



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). Sacramento County BHS is an approved provider for the California Association of Marriage and Family Therapists (CAMFT) to sponsor continuing education (CAMFT Provider Number 129915). Sacramento County BHS, (CQI) maintains responsibility for this program/course and its content.
- Course meets the qualifications for 3.0 hours of Continuing Education Credit for California Consortium of Addiction Programs and Professionals (CCAPP) CADCs and RADTs. Sacramento County BHS is approved by CCAPP to be a continuing education provider (CCAPP Provider Number 9-25-370-1027).
- CE certificates will be distributed after the training upon completion of the post-test, and course evaluation.
- Certificate of completion offered for all participants.

To access QM Training Calendar and online Registration form go to:
[Behavioral Health Services Training Opportunities \(saccounty.gov\)](http://saccounty.gov/behavioral-health-services-training-opportunities)

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

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

Questions, Concerns, or Grievances: Quality training is our goal, please direct any questions, concerns or grievances to: QMTraining@saccounty.gov