November 2026
Learning Opportunities

Institute for Trauma-Informed Care

University Health
Thinking beyond

Adverse Childhood Experiences
TUE NOV 3

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 >

Discovering We Are Resilient
WED NOV 4

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 >

Introduction to Trauma-Informed Care
THU NOV 5

Presented by the Institute
2-3 p.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 >

Freedom Isn't Free: Trauma-Informed Care with Veterans
TUE NOV 10

Previously recorded

Presented by American GI Forum-National Veterans Outreach Program
1-2:30 p.m. CST

Participants will explore trauma-informed care for veterans, with a focus on women veterans, adverse childhood experiences, substance use and effective suicide prevention techniques.

Register >

Adverse Childhood Experiences
THU NOV 12

Presented by Lauren Geraghty
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 >

Implementing Trauma-Informed Care Principles
TUE NOV 17

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 >

Support at Your Fingertips: The Project YES Experience
WED NOV 18

Presented by Project YES, UT Teen Health
10-11 a.m. CST

Participants will learn about Project YES and its impact and explore what teen mental health looks like in San Antonio. Participants will also hear from teens on what they wish was understood about teen mental health.

Register >

Creating a Thriving Community
THU NOV 19

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

Participants will learn about the K.I.S.S. framework for building community capacity through resilience. This model serves as a public health framework which emphasizes building human capital to foster stronger communities that can thrive and effectively manage the impact of risk.

Register >

Scan QR Code ⬅ to access website and register for training

Visit Our Website
InstituteTIC.com

Email Us
Iticsa@uhtx.com

Call Us
210-644-8801

Freedom Isn't Free: Trauma-Informed Care with Veterans

Hosted by the Institute for Trauma-Informed Care

PREVIOUSLY RECORDED *

JOIN US!

DATE: Tuesday, Nov. 10
TIME: 1-2:30 p.m. CST
REGISTER HERE:

*Continuing education hours are not available.

Jennifer Heifner

ABOUT THIS SESSION

Participants will learn how a trauma-informed care approach can be used when counseling the veteran population and how to tailor this approach specifically for women veterans. Heifner will also review the types of adverse childhood experiences found in the veteran population, discuss how substance use by veterans differs from the general population and how to utilize effective suicide prevention techniques.

ABOUT THE PRESENTER

Jennifer Heifner is a licensed professional counselor currently serving as the clinical director of the Veteran and Family Wellness Program (VFWP) with the American GI Forum-National Veterans Outreach Program (AGIF-NVOP). VFWP is an outpatient counseling program dedicated to the treatment of mental health and substance use disorder for veterans and their family members. Jennifer holds a master's degree in counseling and guidance from Texas A&M University-San Antonio and a bachelor's degree in psychology from Pacific Lutheran University. Jennifer is specially trained in the use of cognitive processing therapy (CPT) and cognitive behavioral therapy (CBT) for treatment of PTSD and substance use disorders. She is trained in the Gottman Method to treat veteran couples and their families.

University Health
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Support at Your Fingertips: The Project YES Experience

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Wednesday, Nov. 18
TIME: 10-11 a.m. CST
REGISTER HERE:

Continuing education hours are not available.

Jacklynn Ware

ABOUT THIS SESSION

In this session, participants will learn about a free, anonymous, online teen mental health resource called Project YES (Youth Empowerment and Support). They will also explore what teen mental health looks like in San Antonio and how UT Teen Health is making an impact. Participants will hear from teens on what they wish was understood about teen mental health.

ABOUT THE PRESENTER

Jacklynn Ware is a project coordinator at UT Teen Health for Project YES, a free online mental health resource for adolescents who may be experiencing anxiety and stress. Jacklynn graduated from the University of Texas at San Antonio with a Bachelor of Science in Public Health and completed her Master of Public Health from the University of Texas School of Public Health. Jacklynn joined UT Teen Health in 2021 and brings her experience to educate youth and young adults about opioid misuse, medication safety, HIV, and pre-exposure medications. She is passionate about empowering youth and communities through education and elevating youth voices through the UT Teen Health Youth Leadership Council.

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UT Health San Antonio
UT Teen Health

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