

Trauma-Informed Care Awareness Month May 2025



**Calendar
of
Events**

Institute for Trauma-Informed Care
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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. In 1988, President Ronald Reagan recognized the need for trauma awareness and established May as Trauma Awareness Month.

As time progressed, the understanding of trauma and its effects on the mind expanded outside of the war and into civilian life. In the mid-1990s, Drs. Robert Anda and Vincent Felitti conducted the Adverse Childhood Experiences Study to evaluate how adverse childhood experiences can have a long-lasting impact on an individual from childhood into adulthood. Their work was essential to reducing adverse childhood experiences and building resilient communities. Years later, organizations then expanded the conversation on trauma and how re-traumatization can occur years after the initial trauma.

As the approach to trauma-informed care continues to evolve, we'll continue to create awareness of one's past traumatic experiences and how positive approaches can help heal those affected.

Institute for Trauma-Informed Care

In January of 2020, University Health partnered with the City of San Antonio Metropolitan Health District to establish the Institute for Trauma-Informed Care with the goal of transforming San Antonio and Bexar County into a trauma-informed community. Since then, the Institute has provided training using evidence-based programs for those seeking to be trauma-informed, as well as those seeking certification. Training has been provided in conjunction with community partners to allow for cross-sector understanding.

The Institute has also offered monthly learning events presented by subject-matter experts from the local and national community. These learning events have provided additional insight on how to apply trauma-informed care principles in the workplace and in everyday life.

In addition, the Institute has participated in community events, such as health fairs and conferences, to bring awareness and education to those new to trauma-informed care and call attention to what it means to be trauma-informed. Visit us at [InstituteTIC.com](https://www.institutetia.com) for more information.

Trauma-Informed Care Awareness Month Calendar

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Scan for Calendar			Kick-Off Event 1	2
			The Blueprint for Resilient Teams Sinclairity Consulting, LLC 11:30 a.m. – 1 p.m. CST In-person event. Space is limited. Registration is required. University Health Business Center 2 Tejas Conference Room 5959 Northwest Parkway San Antonio, Texas 78249 RSVP Here	Introduction to TIC Presented by the Institute 10 a.m. – 11 a.m. CST Register
5	6	7	8	9
Forgiveness, Intergenerational ACEs and Trauma Presented by Luther College and The Forgiveness Foundation 10 – 11 a.m. CST Register Building Community Resilience Presented by the Institute 2 – 3 p.m. CST Register	The Climb to Healing: A Trauma-Informed Path to Overcoming ACEs Presented by IMPACTTruth 10 – 11:30 a.m. CST Register	Beyond the Individual: How Systems Shape Trauma and Recovery Presented by Serendipity Place, LLC 10 – 11 a.m. CST Register	Trauma-Informed Care: You Don't Know What You Don't Know Presented by Loss of Life Advocates (LOLA) 10 – 11 a.m. CST Register	Human Trafficking: Pediatric Prevention Efforts Presented by Baylor University 10 – 11 a.m. CST Register
12	13	14	15	16
Creating Trauma-Informed Healthy Communities Presented by Becky Haas 10 – 11 a.m. CST Register	Building Resilience: Trauma Survivor Network Presented by University Health 1 – 2 p.m. CST Register Discovering We Are Resilient Presented by the Institute 10 – 11 a.m. CST Register	Creating a Culture of Workplace Peace Presented by Communities In Schools San Antonio 10 – 11 a.m. CST Register	Trauma-Informed Supervision Presented by University Health 10 – 11 a.m. CST Register	Treatment Courts: A Pathway to Healing for Justice-Involved Individuals Presented by Reflejo Court 1 – 2 p.m. CST Register
19	20	21	22	23
The Importance of Trauma-Informed Care and Sensitivity in Patient Care-Environments Presented by Baylor College of Medicine 1 – 2:30 p.m. CST Register	Realms of ACEs Presented by ChildSafe 10 – 11 a.m. CST Register Creating a Thriving Community Presented by the Institute 2 – 3 p.m. CST Register	Neuro-Nurturing in the Womb: Cultivating Peace to Break Generational Cycles of Trauma for Healthier Babies and Communities Presented by PACEs Connection/Creating Healthier Communities 1 – 2:30 p.m. CST Register	Reclaiming Joy: How Trauma Shapes Emotional Experience Presented by Alchemy Coaching 1 – 2 p.m. CST Register Adverse Childhood Experiences Presented by ESC Region 20 10 – 11:30 a.m. CST Register	Helping the Helper: Addressing Compassion Fatigue and Moral Injury Presented by Becoming the Whole You 1 – 2 p.m. CST Register
Memorial Day 26	27	28	29	30
	Building the Movement to Foster Transformational Resilience Presented by CTIPP 10 – 11:30 a.m. CST Register Implementing TIC Principles Presented by the Institute 2 – 3 p.m. CST Register	Unleashing the Power of Emotional Intelligence: Transforming Relationships with a Trauma-Informed Care Lens Presented by Serendipity Place, LLC 10 – 11 a.m. CST Register	Post-Traumatic Stress in Trauma Survivors Presented by University Health 1 – 2:30 p.m. CST Register	Understanding Trauma's Role in Dementia Risk and Caregiving Presented by James L. West Center for Dementia Care 10 – 11 a.m. CST Register

Kick-Off Lunch & Learn

In-person event.
Space is limited.
Registration is required.

The Blueprint for Resilient Teams

Sinclair Ceasar III – Sinclairity Consulting, LLC



Thursday, May 1
11:30 a.m. – 1 p.m. CST
[RSVP Here](#)



About this session

In times of uncertainty, resilient teams don't just survive—they adapt and thrive. Join Sinclair Ceasar III of Sinclairity Consulting, LLC, for an engaging session on fostering resilience at both the individual and team levels. This session will break down resilience into three key areas: emotional agility, psychological safety and trauma-informed leadership.

Attendees will learn how to create a culture that minimizes re-traumatization, builds trust and equips teams with the tools to navigate challenges effectively. Sinclair will explore how psychological safety provides the foundation for resilience, discuss why trauma-informed leadership is essential in today's workplace and share some practical strategies leaders can implement immediately. Attendees will walk away with a clear blueprint for fostering a workplace where teams feel safe, valued and capable of sustained well-being—even in uncertain times.

About our 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 and TedX speaker. He has been featured on BuzzFeed, Essence Magazine and the London Times. Recently, he launched the 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. 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.

FREE 1.5 Contact Hours for nurses and social workers only.

Friday, May 2
10 – 11 a.m. CST
[Register Here](#)



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 training received from international speaker Becky Haas.

Forgiveness, Intergenerational ACEs and Trauma

Dr. Loren Toussaint – Luther College and The Forgiveness Foundation

In this session, Dr. Loren Toussaint will discuss the association between parent and child adverse childhood experiences (ACEs) and how the cycle of the intergenerational transmission of ACEs may be interrupted or buffered by self-forgiveness and forgiveness of others.



Monday, May 5
10 – 11 a.m. CST

[Register Here](#)



Tuesday, May 6
10 – 11:30 a.m. CST
[Register Here](#)



The Climb to Healing: A Trauma-Informed Path to Overcoming ACEs

Ray Reynosa – IMPACTTRUTH

Join Ray Reynosa for a powerful and transformative session where he shares his personal journey of resilience, overcoming childhood adversity, and defying the odds. Through his heartfelt story, Ray will highlight the impact of adverse childhood experiences (ACEs) and offer practical insights on healing, perseverance, and self-empowerment. Attendees will leave inspired to take action in their own lives and communities, equipped with hope, strategies for growth and the motivation to never give up.

Beyond the Individual: How Systems Shape Trauma and Recovery

Louie Olivan – Serendipity Place, LLC

In this session, participants will explore how trauma is not just an individual experience but one influenced by families, schools, workplaces and communities. Attendees will learn how social support, policies, cultural norms and institutional resources can shape resilience and healing. Louie will also provide steps that professionals can use to help build trauma-sensitive environments.



Wednesday, May 7
10 – 11 a.m. CST

[Register Here](#)



Thursday, May 8
10 – 11 a.m. CST
[Register Here](#)



Trauma-Informed Care: You Don't Know What You Don't Know

Esther Pipoly – Loss of Life Advocates (LOLA)

In this session, participants will learn the importance of trauma-informed support when navigating life transitions to include grief, loss and end-of-life planning. Esther will share how finding the right support systems can help individuals heal and move forward while empowering self-preservation and future planning.

Human Trafficking: Pediatric Prevention Efforts

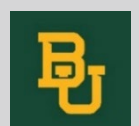
Dr. Jessica Peck – Baylor University

In this session, Dr. Jessica Peck will discuss how adverse childhood experiences create vulnerability for human trafficking and how adults can be empowered to recognize and respond to trafficking risks in children. Attendees will also learn how incorporating trauma-informed care principles can aid in prevention and identification strategies.



Friday, May 9
10 – 11 a.m. CST

[Register Here](#)



Trauma-Informed Care Awareness Month Week 3



Creating Trauma-Informed Healthy Communities Becky Haas – Becky Haas, Author | Speaker | Trainer

In this session, participants will learn the definition of trauma and discuss the impact trauma has on a community. Attendees will also examine the steps to advocate, educate and collaborate to create resilient organizations and communities.



Monday, May 12
10 – 11 a.m. CST
[Register Here](#)



Tuesday, May 13
1 – 2 p.m. CST
[Register Here](#)



Building Resilience: Trauma Survivors Network Rosemary Williams, CHW – University Health

In this session, participants will explore the core principles of trauma-informed care and how they are integrated within the Trauma Survivors Network (TSN) to promote healing and resilience. Rosemary will share how the TSN provides resources and peer support to empower individuals and families affected by trauma.

Creating a Culture of Workplace Peace Dr. Rachel Vargas – Communities In Schools San Antonio

In this session, participants will discover the six essential steps for building a workplace peace culture and develop an understanding of different conflict levels and the appropriate responses for each. Attendees will apply the learning of cooperation and conflict through interactive, virtual activities.



Wednesday, May 14
10 – 11 a.m. CST
[Register Here](#)



Thursday, May 15
10 – 11 a.m. CST
[Register Here](#)



Trauma-Informed Supervision Sarah Sebtton, MPA, MPH, PMP, LBBP – University Health

In this session, participants will learn how to identify signs of secondary traumatic stress and how to build supportive, trusting relationships with employees to maximize performance.

Treatment Courts: A Pathway to Healing for Justice-Involved Individuals Judge Rosie Speedlin Gonzalez – Bexar County Reflejo Court

In this session, participants will learn about the Reflejo Court, one of 15 treatment courts in Bexar County, Texas, led by Judge Rosie Speedlin-Gonzalez. Attendees will learn how the court uses a holistic, trauma-informed care approach to promote recovery and healing in the criminal justice system and still hold individuals accountable for their choices and behaviors.



Friday, May 16
1 – 2 p.m. CST
[Register Here](#)



The Importance of Trauma-Informed Care and Sensitivity in Patient-Care Environments

Dr. Gregory Williams – Baylor College of Medicine

In this session, participants will learn to recognize the signs and symptoms of trauma in patients, co-workers and family to better understand the widespread impact of trauma and its recovery. The attendees will learn ways to use this knowledge to transcend them into policies, procedures and practices.



Monday, May 19
1 – 2:30 p.m. CST

[Register Here](#)

Baylor
College of
Medicine

Tuesday, May 20

10 – 11 a.m. CST

[Register Here](#)



Realms of ACEs

Erika Hurtado – ChildSafe

In this session, participants will learn to identify and explore the effects of each realm of adverse childhood experiences and understand the various frameworks and practices that can be used in the prevention and intervention of these effects.

Neuro-Nurturing in the Womb: Cultivating Peace to Break Generational Cycles of Trauma for Healthier Babies and Communities

Carey Sipp – PACEs Connection/Creating Healthier Communities

In this session, participants will learn about the importance of neuro-nurturing from preconception through pregnancy and into the “fourth trimester.” Attendees will leave inspired to advocate for preconception care and support for the nurturing of pregnant women as an investment in a community’s well-being.



Wednesday, May 21
1 – 2:30 p.m. CST

[Register Here](#)



Thursday, May 22

1 – 2 p.m. CST

[Register Here](#)



Reclaiming Joy: How Trauma Shapes Emotional Experience

Dr. MaryCatherine McDonald – Alchemy Coaching

In this session, participants will explore how past trauma can inhibit the ability to experience joy and fulfillment. Attendees will also be introduced to the concept of “tiny little joys” as a neuroscience-backed tool for rewiring the brain towards resilience and practical strategies that professionals can use to help clients integrate joy into their healing process.

Helping the Helper: Addressing Compassion Fatigue and Moral Injury

Dr. Jessica S. Lewis – Becoming the Whole You

In this session, participants will learn about compassion fatigue and values-based coping for servant leadership. Attendees will also discuss trauma-informed strategies that will strengthen resilience, improve well-being and create a balanced leadership practice.



Friday, May 23

1 – 2 p.m. CST

[Register Here](#)





Monday, May 26

Tuesday, May 27
10 – 11:30 a.m. CST
[Register Here](#)



Building the Movement to Foster Transformational Resilience
Jesse Kohler – Campaign for Trauma-Informed Policy & Practice (CTIPP)

In this session, participants will understand the importance of community coalitions in preventing trauma. Attendees will also discuss how the components and purpose of building trauma-informed, community-led coalitions build population-level mental wellness and transformational resilience.

Unleashing the Power of Emotional Intelligence: Transforming Relationships with a Trauma-Informed Care Lens
Dr. Monica Ruiz – Serendipity Place, LLC

In this session, participants will define emotional intelligence and explore its role in personal and professional growth. Attendees will also learn how trauma-informed care can be applied to support improved communication and relationship-building.



Wednesday, May 28
10 – 11 a.m. CST
[Register Here](#)



Thursday, May 29
1 – 2:30 p.m. CST
[Register Here](#)



Post-Traumatic Stress in Trauma Survivors
Sabrina Spencer, DSW, LCSW, ACSW – University Health

In this session, participants will learn the risks of post-traumatic stress in trauma survivors and how trauma-informed screening was implemented at a Level I trauma center. Attendees will also discuss interventions and resources for trauma survivors experiencing post-traumatic stress.

Understanding Trauma's Role in Dementia Risk and Caregiving
Jamie Cobb Tinsley, CAEd & Hollie Glover, LPC – James L. West Center for Dementia Care

In this session, participants will understand the link between trauma and dementia risk and how early life trauma, ACEs, PTSD and chronic stress contributes to cognitive decline and dementia. Attendees will also explore self-care strategies to support caregivers to build resilience and emotional well-being while providing compassionate dementia care.



Friday, May 30
10 – 11 a.m. CST
[Register Here](#)



Trauma-Informed Care Awareness Month

Trainings Week 1-5



Week 1 – 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 training received from international speaker Becky Haas.



Friday, May 2
10 – 11 a.m. CST
[Register Here](#)

Week 2 – Building Community Resilience

In this session, attendees will learn about R.O.L.E.S., a five-step process that empowers individuals to identify their negative personal triggers to create a mental paradigm shift rooted in positivity and successful outcomes. This presentation is derived from training received from Community Resilience Initiative Course 1.



Monday, May 5
2 – 3 p.m. CST
[Register Here](#)

Week 3 – Discovering We Are Resilient

In this session, attendees will learn how a resilient mindset can help us become emotionally stronger 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.



Tuesday, May 13
10 - 11 a.m. CST
[Register Here](#)

Week 4 – Creating a Thriving Community

In this session, attendees will learn about the K.I.S.S. framework for building community capacity through resilience. This model serves as a public health framework for community development. It emphasizes building human capital collectively fostering stronger communities that can thrive and effectively manage the impact of risk. This presentation is derived from training received from Community Resilience Initiative Course 1.



Tuesday, May 20
2 – 3 p.m. CST
[Register Here](#)

Week 4 – Adverse Childhood Experiences (ACEs)

Cheri Khan – ESC Region 20

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.



Thursday, May 22
10 – 11:30 a.m. CST
[Register Here](#)

Week 5 – Implementing Trauma-Informed Care Principles

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.



Tuesday, May 27
2 – 3 p.m. CST
[Register Here](#)

THANK YOU to our partnering organizations!



THE FORGIVENESS FOUNDATION INTERNATIONAL

