

Trauma-Informed Care Awareness Month May 2026



Institute for Trauma-Informed Care
University Health, Oaks II
12451 Network Blvd, Suite 120 (MS 70-1)
210-644-8801
Email: Iticsa@uhtx.com
Website: InstituteTIC.com



Calendar
of
Events



Trauma-Informed Care Awareness Month Calendar May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Scan for Calendar				Kick-Off Event 1
				Mindfulness After Trauma: Clinical Insights from the Nurse Who Became the Patient 11:30-1 p.m. CST <i>In-person event. Space is limited. Registration is required.</i> University Health Vida 3611 Jaguar Parkway First floor, Suite 1408 San Antonio, Texas 78224 Register here
Introduction to TIC 4	Learning Event 5	Learning Event 6	Learning Event 7	Creating a Thriving Community 8
Presented by the Institute 2-3 p.m. CST Register	Traumatic Stress in Healthcare Workers: Resilience and Recovery Presented by UT Health San Antonio 1-2 p.m. CST Register	The Intersection of Social Determinants of Health and Adverse Childhood Experiences Presented by Family Service 10-11:30 a.m. CST Register	Arts and Mental Health: Creative Approaches to Healing, Engagement & Recovery Presented by HUG ME Ink 1:30-2:30 p.m. CST Register	Presented by the Institute 10-11 a.m. CST Register
Discovering We Are Resilient 11	Learning Event 12	Learning Event 13	Adverse Childhood Experiences 14	15
Presented by the Institute 2-3 p.m. CST Register	From Assessment to Action: Applying Community Health Insights to Real-World Challenges Presented by Health Collaborative 10-11 a.m. CST Register	Healing Through Connection: Trauma-Informed Framework for Families with Adolescents Presented by Vision Quest National LTD 10-11 a.m. CST Register	Presented by Communities In Schools San Antonio 10-11:30 a.m. CST Register	
18	Learning Event 19	Learning Event 20	Learning Event 21	Implementing TIC Principles 22
	Beyond the "Magic": Implementing Canine-Assisted Therapeutic Programs for Military Populations Presented by PAWS for Purple Hearts 10-11 a.m. CST Register	Surviving the Surge: Trauma-Informed Care in an Age of Emotional Overload Presented by Serendipity Place, LLC 10-11 a.m. CST Register	The Architecture of Resilience: Trauma-Informed Strategies for Modern Student Outreach Presented by R3 Student Outreach 10-11 a.m. CST Register	Presented by the Institute 10-11 a.m. CST Register
Memorial Day 25	Learning Event 26	Learning Event 27	Learning Event 28	Building Community Resilience 29
	From Small Moments to Lasting Healing: Trauma-Informed Support Presented by University Health 1-2 p.m. CST Register	Coaching with Care: Trauma-Informed Practices in Sports Environments Presented by Collective for Justice & Growth 10-11 a.m. CST Register	Substance Use: Recognizing the Effects & Impact to the User & Family Presented by Live More Recovery 1-2 p.m. CST Register	Presented by the Institute 10-11 a.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 Event

Institute for Trauma-Informed Care



In the mid-1990s, Dr. Robert Anda and Dr. Vincent Felitti conducted the Adverse Childhood Experiences Study, which evaluated 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.

In January 2020, University Health established the Institute for Trauma-Informed Care in collaboration with the local health department, with the goal of transforming San Antonio and Bexar County, Texas into a trauma-informed community. Today, the Institute still provides training in collaboration with partners and subject matter experts and has provided training to over 27,000 attendees. Visit the Institute at InstituteTIC.com for more information.

KICK-OFF LUNCH & LEARN

University Health Vida
3611 Jaguar Parkway
First floor, Suite 1408
San Antonio, Texas 78224

**Mindfulness After Trauma:
Clinical Insights from the Nurse Who Became the Patient**
Marla Lackey, RN

After surviving a serious motor vehicle accident, a practicing nurse experienced trauma from both sides of the bedrail, as a patient and as a clinician. This session explores how mindfulness can support recovery, professional identity reconstruction and post-traumatic growth while integrating trauma-informed principles. Participants will learn practical, evidence-informed strategies to strengthen clinical compassion, reduce secondary traumatic stress and support resilience for both patients and health care providers. (1.5 CEU hours)



Friday, May 1
11:30-1 p.m. CST

[Register here](#)

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



*FREE Continuing Education Hours. University Health is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (to include social workers).

Trauma-Informed Care Awareness Month

Week
2

Monday, May 4
2-3 p.m. CST

[Register here](#)



Introduction to Trauma-Informed Care Training

Jessica Huerta, Senior Educator
University Health, Institute for Trauma-Informed Care

Participants 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.

Traumatic Stress in Healthcare Workers: Resilience and Recovery

Austin Lemke, PsyD, Assistant Professor/Licensed Psychologist
UT Health San Antonio

Participants will recognize key risk factors for traumatic stress associated with work in health care settings and identify warning signs of both acute and chronic post-traumatic stress. Attendees will also learn practical strategies to build resilience and reduce the impact of traumatic stress in health care environments. *1.0 CEU hour



Tuesday, May 5
1-2 p.m. CST

[Register here](#)



Wednesday, May 6
10-11:30 a.m. CST

[Register here](#)



The Intersection of Social Determinants of Health and Adverse Childhood Experiences

Mary Garr, President/Chief Executive Officer, Family Service

Participants will understand social determinants of health (SDOH) through a trauma-informed lens, recognizing the interconnected impact of adverse childhood experiences (ACEs) and the need for multifaceted, non-retraumatizing approaches. Attendees will learn the importance of screening for SDOH and practical ways to assess these challenges in clients or patients and explore how overlapping SDOH barriers and ACEs influence long-term health outcomes and overall life potential. *1.0 CEU hour

Arts and Mental Health: Creative Approaches to Healing, Engagement & Recovery

Nicholas Holstein, Executive Director, HUG ME Ink

Participants will explore how creative arts support mental health, including emotional regulation, trauma processing, recovery and community connection. Attendees will learn evidence-informed expressive art practices and practical, ethical ways to integrate arts-based approaches into clinical, peer and community settings, with attention to accessibility, cultural relevance and trauma-informed care. *1.0 CEU hour



Thursday, May 7
1:30-2:30 p.m. CST

[Register here](#)



Friday, May 8
10-11 a.m. CST

[Register here](#)



Creating a Thriving Community Training

Jessica Huerta, Senior Educator, University Health, Institute for Trauma-Informed Care

Participants 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.

*FREE Continuing Education Hours. University Health is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (to include social workers).



Trauma-Informed Care Awareness Month

Week
3

Monday, May 11
2-3 p.m. CST

[Register here](#)



Discovering We Are Resilient Training

Jessica Huerta, Senior Educator
University Health, Institute for Trauma-Informed Care

Participants 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.



From Assessment to Action: Applying Community Health Insights to Real-World Challenges

Camerino I. Salazar, PhD, Chair, CHNA and Data Committee, Health Collaborative

Participants will learn about key demographic trends in Bexar County, such as population growth and diversity, and hear about disparities influenced by social determinants of health, such as housing stability, food access and adverse childhood experiences (ACEs). Attendees will learn how the Community Health Needs Assessment (CHNA) helps the communities analyze these factors and identify priority areas for action to improve health outcomes. *1.0 CEU hour



Tuesday, May 12
10-11 a.m. CST

[Register here](#)



Wednesday, May 13
10-11 a.m. CST

[Register here](#)



Healing Through Connection:

A Trauma-Informed Framework for Families with Adolescents

Lory Hartsock, LMSW, FFT Therapist, Vision Quest National LTD

Participants will learn how a bottom-up approach can support family healing by strengthening co-regulation in adolescent development. This course will help attendees move beyond symptom management and toward systemic healing through connection and relational safety. *1.0 CEU hour



Adverse Childhood Experiences Training

Lauren Geraghty, Chief Strategy Officer
Communities in Schools San Antonio

Participants will learn about the Adverse Childhood Experiences (ACEs) study, why ACEs have an immense effect on people's lives and what communities can 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 ACE Master Trainer.



Thursday, May 14
10-11:30 a.m. CST

[Register here](#)



**Safety, trust and empowerment are the soil
where resilience grows.**

*FREE Continuing Education Hours. University Health is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (to include social workers).



“Being able to feel safe with other people is probably the single most important aspect of mental health.”

-Bessel van der Kolk

Tuesday, May 19
10-11 a.m. CST
[Register here](#)



Beyond the “Magic”: Implementing Canine-Assisted Therapeutic Programs for Military Populations, PAWS for Purple Hearts

Erica Horn, Senior Program Instructor, and Roxanne Vilanova, Site Manager

Participants will learn about the structure and purpose of canine-assisted therapeutic programming within the PAWS model and its benefits for military populations. Attendees will also identify key ethical and operational considerations that support implementation and long-term program integrity. *1.0 CEU hour

Surviving the Surge: Trauma-Informed Care in an Age of Emotional Overload

Louie Oliven, Founder, Serendipity Place, LLC

Participants will examine the impact of chronic stress, collective trauma and emotional overload on behavior, engagement and mental health outcomes. Attendees will apply trauma-informed care principles and develop practical strategies to support emotional regulation, enhance psychological safety and build resilience for both clients and themselves. *1.0 CEU hour



Wednesday, May 20
10-11 a.m. CST

[Register here](#)



Thursday, May 21
10-11 a.m. CST
[Register here](#)



The Architecture of Resilience: Trauma-Informed Strategies for Modern Student Outreach

Juan Ramos, Founder and Executive Director, R3 Student Outreach

Participants will learn the R3 Student Outreach model — Relate, Restructure and Resilience — and explore how it aligns with modern trauma-informed care practices when supporting young adults. Attendees will learn empowerment-based, choice-driven communication strategies and examine current stressors affecting student populations to strengthen effective outreach and support. *1.0 CEU hour

Implementing Trauma-Informed Care Principles Training

Jessica Huerta, Senior Educator, University Health, Institute for Trauma-Informed Care

Participants will receive an overview of the impact of trauma and an introduction to the six key principles of a trauma-informed approach. The information will serve as a foundation towards a trauma-informed journey. This presentation is derived from the Basics of Adverse Childhood Experiences (ACEs), Building Resilience and Using a Trauma-Informed Approach received from international speaker Becky Haas.



Friday, May 22
10-11 a.m. CST

[Register here](#)



*FREE Continuing Education Hours. University Health is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (to include social workers).





Monday, May 25

Tuesday, May 26
1-2 p.m. CST

[Register here](#)



From Small Moments to Lasting Healing: Trauma-Informed Support

Rosemary Williams, Senior Program Coordinator
University Health, Trauma Survivor Network

Participants will explore how small, meaningful interactions can support lasting healing for individuals impacted by trauma and how the Trauma Survivors Network, to include peer visitation and peer support groups, fosters connection. Participants will also learn how these approaches provide compassionate, trauma-informed support at the bedside and throughout recovery. *1.0 CEU hour

Coaching with Care: Trauma-Informed Practices in Sports Environments

Romero Davis, Senior Director of Child & Family Well-Being, Collective for Justice & Growth

Participants will learn to apply trauma-informed principles to coaching, training and team management while fostering resilience, hope and positive relationships with athletes. Attendees will explore how to integrate trauma-sensitive practices into daily interactions and leave with practical tools to enhance well-being, strengthen teamwork and create positive, sports environments. *1.0 CEU hour



Wednesday, May 27
10-11 a.m. CST

[Register here](#)



Thursday, May 28
1-2 p.m. CST

[Register here](#)



Substance Use: Recognizing The Effects & Impact to the User & Family

Adam Cavazos, Family Services Director
Live More Recovery

Participants will learn to recognize how substance use affects individuals and families of the user. Attendees will be introduced to practical solutions and resources that can support families and guide them toward help and recovery. *1.0 CEU hour

Building Community Resilience Training

Jessica Huerta, Senior Educator
University Health, Institute for Trauma-Informed Care

Participants 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.



Friday, May 29
10-11 a.m. CST

[Register here](#)



*FREE Continuing Education Hours. University Health is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (to include social workers).

