



Care Navigator Training Course Information Document

Target Audience: Mental Health Care Navigators

Instructional Level: Introductory

Course Description: Presented by Dina Garcia, MSW. This training is to support learning and building awareness of client trauma exposure & PTSD, evidence-based treatments (EBTs) for PTSD, and PTSD screening. The overall objective is to apply information learned through this webinar to support the delivery of trauma-informed services and better identify potential clients for trauma services such as Cognitive Processing Therapy and Prolonged Exposure Therapy in organizations and systems.

Learning Objectives

At the end of this course, participants will be able to:

1. Identify symptoms of PTSD in clients
2. Identify PTSD screening and assessment tools
3. Describe evidence-based treatments for PTSD treatment options

Date and Time: Friday, November 15, 2024, at 12:00 pm CDT/ 1:00 pm EDT

Duration: 1-hour

Where: Zoom (*closed captioning available*)

Cost: No cost

Agenda:

- 12:00 Opening and Welcome
- 12:05 What is Trauma and PTSD
- 12:30 PTSD screening and Assessment
- 12:45 Evidence-Based Treatments for PTSD

Meet the Presenter

Dina Garcia, MSW

Project Coordinator

Dina Garcia, MSW, has worked as a Project Coordinator for the STRONG STAR Training Initiative since 2022. Prior to joining the STRONG STAR Training Initiative Ms. Garcia worked as a Behavioral Navigation Specialist for The United Way of Greater Austin, connecting central Texas residents to the mental health resources provided by their designated mental health authority. In her current role, Ms. Garcia offers administrative support to the Training Initiative leadership and community-based mental health providers. Her responsibilities encompass facilitating grant-funded Cognitive Processing Therapy and Prolonged Exposure workshops, overseeing enrollment for clinical consultation groups, and promoting SSTI through social media communications.

Ms. Garcia has no conflicts of interest.

Special Accommodations

If you require special accommodations due to a disability, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org one week prior to the webinar so that we may provide you with the appropriate service.

Continuing Education

The STRONG STAR Training Initiative offers 1 continuing education (CE) credit(s) to participants who attend this 1-hour course and are eligible to receive CE credit(s). To obtain CE credit(s), attendees must sign in at the start of the course and sign out after its conclusion. Inquiries regarding CE may be directed via email to admin@strongstartraining.org.

Our CE credits have historically been recognized by most professional state licensing boards. However, this is not guaranteed. Please check with your licensing board for verification.

The University of Texas Health Science Center at San Antonio is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas Health Science Center at San Antonio maintains responsibility for this program and its content.

Cancellation, Substitutions, and Refunds

There is no fee for this workshop. For cancellations, please contact our admin team at admin@strongstartraining.org.