

**Free CEs  
Available**



# Universal Trauma-Informed Care Training

**Virtual Training provided via Teams**

**See page #2 for Training Dates, Registration,  
Continuing Education, and Contact Information**

## **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.

## **Course Objectives**

- Know the common definition of trauma
- Describe how the stress process works, and the differences in stress responses in individuals who have experienced trauma
- Identify four key findings of the ACES study
- Define historical trauma and explain the impact on current generations
- Name six characteristics of Trauma Informed Care (TIC)
- Identify at least two conditions that helpers are vulnerable to when working with individuals with trauma experiences
- Learn 2 practical ways to build personal resilience

## **Facilitators:**

Heather Amos, LMFT; Christina Nava, LMFT;  
Yvette Rodriguez, LMFT

## **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 LMFTs/LCSWs/LPCC's and/or LEPs as required by the California Board of Behavioral Sciences (BBS) CAMFT#129915; and for Certified Alcohol and/or Drug Counselors as required by the California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number 9-25-370-1027. BHS is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs/LCSWs/LPCCs and/or LEPs. Sacramento County BHS, QM maintains responsibility for this program/course and its content.
- Certificate of completion offered for all participants.
- CE certificates will be distributed after the training upon completion of the post-test, and course evaluation.

**To access QM Training Calendar and online Registration form go to:**  
[Behavioral Health Services Training Opportunities \(saccounty.gov\)](http://saccounty.gov/BehavioralHealthServicesTrainingOpportunities)

**2026 training dates** (please check QM Training Calendar for any changes in training dates): **2/13/26, 5/8/26, 8/14/26, 11/13/26**

To register send this **completed** form to [QMTraining@saccounty.gov](mailto:QMTraining@saccounty.gov)

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

***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 Alondra Thompson one week prior to the event at the phone (916) 709-5485 or via email to [thompsonal@saccounty.gov](mailto:thompsonal@saccounty.gov)

**Questions, Concerns, or Grievances:** Quality training is our goal, please direct any questions, concerns or grievances to: [QMTraining@saccounty.gov](mailto:QMTraining@saccounty.gov)