

JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
				
Introduction to TIC 6	Discovering We Are Resilient 7	Implementing TIC Principles 8	Adverse Childhood Experiences 9	10
Presented by the Institute 2– 3 p.m. CST Register	Presented by the Institute 10 – 11 a.m. CST Register	Presented by the Institute 5 – 6 p.m. CST Register	Presented by the Institute 2 – 3:30 p.m. CST Register	
				
13	Learning Event 14	Implementing TIC Principles 15	Creating a Thriving Community 16	Adverse Childhood Experiences 17
	We Can Do Better. We MUST. Presented by Project Beloved 10 – 11 a.m. CST Register	Presented by the Institute 10 – 11 a.m. CST Register	Presented by the Institute 2 – 3 p.m. CST Register	Presented by the Institute 10 – 11:30 a.m. CST Register
				
20	Building Community Resilience 21	Adverse Childhood Experiences 22	Learning Event 23	Introduction to TIC 24
	Presented by the Institute 2 – 3 p.m. CST Register	Presented by the Institute 5 – 6:30 p.m. CST Register	Psychological Safety for a Trauma-Informed Workplace Presented by Sinclarity Consulting LLC 10 – 11 a.m. CST Register	Presented by the Institute 10 – 11 a.m. CST Register
				
27	Learning Event 28	Introduction to TIC 29	Implementing TIC Principles 30	SCAN FOR CALENDAR 31
	TIC to TID: Trauma and the Built Environment Presented by WestEast Design Group 1 – 2:30 p.m. CST Register	Presented by the Institute 5 – 6 p.m. CST Register	Presented by the Institute 2 – 3 p.m. CST Register	
				

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 training received from international speaker Becky Haas.



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 also 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 training received from Community Resilience Initiative Course 1.



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 a foundation to help you on your trauma-informed journey. This presentation is derived from Basics of Adverse Childhood Experiences (ACEs), Building Resilience and Using a Trauma-Informed Approach training received from international speaker Becky Haas.



Creating a Thriving Community (1 Hour)

In this session, attendees will learn about the K.I.S.S. framework for building community capacity through resilience. This model is a public health framework that shows how to build human capital collectively by creating stronger communities that can thrive and better manage the impact of risk. This presentation is derived from training received from Community Resilience Initiative Course 1.



Adverse Childhood Experiences (1.5 Hours)

In this session, attendees will learn about the ACEs 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 presentation is derived from training received from ACE Interface and conducted by an approved master ACE trainer.



Discovering We Are Resilient (1 Hour)

In this session, attendees will learn how a resilient mindset can help us become stronger emotionally by using centering skills and also help identify how resilience can be hindered. Attendees will also gain an understanding of where cultural and protective patterns come from and how they can help build resilience. This presentation is derived from the "We Are Resilient" training at Dovetail Learning.



Missed a training? Visit our learning management system (LMS).

The Institute's LMS offers 100+ on-demand training sessions and learning events, providing 24/7 access.

Viewers can see missed sessions, revisit favorite trainings and obtain attendance certificates. Contact the Institute if you wish to receive access.



Contact Us

Website: InstituteTIC.com
Email: iticsa@uhtx.com
Phone: 210-644-8801

We Can Do Better. We MUST.

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Tuesday, Jan. 14

TIME: 10 – 11 a.m. CST

REGISTER HERE:



FREE Contact Hour – 1.0
(For nurses and social workers only)



Tracy Matheson

ABOUT THIS SESSION

Join us with Tracy Matheson from Project Beloved. In this session, Tracy will walk attendees through a parent's worst nightmare: the loss of a child. She explains the systemic failures complicit in her daughter's murder and how she became involved in this work in order to effect change.

ABOUT THE PRESENTER

Over the years, Tracy has worked as a teacher, a real estate agent and mission and outreach coordinator. However, her role as Mom was always her dream job and one she has cherished. She is a parent to three sons and a daughter, Molly Jane. It is Molly's life that inspired her to establish Project Beloved, turning Tracy into a "momma with a mission." Tracy had the honor to serve on the Sexual Assault Survivors' Task Force, housed in the Governor's Office. In 2019, Molly Jane's Law passed, which mandates the use of the Violent Criminal Apprehension Program (ViCAP). Tracy continues to use her story to bring light to the darkness and to ensure that Molly's life and her preventable death is a catalyst for change. We can do better.



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Developing Psychological Safety for a Trauma-Informed Workplace

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Thursday, Jan. 23

TIME: 10 – 11 a.m. CST

REGISTER HERE:



FREE Contact Hour – 1.0
(For nurses and social workers only)



Sinclair Ceasar III

ABOUT THIS SESSION

Join us with Sinclair Ceasar III of Sinclairity Consulting, LLC. In this session, attendees will learn practical strategies to foster a trauma-informed approach that promotes resilience, reduces re-traumatization and supports mental well-being within a team. This session will also highlight how psychological safety supports a trauma-informed environment and how trust-building behaviors support team members experiencing trauma.

ABOUT THE PRESENTER

Sinclair Ceasar III is an accomplished mental health advocate, consultant and speaker dedicated to helping organizations prioritize mental well-being in the workplace. As the CEO of Sinclairity Consulting, LLC, Sinclair has partnered with more than 40 organizations and companies including Microsoft, Toyota, LinkedIn and John Hopkins University. Sinclair is a certified Mental Health First Aid Instructor, TedX speaker and has been featured on BuzzFeed, Essence Magazine and the London Times. Recently, he launched Resilient Leader Academy, which he co-founded with Mandy Smith Consulting to equip San Antonio leaders with skills in emotional intelligence, trauma-informed leadership and effective communication. In his previous role, he was a higher education administrator in university housing and crisis management. His mission is to empower companies and organizations to prioritize mental health through skill-building and training to increase productivity and build psychologically safe cultures where people can thrive.



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TIC to TID: Trauma and the Built Environment

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Tuesday, Jan. 28

TIME: 1 –2:30 p.m. CST

REGISTER HERE:



FREE Contact Hours – 1.5
(For nurses and social workers only)



Scott Ackerson



Sarah Akhtar

ABOUT THIS SESSION

Join us with Scott Ackerson and Sarah Akhtar of WestEast Design. In this session, participants will discuss the overlap between trauma-informed design (TID) and trauma-informed care. Attendees will also learn about the principles of TID and how to implement these principles and practices.

ABOUT THE PRESENTERS

Scott Ackerson is a licensed social worker with extensive experience in community development and social justice. As director of WestEast Design, Scott works to create spaces that promote equity, inclusion and sustainability. Scott has served on the Texas Care on Commission Board (CoC) and as Chair of the CoC Membership Committee. Through this work, he was responsible for the creation and coordination of the wraparound services, partner relations and program development for the Haven for Hope Campus, to include behavioral health and workforce development.

Sarah Akhtar is a licensed professional counselor who started her career in mental health providing direct-care treatment to diverse populations across various settings. Limited in her role as a mental health counselor, Sarah pursued a master's in social work to focus on addressing systemic issues and inequalities. As project manager of WestEast Design, Sarah integrates a systems and ecological approach to the root cause of problems, upholding the well-being of individuals while acknowledging the role of systems in perpetuating injustices and inequality.



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