



Universal Trauma-Informed Care Training

Who should attend?

Sacramento County Behavioral Health staff & contracted providers (Mental Health and Substance Use Prevention Treatment): frontline staff (admin & clinical), clinical supervisors, program managers.

Please refer to the Sacramento County BHS Website [2023 SUPT or MH Training Calendar](#) for training dates & times.

Training provided via Zoom, to register email QMTraining@saccounty.gov

Trainers:

Christina Nava, LMFT; Heather Amos, LMFT;
Pamela Hawkins, LCSW; Yvette Rodriguez, LMFT

Course Objectives

- Learn the common Trauma definition
- Identify how the stress process works.
- Learn about the ACES study and its impact on understanding the correlation between trauma and overall health.
- Identify characteristics of Trauma Informed Care (TIC) and how to apply those in the workplace.
- Explain how helpers are vulnerable to burnout and secondary traumatic stress aka "compassion fatigue."
- Understand the definition of resilience and how helpers can use practical exercises to build personal resilience.

Course Schedule

8:45a – 8:59a	Sign-in/Check-In
9:00a – 10:30a	Training Begins/Course Instruction
10:30a – 10:45a	Break
10:45a – 12:15p	Course Instruction
12:15p – 12:30p	Questions/Evaluation

Course Description

This training will educate behavioral health providers in our community on the significance of trauma impact on the community members that we serve, and the importance of creating an awareness of the need for trauma-informed care in all the services behavioral health provides to its citizens. Participants will be able to recognize and understand a common definition of trauma, demonstrate knowledge and awareness of how the stress process works, identify and explain the impact of trauma on behavioral health (mental health and SUD issues), demonstrate knowledge and awareness of different practices that can be implemented in our engagement and service practice, and learn practical ways to build personal resilience.

FREE CEs!

No partial credit-- You must attend the entire course to receive a certificate/CE credit.

- Course meets the qualifications for 3.0 hours of Continuing Education Credit for MFTs/LCSWs/LPCC's and for CADC's (Certified Alcohol Drug Counselors) for Registered and Certified Counselors for CEU's required by the California Consortium of Addiction Programs and Professionals CCAPP Provider Number 8-21-335-0623 & California Association of DUI Treatment Programs CADTP Provider Number 224.
- Certificate of completion offered for all participants.
- CE certificates will be distributed after the training.

To register, please send this **completed** form to QMTraining@saccounty.gov

****If we are unable to accommodate your request, you will be notified****

***Due to COVID-19 restrictions, all trainings will be held virtually until further notice.
Log in information will be provided upon enrollment.***

Print title of Training: _____

Date of Training you are registering for _____

Print Your Name: _____

Agency & Program: _____

Agency Type: _____

Classification: _____

E-mail: _____

Phone Number: _____ **Fax Number:** _____

ADA and Interpreter Needs: If you wish to attend and need to arrange for an interpreter or a reasonable accommodation, please contact Anne-Marie Rucker one week prior to the event at the phone (916) 875-7227 or vial email to RuckerA@saccounty.gov

Questions, Concerns, or Grievances: Quality training is our goal, please direct any questions, concerns or grievances to

QMTraining@saccounty.gov