



VISION: A *CERTIFIED* TRAUMA INFORMED CARE BEXAR COUNTY



**Wishing you good times, good cheer  
and a memorable new year.**

*All of us at the SOUTH TEXAS TRAUMA INFORMED CARE CONSORTIUM want to  
thank you for your patience, loyalty, and  
support this past year, as we have been "flying the plane as we build it"!  
We hope to see you at our Consortium meetings in the new year!*

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**Upcoming scheduled meetings**

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## **UPCOMING EVENTS!**

- Registration is free and now open for the Pediatric Brain Health Summit, with Jack Shonkoff and our LBJ School's Cynthia Osborne speaking. The conference is March 23-24 in Austin at the AT&T Conference Center at UT.

- Don't miss your chance to watch the exclusive viewing of the groundbreaking documentary, *Cracked Up*, before its public release. And the best part... it's FREE!

[Register today for this exclusive event.](#)

In this [documentary](#) you will witness the incredible story of actor, comedian, master impressionist and Saturday Night Live legend, Darrell Hammond, and the impact trauma and adverse childhood experiences has had across his lifetime.

Behind the scenes of his amazing career, Darrell suffered from debilitating flashbacks, self-injury, and addiction that were misdiagnosed for decades by over 40 practitioners and clinicians.

A suicide attempt finally brought Hammond together with the right clinician who properly diagnosed and treated him, which unleashed the memories his brain locked away for over 50 years.

*Cracked Up* creates an inspiring balance between comedy and tragedy helping us understand the effects of childhood trauma in a new light, breaking down barriers of stigma and replacing shame with compassion and hope.

Clients look to you to create an understanding, provide an accurate diagnosis, and layout an effective treatment approach. For the sake of our clients, now is the time to start the conversation and create a better understanding of adverse childhood experiences.

[Be a part of the conversation!](#)

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## VIDEO FOOD FOR THOUGHT



[Nadine Burke-Harris: "Childhood Trauma is a Public Health Threat"](#)

### **Fatigued pastors investing in mental health**

There's been a boom in mega churches with thousands of members over the past two decades, but that massive growth has come with a cost. A survey of pastors shows the demands of the job are creating greater stress, and some pastors are feeling overwhelmed or even burned out. James Brown, from CBS, reports

[click here to view the video](#)

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## SUGGESTED READING LIST

- *It's Not About Grit: Trauma, Inequity, and the Power of Transformative*

Teaching

- Meditative Interventions to Rewire the Brain
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies
- Maybe Days: A Book for Children in Foster Care

[click here for more information](#)

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## MESSAGE FROM THE TRI-CHAIRS

*We would love to see you at our next Consortium meeting where we will roll out the results of our December Strategic Planning for 2020!*

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The importance of being a certified trauma informed care organization and the value of membership in the South Texas Trauma Informed Care Consortium

[click here for information](#)

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## PLANNING AN EVENT FOR TRAUMA INFORMED CARE AWARENESS MONTH?

May 2020 is Trauma Informed Care Awareness Month in Bexar County

[click here to have your TIC Awareness Month event placed in the newsletter](#)

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## CONSORTIUM MANAGEMENT TEAM

**Angelica Valle** (The Children's Shelter). [click to email](#)

She provides support to the full consortium in concert with the other team members.

**Ellen Spitsen** (The City of San Antonio/COSA)

She provides support to the team!

**Connie Soria** (The City of San Antonio/COSA). [click to email](#)

She works with:

- Medical/Hospitals workgroup
- Government/Strategic Communications workgroup
- Higher Education workgroup

**Cyndi Cardenas** (Voices for Children) [click to email](#)

She works with:

- Education PreK-12 workgroup
- Early Care and Education workgroup
- Youth Development/Afterschool workgroup
- Faith Based workgroup

**Sean Greene** (City of San Antonio/COSA) [click to email](#)

He works with:

- Justice Systems workgroup
- Mental Health/Behavioral workgroup

**Cheryl Weise** (The Children's Shelter) [click to email](#)

She works with:

- Child Welfare/Foster Care workgroup
- Family Support workgroup
- Philanthropy workgroup

- Newsletter

[South Texas Trauma Informed Care Consortium]  
@south\_trauma

