
















# MARCH 2025


Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>Learning Event 4</b>	<b>Implementing TIC Principles 5</b>	<b>Adverse Childhood Experiences 6</b>	<b>Building Community Resilience 7</b>
	<p><b>Trauma-Informed Substance Use Disorder Simplified</b> Presented by Infinite Recovery 1 – 2 p.m. CST Register</p>	<p>Presented by the Institute 5 – 6 p.m. CST Register</p>	<p>Presented by the Institute 2 – 3:30 p.m. CST Register</p>	<p>Presented by the Institute 10 – 11 a.m. CST Register</p>
				
<b>10</b>	<b>Adverse Childhood Experiences 11</b>	<b>Introduction to TIC 12</b>	<b>Implementing TIC Principles 13</b>	<b>14</b>
	<p>Presented by the Institute 5 – 6:30 p.m. CST Register</p>	<p>Presented by the Institute 10 – 11 a.m. CST Register</p>	<p>Presented by the Institute 10 – 11 a.m. CST Register</p>	
				
<b>Adverse Childhood Experiences 17</b>	<b>Introduction to TIC 18</b>	<b>Learning Event 19</b>	<b>Implementing TIC Principles 20</b>	<b>21</b>
<p>Presented by Communities in Schools San Antonio 1 – 2:30 p.m. CST Register</p>	<p>Presented by the Institute 10 – 11 a.m. CST Register</p>	<p><b>Using Art Therapy with Clients Experiencing Trauma</b> Presented by Artvango 10 – 11 a.m. CST Register</p>	<p>Presented by the Institute 10 – 11 a.m. CST Register</p>	
				
<b>Introduction to TIC 24</b>	<b>Discovering We Are Resilient 25</b>	<b>Adverse Childhood Experiences 26</b>	<b>Learning Event 27</b>	<b>Implementing TIC Principles 28</b>
<p>Presented by the Institute 5 – 6 p.m. CST Register</p>	<p>Presented by the Institute 10 – 11 p.m. CST Register</p>	<p>Presented by Communities in Schools San Antonio 1 – 2:30 p.m. CST Register</p>	<p><b>Nourishing Resilience: Trauma-Informed Nutrition Care for Children's Well-Being</b> Presented by University of Texas at San Antonio 10 – 11 a.m. CST Register</p>	<p>Presented by the Institute 10 – 11 a.m. CST Register</p>
				
<b>Creating a Thriving Community 31</b>				
<p>Presented by the Institute 2 – 3 p.m. CST Register</p>				

**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 Sessions

## 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 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)

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 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.



## 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 110+ 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

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# Trauma-Informed Substance Use Disorder Simplified

Hosted by the Institute for Trauma-Informed Care

## JOIN US!

**DATE:** Tuesday, March 4

**TIME:** 1 – 2 p.m. CST

**REGISTER HERE:**



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



**Santiago Sustaeta**



**Ryan Holt**

## ABOUT THIS SESSION

Join us with Santiago Sustaeta and Ryan Holt from Infinite Recovery. In this session, participants will learn how trauma-informed care can shift in both language and attitude throughout the life cycle of a client experiencing substance use as they go from admittance to discharge. Attendees will also discuss strategies for client-centered care using rapport to defeat barriers and how guidance in therapy helps with exposure to stimuli over time.

## ABOUT THE PRESENTERS

Santiago is a dedicated substance use disorder treatment professional with experience working as a case manager, recovery coach, counselor and outreach specialist. Inspired by his own personal recovery, Santiago has dedicated his life to helping others get connected to recovery services.

Ryan is a clinical outreach professional who in active addiction "had it all" but knew that something wasn't right. Through a rigorous course of action, Ryan has now found himself fulfilled and has dedicated his life to helping fulfill others. Connecting and inspiring every day, Ryan is a pillar of the recovery and AA communities in Texas.



## CONTACT US:

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# Using Art Therapy with Clients Experiencing Trauma

Hosted by the Institute for Trauma-Informed Care

## JOIN US!

**DATE:** Wednesday, March 19

**TIME:** 10 – 11 a.m. CST

**REGISTER HERE:**



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



**Yadi Puente**

## ABOUT THIS SESSION

Join us with Yadi Puente from Artvango Therapeutic Services. In this session, participants will gain an understanding on how to use art responsibly with clients and how art can be used as a means of expression. Yadi will also share with attendees various examples of art exercises that can be used in therapy sessions.

## ABOUT THE PRESENTER

Yadi Puente earned her master's degree in Transpersonal Counseling Psychology and Art Therapy from Naropa University in 2005. She is a licensed professional counselor and supervisor and board-certified art therapist. Yadi is also the founder of Artvango Therapeutic Services, an expressive therapy center in San Antonio dedicated to assisting children in the foster care system and those who have been adopted. Yadi is herself a proud foster care/adoptive parent.



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# Nourishing Resilience: Trauma-Informed Nutrition Care for Children's Well-Being

Hosted by the Institute for Trauma-Informed Care

## JOIN US!

**DATE:** Thursday, March 27

**TIME:** 10 – 11 a.m. CST

**REGISTER HERE:**



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



**Vidya Sharma**

## ABOUT THIS SESSION

Join us with Dr. Vidya Sharma from the University of Texas at San Antonio. In this session, Dr. Sharma will discuss the effects of trauma on a child's overall health and identify common nutrition challenges faced by children affected by trauma. Attendees will also develop an understanding of trauma-informed nutrition practices.

## ABOUT THE PRESENTER

Vidya Sharma, PhD, is an assistant professor of practice who teaches nutrition and dietetics courses to undergraduate students at the University of Texas at San Antonio. With a diverse background in community, clinical and food service management, she is dedicated to research and community engagement projects that aim to improve nutrition among vulnerable populations in South Texas. Dr. Sharma is a registered dietitian, a licensed dietitian in the state of Texas and a certified diabetes education care specialist.



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