



## December 2019 Newsletter

Vision: A *Certified* Trauma Informed Care Bexar County and South Texas

Happy Holidays!



**UPCOMING!**

### SCHEDULED GROUP MEETINGS

December 19-20-Strategic Planning Sessions for 2020

January 22, 2020-Consortium meeting

## 2019-LOOKING IN THE REAR VIEW MIRROR...

It's the end of the year. Not many meetings to report. Not many events happening in December. Since this is our last newsletter for the year, perhaps a good way to say goodbye to 2019 might be to recap some of our "making the plane while flying it" moments. It's like a Holiday Letter to the members!

### **January-April 2019**

The workgroups began forming. From the main consortium, co-chairs of each of the main interest areas were committed. Together with assigned support facilitators, each workgroup formed with 15+ members who agreed to meet and form priorities for 2019. There were 11 workgroups. Over 200 people attended the Consortium meetings.

### **May 2019**

May was proclaimed Trauma Informed Care Awareness month. Events for almost every day of the month were planned and well attended. A proclamation was made at the courthouse. A special event to raise awareness of the impact of trauma was held at the Pearl Stable.

### **Summer 2019**

Many events occurred throughout Bexar County and the surrounding area, not only to address trauma especially impacting our children, but also to educate the community

about ways to build resilience. Our little newsletter helped to spread the word about the work of the consortium, special events, and offer links to articles and videos about trauma informed care. The Certifying Entity Business Plan was released by the City of San Antonio. This will pave the way for an Institute of Trauma Informed Care to train agencies and organizations to deliver a higher level of patient and client care. The soon-to-be Certifying Entity will be able to certify organizations and agencies that the Institute will train. This is a large building block of "flying the plane while building it"!

### **Fall 2019**

The workgroups are celebrating a year of the existence of the Consortium. The workgroup accomplishments are many! A 12th workgroup, Higher Education, is added. Dr. Bridger announces the funding has been secured to establish the Institute of Trauma Informed Care. \$1.2 million dollars has been offered by the City of San Antonio and University Health System. The Institute will open at the Robert B. Green site. Methodist Healthcare Ministries has offered a grant to establish the Certifying Entity. Organizations and agencies across Bexar County will be able to apply for training and certification at little or no cost!

### **December 2019**

The Ecumenical Center for Religion and Health was chosen as the recipient of the grant to be the Certifying Entity.

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## STRATEGIC PLANNING FOR 2020 A GOOD WAY TO END 2019!

What's happening in December for the South Texas Trauma Informed Care Consortium? On December 19th and 20th a 2-day strategic planning session to be facilitated by The Meadows will solidify the lanes and responsibilities of the three cornerstones of offering certified trauma informed care in Bexar County. This will determine the path going forward to begin the work of building a resilient community in our South Texas regional area.

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## THE IMPORTANCE OF BEING A TRAUMA INFORMED CARE ORGANIZATION

It's fair to ask, why should my organization/agency undertake the cost and effort to become certified in trauma informed care?

**Trauma Informed Care** is an organizational approach that understands and responds to the life-long potential impacts of trauma in the families that we serve. A **Trauma Informed Care Approach** emphasizes the physical, psychological and emotional safety for clients/work force/participants/patients and providers to assist trauma survivors to strengthen their resiliency, gain their empowerment and thrive.

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## THE VALUE OF MEMBERSHIP IN THE SOUTH TEXAS TRAUMA INFORMED CARE CONSORTIUM

Membership will offer an opportunity to share professional expertise, insights and experiences to influence and advance the work to build a resilient community for families in the South Texas area, especially for *vulnerable* children and families. Membership will also provide valuable networking opportunities and the chance to engage in strategic dialogue and participation in robust discussion surrounding community health. Membership will offer participation in workgroups and sharpen skills in a supportive environment. Membership is also free!

# DECEMBER "FOOD FOR THOUGHT" READING LIST

1) Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger.

Author: Janine Halloran

Description: This workbook can help teach children to calm down, balance their energy and emotions, and process challenging feelings.

2) Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self Alienation

Author: Janina Fisher

Description: This offering integrates a neurobiologically informed understanding of trauma, dissociation, and attachment with a practical approach to treatment, all communicated in straight forward language accessible to both client and therapist.

## CHILDREN'S BOOKS

1) Too Shy for Show and Tell

Author: Beth Bracken

Description: Sam is a quiet little boy who hates show and tell. Just thinking about it makes his stomach hurt.

2) Missing Mommy: A Book About Bereavement

Author: Rebecca Cobb

Description: *Missing Mommy* focuses on the positive--the recognition that the child is not alone but part of a family that loves and supports him.

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## SECTOR SUPPORT TEAM

**Angelica Valle** (The Children's Shelter). [avalle@chshel.org](mailto:avalle@chshel.org)

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

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

She provides support to the support team!

**Connie Soria** (The City of San Antonio/COSA). [connie.soria@sanantonio.gov](mailto:connie.soria@sanantonio.gov)

She works with:

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

**Cyndi Cardenas** (Voices for Children) [ccardenas@voicessa.org](mailto:ccardenas@voicessa.org)

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) [sean.greene@sanantonio.gov](mailto:sean.greene@sanantonio.gov)

He works with:

- Justice Systems workgroup
- Mental Health/Behavioral workgroup

**Cheryl Weise** (The Children's Shelter) [cweise@chshel.org](mailto:cweise@chshel.org)

She works with:

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



***HAPPY HOLIDAYS! SEE YOU IN 2020!***