event: Registration Required</p>	<p>Learning Event “All Hat and No Cattle” Strategies for Becoming a Trauma-Informed Care Agency Presented by Family Service 1 p.m.– 2:30 p.m. CST</p>	<p>Learning Event A Moment of Crisis With a Lifetime of Impact Presented by University Health & UT Health San Antonio 10:30 a.m.–11:30 a.m. CST</p>	<p>Learning Event Psychological Safety Presented by University Health Trauma-Informed Care 10 a.m.– 11 a.m. CST</p> <p>ACE Interface Presented by Institute for Trauma-Informed Care 1 p.m.– 2:30 p.m. CST</p>	<p>Learning Event Spirituality and Trauma-Informed Care Presented by University Health Spiritual Care 1 p.m.– 2 p.m. CST</p>
8	9	10	11	12
<p>Learning Event Helping Children and Parents Navigate Through Trauma Presented by Family Service 1 p.m.– 2:30 p.m. CST</p>	<p>Learning Event Bridging the Access Gap: Health Equity Through a Trauma-Informed Lens Presented by YWCA San Antonio 11 a.m.– 12:30 p.m. CST</p>	<p>Learning Event Building Empathy With Professionals and Parents for Children Affected by Traumatic Experiences Presented by Family Service 10 a.m.– 11:30 a.m. CST</p> <p>Introduction to TIC Presented by: Institute for Trauma-Informed Care 2 p.m.– 3 p.m. CST</p>	<p>Learning Event Healing From the Wounds of Historical Trauma: Strategies and Support for Communities Presented by Educational Equity Institute 10 a.m.– 11:30 a.m. CST</p>	<p>Learning Event Handle With Care Presented by Jubilee Academies 10 a.m.– 11 a.m. CST</p>
15	16	17	18	19
<p>Learning Event PTSD/Child Traumatic Stress Presented by ChildSafe 1 p.m.– 2 p.m. CST</p>	<p>Learning Event Raising Resilient Children Presented by SAMHD-Triple P Program 10 a.m.– 11:30 a.m. CST</p> <p>Implementing TIC Principles Presented by: Institute for Trauma-Informed Care 2 p.m.– 3 p.m. CST</p>	<p>Learning Event Behavior is Trauma Showing Up on the Outside Presented by Child Advocates San Antonio 1 p.m.– 2:30 p.m. CST</p>	<p>Learning Event Trauma Sensitive Schools Presented by Education Service Center - Region 20 10 a.m.– 11:30 a.m. CST</p>	<p>Learning Event Bullying as an Adverse Childhood Experience David’s Legacy Foundation Presented by 10 a.m.– 11 a.m. CST</p>
22	23	24	25	26
<p>Learning Event Adverse Childhood Experiences & Stability Within the Juvenile Detention Center Presented by University Health Detention Health Care Services -Juvenile 11 a.m.– 12 p.m. CST</p>	<p>Learning Event Healthy Relationships Presented by The Rape Crisis Center 10 a.m.– 11 a.m. CST</p> <p>ACE Interface Presented by: Institute for Trauma-Informed Care 2 p.m.– 3:30 p.m. CST</p>	<p>Learning Event Breaking the Cycle of ACEs Presented by SAMHD 1 p.m.– 2 p.m. CST</p>	<p>Learning Event How Harm Reduction is Trauma-Informed Care Presented by SACADA 10 a.m.– 11:30 a.m. CST</p>	<p>Learning Event How Trauma Affects Children Looking Through a Trauma-Informed Lens Presented by Ellie Mental Health 1 p.m.– 2 p.m. CST</p>
29	30	31		
	<p>Learning Event Responding to the Trauma of a Domestic Violence Survivor Presented by The P.E.A.C.E. Initiative 10 a.m.– 11 a.m. CST</p> <p>Building Community Resilience Presented by: Institute for Trauma-Informed Care 2 p.m.– 3 p.m. CST</p>	<p>Learning Event Art of Healing Presented by University Health Planning, Design & Construction 10 a.m.– 11 a.m. CST</p>		<p style="text-align: center;">View Full Calendar Here!</p> 

Trauma-Informed Care Awareness Month

Week 1



Finding Peace in Community and Medicine Dr. Leo Lopez III – University Health

This lunch & learn is the official kickoff event for Trauma-Informed Care Awareness Month. Join us for a complimentary lunch and inspirational presentation from our guest speaker, Dr. Leo Lopez III, medical director of the Institute for Public Health & School-based Health at University Health.

Space is Limited – Registration is Required



May 1, 2023
11:30 a.m. – 1 p.m.

<https://bit.ly/LL-5-1-23>



May 2, 2023
1 p.m. – 2:30 p.m.

<https://bit.ly/LE-5-2-23>



“All Hat and No Cattle” Strategies for Becoming a Trauma-Informed Care Agency Richard Davidson – Family Service

Join us with Richard Davidson, chief operating officer at Family Service. In this session, attendees will learn about strategies utilized by Family Service to implement trauma-informed care practices within the organization.

A Moment of Crisis With a Lifetime of Impact: Trauma-Informed Care and Positive Childhood Experiences in Firearm Injury Prevention Dr. Ronald Stewart – University Health & UT Health San Antonio

Join us with Dr. Ronald Stewart, trauma surgeon at University Health and UT Health San Antonio. In this session, attendees will learn about strategies focused on understanding and addressing the root causes of violence. Dr. Stewart will address firearm ownership and safety, as well as discuss the pragmatic steps to reduce the burden of firearm-related injury, death and disability.



May 3, 2023
10:30 a.m. – 11:30 a.m.

<https://bit.ly/LE-5-3-23>



May 4, 2023
10 a.m. – 11 a.m.

<https://bit.ly/LE-5-4-23>



Psychological Safety: A Key Component of Trauma-Informed Care Sarah Sebtton & Dana Garay – University Health

Join us with Sarah Sebtton, director of trauma-informed care, and Dana Garay, director of patient safety at University Health. In this session, attendees will be introduced to the four stages of psychological safety in the workplace. Participants will learn trauma-informed tips to create a culture of rewarded vulnerability within their organization.

Spirituality and Trauma-Informed Care Lauren Morris – University Health

Join us with Lauren Morris, board-certified chaplain serving in the spiritual care department at University Health. In this session, attendees will hear about the intersection between a person's spiritual self and the effects of trauma. Lauren will share stories from the hospital chaplaincy illustrating the unseen effects of trauma and how trauma-informed care approaches can help in our encounters with others and within ourselves.



May 5, 2023
1 p.m. – 2 p.m.

<https://bit.ly/LE-5-5-23>



May 8, 2023
1 p.m. – 2:30 p.m.

<https://bit.ly/LE-5-8-23>



Helping Children and Parents Navigate Through Trauma

Katherine Giddens – Family Service

Join us with Katherine Giddens, licensed professional counselor at Family Service. This session will focus on children and their trauma. Participants will learn to identify signs if a child has suffered a traumatic event, what that trauma will look like and what parents and teachers can do to aid in children's development as they navigate through trauma.

Bridging the Access Gap: Health Equity Through a Trauma-Informed Lens

Angelica Cervantes & Corin Reyes – YWCA San Antonio

Join us with Angelica Cervantes, chief operating officer and Corin Reyes, director of health equity at YWCA San Antonio. In this session, attendees will learn how access to mental and behavioral health services has long been an issue for Texas and how the recent pandemic has only amplified the issue. Participants will learn basic knowledge to optimize provider service delivery, allowing for easier access to care and leading to improved patient outcomes.



May 9, 2023
11 a.m. – 12:30 p.m.

<https://bit.ly/LE-5-9-23>

eliminating racism
empowering women
ywca

May 10, 2023
10 a.m. – 11:30 a.m.

<https://bit.ly/LE-5-10-23>



Building Empathy With Professionals and Parents for Children Affected by Traumatic Experiences

Fred Cardenas – Family Service

Join us with Fred Cardenas, licensed master social worker at Family Service. In this session, attendees will learn strategies to promote successful and empathy-building collaboration. Participants will gain a solid understanding of the impact of trauma on children and learn to better support children's healing, progress and subsequent success.

Healing From the Wounds of Historical Trauma: Strategies and Support for Communities

Dr. Jen Neitzel & Justin Perry – Educational Equity Institute

Join us with Jen Neitzel, executive director and Justin Perry, facilitator, at the Educational Equity Institute. In this session, attendees will learn about historical trauma and its current-day ramifications. Participants will learn strategies for promoting individual and community-level healing.



May 11, 2023
10 a.m. – 11:30 a.m.

<https://bit.ly/LE-5-11-23>



May 12, 2023
10 a.m. – 11 a.m.

<https://bit.ly/LE-5-12-23>



Handle With Care

Diana Centeno – Jubilee Academies

Join us with Diana Centeno, director of student services at Jubilee Academies. In this session, attendees will learn about the San Antonio Police Department's partnership with San Antonio ISD, Northeast ISD, and East Central ISD who piloted a program called Handle With Care. Participants will learn how the partnership works to successfully notify schools of a police presence in the home or at a scene that may be traumatic to a school-age child.

Trauma-Informed Care Awareness Month

Week 3



PTSD/Child Traumatic Stress

Felicia Avalos & Justine Green – ChildSafe

Join us with Felicia Avalos, training coordinator and Justine Green, trauma prevention specialist at ChildSafe. In this session, attendees will learn about PTSD, child traumatic stress, what can trigger a child who has experienced trauma and their behavioral responses. Attendees will get basic information on types of trauma, as well as its effects on brain development and what we can do to help children.



May 15, 2023
1 p.m. – 2 p.m.

<https://bit.ly/LE-5-15-23>



May 16, 2023
10 a.m. – 11:30 a.m.

<https://bit.ly/LE-5-16-23>



Raising Resilient Children

Brea Delafuente – Triple P- Positive Parenting Program

Join us with Brea Delafuente, senior management analyst at Triple P – Positive Parenting Program. In this session, attendees are introduced to six core building blocks to teach children how to manage their feelings and become emotionally resilient. These competencies will be highlighted as helpful in the context of the ongoing COVID-19 pandemic, where children and parents are experiencing an increased frequency of adverse life events and a higher level of everyday stress.

Behavior is Trauma Showing Up on the Outside

Angela White & Angela Kester – Child Advocates of San Antonio

Join us with Angela White, president and CEO and Angela Kester, vice president of quality assurance at Child Advocates San Antonio. In this session, attendees will learn about the many traumas often faced by teens who experience abuse and neglect and how the foster care system can be re-traumatizing. Participants will learn about factors that can help mitigate teen traumatization.



May 17, 2023
1 p.m. – 2:30 p.m.

<https://bit.ly/LE-5-17-23>



May 18, 2023
10 a.m. – 11:30 a.m.

<https://bit.ly/LE-5-18-23>



Trauma Sensitive Schools

Tracy Reinen – Education Service Center - Region 20

Join us with Tracy Reinen, coordinator of mental health/SEL and school support services at the Region 20 Education Service Center. In this session, attendees will learn what trauma is and who is affected, how we respond to stress, the impact of trauma exposure on our campuses and what it means to be a trauma-sensitive school. Participants will learn about adverse childhood experiences, why the trauma-sensitive approach is necessary for schools and hear about building resources to help schools become trauma-informed.

Bullying as an Adverse Childhood Experience

Diana Dodson – David's Legacy Foundation

Join us with Diana Dodson, foundation program administrator at David's Legacy Foundation. In this session, attendees will receive a brief introduction of David's story and understand the "why" for the work at David's Legacy Foundation. Participants will learn about bullying and cyberbullying and their effects on mental health and school safety. The session will provide insight into David's Law and how it can support schools and families.



May 19, 2023
10 a.m. – 11 a.m.

<https://bit.ly/LE-5-19-23>



May 22, 2023
11 a.m. – 12 p.m.

<https://bit.ly/LE-5-22-23>



Adverse Childhood Experiences & Stability Within the Juvenile Detention Center

Dr. Jessica Foti – University Health Detention Health Care Services

Join us with Dr. Jessica Foti, staff psychologist with Detention Health Care Services at University Health. In this session, attendees will hear about the implementation of the ACEs assessment used to detect trauma in adolescents within the juvenile detention center. Participants will learn about how juveniles received the benefit of therapeutic services to enhance their stability during their detainment.

Healthy Relationships

Rachael Finch – The Rape Crisis Center

Join us with Rachael Finch, education and outreach coordinator at The Rape Crisis Center. In this session, attendees will gain an understanding of how to build healthy relationships with a focus on defining healthy boundaries and the importance of maintaining those boundaries. Participants will learn to recognize the characteristics and importance of consent, signs of unhealthy relationships and the cycle of domestic violence.



May 23, 2023
10 a.m. – 11 a.m.

<https://bit.ly/LE-5-23-23>



May 24, 2023
1 p.m. – 2 p.m.

<https://bit.ly/LE-5-24-23>



Breaking the Cycle of ACEs

JJ Chavez – San Antonio Metropolitan Health District

Join us with JJ Chavez, trauma-informed mentor liaison at San Antonio Metropolitan Health District. In this session, attendees will receive a brief overview of ACEs and trauma-informed care. Additional guest mentors will share personal stories that helped them break the cycle of adverse childhood experiences. Participants will learn tips on how to end the generational cycle of trauma.

How Harm Reduction is Trauma-Informed Care

Vicki Thomas – San Antonio Council on Alcohol and Drug Awareness

Join us with Vicki Thomas, coalition coordinator with the Circles of San Antonio Community Coalition at the San Antonio Council on Alcohol and Drug Awareness. In this session, attendees gain a new understanding of substance use disorders and will learn about the eight principles of harm reduction.



May 25, 2023
10 a.m. – 11:30 a.m.

<https://bit.ly/LE-5-25-23>



May 26, 2023
1 p.m. – 2 p.m.

<https://bit.ly/LE-5-26-23>



How Trauma Affects Children Looking Through a Trauma-Informed Lens

Gloria Mendez – Ellie Mental Health

Join us with Gloria Mendez, director of clinical operations at Ellie Mental Health. In this session, attendees will learn how trauma affects children through a trauma-informed lens. Participants will learn how the autonomic nervous system plays an intricate role in how individuals, beginning in infancy, process and respond to trauma. Participants will also learn how language and communication can assist children to be resilient in order to deal with trauma in their lives.

Responding to the Trauma of a Domestic Violence Survivor
Patricia Castillo – The P.E.A.C.E. Initiative

Join us with Patricia Castillo, co-founder and executive director of The P.E.A.C.E. Initiative. In this session, attendees learn how listening to the victim who's experienced or lived domestic violence must be done with their capacity for survival in mind. Participants will gain an understanding of how serving this population requires skill, vulnerability, knowledge, openness, respect and oneness, while maintaining high levels of composure, boundaries and above all, compassion.



May 30, 2023
10 a.m. – 11 a.m.

<https://bit.ly/LE-5-30-23>



May 31, 2023
10 a.m. – 11 a.m.

<https://bit.ly/LE-5-31-23>



Art of Healing
Allison Hays Lane – University Health

Join us with Allison Hays Lane, art curator at University Health. In this session, attendees will learn how the arts help heal in a medical setting and provide a positive distraction for those receiving care. Participants will learn about the detailed art planning and implementation project for the new Women's and Children's Hospital set to open in the summer of 2023. Allison will discuss how this arts project was developed and implemented using trauma-informed care domains and standards.

Contact Us!

Institute for Trauma-Informed Care

Website: InstituteTIC.com

Email: itica@uhtx.com

Phone: 210-644-8801

Let's shift the focus from

What is **WRONG**
with you?

to

What
HAPPENED
to you?

Trauma-Informed Care Awareness Month

Institute Provided Trainings: Weeks 1-5



Week 1: ACE Interface Training

In this session, attendees will learn about the Adverse Childhood Experiences (ACE) study, why ACEs have an immense effect on people's lives, and what we can all do to dramatically improve health and resilience for future generations. This session is derived from training received from ACE Interface and conducted by an approved Master ACE Trainer.



May 4, 2023
1 p.m. – 2:30 p.m.

<https://bit.ly/ACE-5-4-23>



May 10, 2023
2 p.m. – 3 p.m.

<https://bit.ly/Intro-5-10-23>



Week 2: Introduction to Trauma-Informed Care

In this session, attendees will receive an overview of key elements to help build their foundation of trauma-informed care. This includes an introduction to adverse childhood experiences, the impact of trauma and trauma-informed care. This session will also highlight how the Institute for Trauma-Informed Care can assist organizations on their journey to trauma-informed certification. This presentation is derived from trainings received by international speaker, Becky Haas.

Week 3: Implementing Trauma-Informed Care Principles

In this session, attendees will receive an overview of the impact of trauma and an introduction to the six key principles of a trauma-informed approach. The information in this course will serve as building blocks to help you on your trauma-informed journey. This presentation is derived from Basics of ACEs, Building Resilience and Using a Trauma-Informed Approach training received by international speaker, Becky Haas.



May 16, 2023
2 p.m. – 3 p.m.

<https://bit.ly/Impl-5-16-23>



May 23, 2023
2 p.m. – 3:30 p.m.

<https://bit.ly/ACE-5-23-23>



Week 4: ACE Interface Training

In this session, attendees will learn about the Adverse Childhood Experiences (ACE) study, why ACEs have an immense effect on people's lives, and what we can all do to dramatically improve health and resilience for future generations. This session is derived from training received from ACE Interface and conducted by an approved Master ACE Trainer

Week 5: Building Community Resilience

In this session, attendees will learn about R.O.L.E.S, a five step process that empowers people to not only identify their personal triggers, but to create a mental paradigm shift that takes a punitive, judgmental view of behavior and transforms it into an approach rooted in positive intent and constructive outcomes. This presentation is derived from trainings received from the Community Resilience Initiative, Course 1.



May 30, 2023
2 p.m. – 3 p.m.

<https://bit.ly/BCR-5-30-23>



ABOUT THE INSTITUTE

In January 2020, University Health partnered with the City of San Antonio Metropolitan Health District to establish the Institute for Trauma-Informed Care (The Institute) with the goal of transforming San Antonio and Bexar County into a trauma-informed community. The Institute's role is to serve as the training and technical assistance entity for organizations seeking trauma-informed care (TIC) certification.

KEY FUNCTIONS AND SERVICES

- Provide assessment, training, technical assistance and coaching to organizations that seek to become trauma-informed
- Deliver cross-sector education and training on trauma and TIC to promote increased awareness to drive citywide change
- Ensure San Antonio's approach to delivering TIC reflects the community's unique culture and demographic characteristics while aligning with the needs of the community
- Promote a community vision, shared definition and common language of trauma-informed care

WHAT WE DO

The Institute provides community awareness and education on trauma-informed care using evidence-based programs. Training is provided in conjunction with community partners, that allows for cross-sector training of organizations. See the descriptions below.

AVAILABLE TRAININGS

- Introduction to Trauma-Informed Care
- Implementing Trauma-Informed Care Principles
- ACE Interface
- Building Community Resilience
- Community Resilience Initiative, Modules 1 and 2

LEARNING EVENTS

In addition to ongoing training, the Institute offers a variety of learning events presented by subject matter experts from our community and throughout the country. These events seek to provide additional insight on how to apply trauma-informed care principles to everyday life.



Introduction to Trauma-Informed Care (1 Hour)

In this session, attendees will receive an overview of key elements to help build their foundation of trauma-informed care. This includes an introduction to adverse childhood experiences, the impact of trauma and trauma-informed care. This session will also highlight how the Institute for Trauma-Informed Care can assist organizations on their journey to trauma-informed certification. This presentation is derived from trainings received by international speaker, Becky Haas

Implementing Trauma-Informed Care Principles (1 Hour)

In this session, attendees will receive an overview of the impact of trauma and an introduction to the six key principles of a trauma-informed approach. The information in this course will serve as building blocks to help you on your trauma-informed journey. This presentation is derived from Basics of ACEs, Building Resilience and Using a Trauma-Informed approach training received by international speaker, Becky Haas.

ACE Interface Training (1.5 Hours)

In this session, attendees will learn about the Adverse Childhood Experiences (ACE) study, why ACEs have an immense effect on people's lives, and what we can all do to dramatically improve health and resilience for future generations. This session is derived from training received from ACE Interface and conducted by an approved Master ACE Trainer.

Building Community Resilience (1 Hour)

In this session, attendees will learn about R.O.L.E.S, a five step process that empowers people to not only identify their personal triggers, but to create a mental paradigm shift that takes a punitive, judgmental view of behavior and transforms it into an approach rooted in positive intent and constructive outcomes. This presentation is derived from trainings received from the Community Resilience Initiative, Course 1.

THANK YOU to our partnering organizations!



<https://www.casa-satx.org>



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

<https://www.sanantonio.gov/health>



San Antonio Council on
Alcohol & Drug Awareness

<https://sacada.org>



<https://uthscsa.edu>



<http://www.thepeaceinitiative.net>



<https://www.childsafe-sa.org>



<https://www.ywca.org>



<https://www.jubileeacademies.org>



<https://www.esc20.net>



<https://elliementalhealth.com>



<https://www.davidlegacy.org>



<https://family-service.org>



<https://www.sanantonio.gov/Health/ViolencePrevention/PositiveParenting>



RAPE CRISIS CENTER
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Help • Hope • Healing

<https://rapecrisis.com>



<https://educationalequityinstitute.com>

