





October 2025 - Training Calendar


Monday	Tuesday	Wednesday	Thursday	Friday
		Introduction to TIC 1	Adverse Childhood Experiences 2	3
		Presented by the Institute 10–11 a.m. CST Register	Presented by the Institute 10–11:30 a.m. CST Register	
6	Learning Event 7	Adverse Childhood Experiences 8	Discovering We Are Resilient 9	10
	Positive and Negative Uses of Social Media in Adolescence Presented by Center for Health Care Services 1–2:30 p.m. CST Register	Presented by the Institute 5–6:30 p.m. CST Register	Presented by the Institute 2–3 p.m. CST Register	
13	Creating a Thriving Community 14	15	Learning Event 16	Implementing TIC Principles 17
	Presented by the Institute 2–3 p.m. CST Register		Coming in Hot: When Trauma Causes Conflict Presented by Alamo Colleges District 1–2 p.m. CST Register	Presented by the Institute 10–11 a.m. CST Register
Building Community Resilience 20	Adverse Childhood Experiences 21	Introduction to TIC 22	Learning Event 23	24
Presented by the Institute 1–2 p.m. CST Register	Presented by ESC Region 20 10–11:30 a.m. CST Register	Presented by the Institute 5–6 p.m. CST Register	Don't Fall This Holiday Season: Strategies to Maintain Joy, Boundaries and Control in a Demanding Time of Year Presented by Jayme Shiarla Coaching 10–11 a.m. CST Register	
27	Learning Event 28	Implementing TIC Principles 29	30	SCAN FOR CALENDAR 31
	Creating Safe Educational Environments for Students with Complex Trauma Histories Presented by Fusion Academy 10–11 a.m. CST Register	Presented by the Institute 5–6 p.m. CST Register		

Session Key: ■ Introduction to Trauma-Informed Care
Implementing Trauma-Informed Care Principles

■ Building Community Resilience
Creating a Thriving Community
Discovering We Are Resilient

■ Adverse Childhood Experiences

■ Learning Events

 Evening Session

Introduction to Trauma-Informed Care (1 Hour)

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 presentation is derived from training received from international speaker Becky Haas.

**Building Community Resilience (1 Hour)**

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.

**Implementing Trauma-Informed Care Principles (1 Hour)**

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)**

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 which emphasizes building human capital to foster 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.

**Adverse Childhood Experiences (1.5 Hours)**

Attendees will learn about the 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 presentation is derived from training received from ACE Interface and is conducted by an approved master ACE Trainer.

**Discovering We Are Resilient (1 Hour)**

Attendees will learn how a resilient mindset can help us become stronger emotionally by using centering skills and 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 training received from Dovetail Learning's We Are Resilient training.



Visit our learning management system (LMS), Bridge.

The LMS offers **140+** on-demand training sessions and learning events. Contact the Institute to request access.



Contact Us
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Positive and Negative Uses of Social Media in Adolescence

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Tuesday, Oct. 7

TIME: 1–2:30 p.m. CST

REGISTER HERE:



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



Nickolas Raczek

ABOUT THIS SESSION

In this session, participants will explore the risks adolescents face on social media, such as online bullying, grooming and sextortion, as well as the growing mental health challenges they face and how these issues can impact brain development. Attendees will gain insights and practical strategies to help young people navigate social media responsibly and use it as a tool for positive connection rather than harm.

ABOUT THE PRESENTER

Nickolas (Nick) Raczek is a licensed professional counselor and currently serves as the clinic administrator for Community Health Awareness in Adolescents and Teens (CHAAT) at the Center for Health Care Services (CHCS). With a background in hospitality, education and mental health, Nick brings a relational and systems-driven leadership style to his roles. Prior to CHCS, he was the assistant director of admissions at a children's psychiatric hospital where he successfully developed systems that significantly improved patient flow and reduced wait times. Nick has been involved in mental health since 2015, holds degrees in theology and counseling and is passionate about developing leaders and helping people reach their full potential. Outside of work, Nick enjoys hiking, painting, reading, biking and spending quality time with his 92-year-old grandmother, who is his favorite person in the world.



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Coming in Hot: What to Do When Trauma Causes Conflict

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Thursday, Oct. 16

TIME: 1–2 p.m. CST

REGISTER HERE:



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



Eitandria Tello

ABOUT THIS SESSION

In this session, participants will be able to recognize how people who have experienced high levels of trauma might interact with others during times of conflict. Attendees will also learn about trauma-informed strategies that can help de-escalate situations when conflict arises during interpersonal interactions.

ABOUT THE PRESENTER

Eitandria Tello is a licensed professional counselor with nearly two decades of experience in higher education, specializing in academic advising and mental health counseling. She has spent 11 years providing mental health services at two Texas community colleges supporting students experiencing trauma and abusive relationships. Eitandria is a certified trainer in adverse childhood experiences, resilience and poverty, and is dedicated to promoting awareness and education across the college community. Through engaging presentations and prevention initiatives, she works to create a more supportive and informed campus environment. In her current role as student advocacy team lead for the Alamo Colleges District, Eitandria leads mental health programming and resource development across all five colleges in the district, helping to ensure students have access to the care and support they need to succeed.



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Don't Fall This Holiday Season: Strategies to Maintain Joy, Boundaries and Control in a Demanding Time of Year

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Thursday, Oct. 23

TIME: 10–11 a.m. CST

REGISTER HERE:



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



Jayme Shiarla

ABOUT THIS SESSION

In this session, attendees will learn practical strategies to set and maintain boundaries for emotional balance and energy conservation during stressful times. Participants will also explore proactive planning techniques to protect time and routines while strengthening ownership of emotions and choices to navigate demands with clarity.

ABOUT THE PRESENTER

Jayme Shiarla is an executive wellness coach, neuro-linguistic programming practitioner, speaker and author who helps high-performing professionals manage mindset, reset emotionally and build sustainable well-being. With a trauma-informed approach, she provides practical tools to reduce stress, prevent burnout and maintain clarity — especially during demanding seasons. Known for simplifying complex emotional experiences and creating a shame-free space, Jayme empowers individuals and teams to shift how they think, speak and show up. Her grounded, compassionate and often humorous style has made her a trusted voice in personal and professional growth across stages, podcasts and corporate settings.



JAYME SHIARLA
Coaching
MINDSET. MASTERY. OPTIMIZATION

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Creating Safe Educational Environments for Students with Complex Trauma Histories

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Tuesday, Oct. 28

TIME: 10–11 a.m. CST

REGISTER HERE:



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



Sarah Vacek

ABOUT THIS SESSION

In this session, participants will learn to identify signs of complex trauma in educational settings and how to apply practical, trauma-informed strategies to promote psychological safety and student engagement. Attendees will also explore ways to create school cultures grounded in empathy, trust and co-regulation, helping to prevent re-traumatization for long-term resilience in students affected by trauma.

ABOUT THE PRESENTER

Sarah Vacek is the current director of admissions at Fusion Academy San Antonio, where she leads outreach, enrollment and community engagement efforts with a focus on supporting neurodiverse learners and students navigating complex educational paths. With a background in trauma research and serving military families, foster youth and survivors of domestic violence, Sarah brings a data-driven and compassionate approach to every student and family interaction. She holds a Masters in Psychological Research from the University of Texas San Antonio and is currently a Ph.D. candidate in psychology studying the impact of childhood adversity on long-term well-being.



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