

August 2026 Learning Opportunities

Institute for Trauma-Informed Care

Introduction to Trauma- Informed Care

**TUE
AUG
11**

**Presented by the Institute
10-11 a.m. CST**

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.

[Register >](#)

Talk Saves Lives: Latinx and Hispanic Communities

**WED
AUG
12**

**Presented by American Foundation
for Suicide Prevention
10-11:30 a.m. CST**

Participants will receive an overview on how to reduce cultural stigma and raise awareness of suicide prevention. Participants will also learn protective and risk factors of suicide and culture-specific prevention strategies.

[Register >](#)

Implementing Trauma-Informed Care Principles

**THU
AUG
13**

**Presented by the Institute
10-11 a.m. CST**

Participants will receive an overview on 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 towards a trauma-informed journey.

[Register >](#)

Adverse Childhood Experiences

**TUE
AUG
18**

**Presented by ESC-Region 20
10-11:30 a.m. CST**

Participants will learn about the Adverse Childhood Experiences (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.

[Register >](#)

Recognizing and Responding to Financial Trauma

**WED
AUG
19**

Previously Recorded

**Presented by Chrysalis Consulting Group
10-11:00 a.m. CST**

Participants will learn about financial trauma's prevalence and how chronic stress can worsen financial insecurity. Participants will also gain trauma-informed skills to recognize and respond to financial trauma.

[Register >](#)

Discovering We Are Resilient

**TUE
AUG
25**

**Presented by the Institute
10-11 a.m. CST**

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. Participants will also gain an understanding of cultural and protective patterns and how they can help build resilience.

[Register >](#)

Building Community Resilience

**THU
AUG
27**

**Presented by the Institute
10-11 a.m. CST**

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.

[Register >](#)

Scan QR Code



to access website and
register for training.



Visit Our Website
InstituteTIC.com



Email Us
Iticsa@uhtx.co



Call Us
210-644-8801

Talk Saves Lives: Latinx and Hispanic Communities

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Wednesday, Aug. 12

TIME: 10-11:30 a.m. CST

REGISTER HERE:



Continuing education hours are not available.



Adriana Jovel

ABOUT THIS SESSION

Participants will receive an overview on how to reduce cultural stigma, foster conversations about mental health and raise awareness of suicide prevention for people in Latinx and Hispanic communities. Participants will also learn protective and risk factors of suicide and culture-specific prevention strategies. This presentation is grounded in research and is developed and delivered by trained presenters who identify as having lived experience within Latinx and Hispanic communities.

ABOUT THE PRESENTER

Adriana Jovel is the programs manager for both the South and Southeast Texas Chapters of the American Foundation for Suicide Prevention (AFSP). Adriana is a native Houstonian and graduated from University of Houston with a Bachelor of Science in Psychology and Health Communications and earned a master's degree in public health from Lamar University. By bringing AFSP programming to the community and working to strengthen its chapters, she is dedicated to reducing the suicide rate and saving lives.



CONTACT US

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[InstituteTIC.com](https://www.institutetlc.com)

210-644-8801

Recognizing and Responding To Financial Trauma

Hosted by the Institute for Trauma-Informed Care

PREVIOUSLY RECORDED*

JOIN US!

DATE: Wednesday, Aug. 19

TIME: 10-11 a.m. CST

REGISTER HERE:



***Continuing education hours are not available.**



Christi Baker

ABOUT THIS SESSION

In this session, attendees will learn about the prevalence of financial trauma and understand how certain chronic stress factors can amplify the impact of financial insecurity. Participants will also learn trauma-informed skills and practices for recognizing and responding to financial trauma.

ABOUT THE PRESENTER

Christi Baker is the founder and chief executive officer of Chrysalis Consulting Group. She earned her master's in community health and counseling psychology and is also an associate marriage and family therapist. Christi's expertise includes more than 30 years of experience in financial counseling, which allows her to guide nonprofits, coach financial experts and develop coaching programs. Drawing from psychology, mindfulness and coaching principles, she centers her efforts on promoting economic and social equity. Through facilitation and a relational-based approach, she also helps drive change for those who may be facing financial insecurity.