



Memorandum

#23-073

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: November 9, 2023

SUBJECT: New trainings, updated schedule available for November, December and January

Live Online Training Schedule

The attached training schedules for November, December and January are now available to view on the [HHSC WIC Training](#) Webpages under the Texas WIC Live Online Training Schedule header.

[Live Online Training Schedules](#)

[Calendar At-A-Glance](#)

If you have any questions, please contact Angela Gil at Angela.Gil@hhs.texas.gov.

New Recorded Trainings Available in the Texas WIC Training Catalog

Managing Custody Changes in TXIN



This recorded training is now available to view in the WIC Training Catalog under the WIC Certifications tag.

This training will review four changes in custody scenarios (Bio to Bio, Bio to Foster, Foster to Bio and Foster to Foster), how to determine if current month's benefits may be issued to the transferring participant, and how to issue them using the participant transfer process.

Register for [Managing Custody Changes in TXIN](#)

CS:7.0 Income as a Certification Requirement Policy Updates



This recorded training is now available to view in the WIC Training Catalog under the WIC Certifications tag.

Join us to learn about policy updates to CS:07.0, Income Screening as a Certification Requirements. The updates include current flexibilities for the certification documentation aimed to streamline the eligibility determination and improve the participant experience.

Register for [CS:7.0 Income as a Certification Requirement Policy Updates](#)

New Live Online Trainings

Public Relations and Media Training



This public relations training will teach you the fundamentals of PR and the importance of getting WIC in the news. In this session, the Sherry Matthews Group will teach expert-level tips on how to create a successful press event, how to reach and build relationships with reporters, the differences between a press release and media advisory, media pitch suggestions, and how to leverage social media to reach the news media.

This training is for Directors, Outreach Coordinators and staff that may do media interviews. This training will be recorded and added to the LMS.

Date: Friday, November 17

Time: 9-10:30 am CST

Link: [Public Relations and Media Training - 11.17.2023](#)

Social Media Training Series



Join Jessica Leyendecker and the Sherry Matthews Group for this virtual live training series on how to keep audiences engaged through social media.

This training series is for Directors, Outreach Coordinators and LA staff who might create content or post on social media. This series will be recorded and added to the LMS at a future date.

Social Media Outreach Part 1 – Getting Started

This social media training will focus on how to best serve current clients and reach new clients using digital tools and your social media presence, including best practices for creating and managing Facebook and Instagram accounts, as well as tips for connecting with others and curating content to get your account up and running!

Date: Friday, December 8

Time: 1-2:30 pm CST

Link: [Social Media Outreach: Part 1 - 12.08.2023](#)

Social Media Outreach Part 2 – Moving Forward

This social media training will help you learn how to establish a brand voice and provide you with the digital tools you need to create content that resonates, inspires, and educates your audience. In this session, you will learn how to get organized using a social media content calendar, which types of posts generate more engagement, guidelines for each platform, and how and when to post. We will also share best practices on engagement with your new followers.

Date: Monday, December 11

Time: 9-10:30 am CST

Link: [Social Media Outreach: Part 2 - 12.11.2023](#)

Social Media Outreach Part 3: Nuts and Bolts

In this social media session, we will dive deeper into how to fill and edit your social media account with posts and content. You will learn the specific imagery requirements for each platform, resources to locate quality images/videos, and how to create your own images and video content. Become a pro with our expert-level recommended camera options, lighting best practices, staging tips, and editing tools. Plus, learn how to gauge success using a few key metrics.

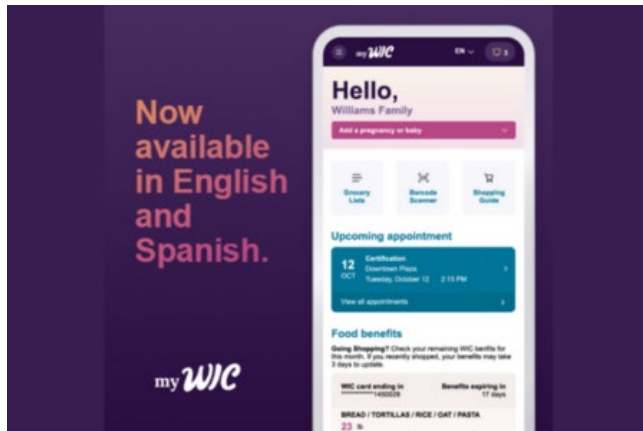
Date: Friday, December 15

Time: 9-10:30 am CST

Link: [Social Media Outreach: Part 3 - 12.15.2023](#)

Please contact jessica.leyendecker@hhs.texas.gov if you have any questions.

TXIN and myWIC Features You Need to Know



TXIN and myWIC Features You Need to Know Live Trainings will be offered by state agency staff to discuss upcoming features for clients related to nutrition education and other topics. We will provide additional supplemental materials that may be needed for these features. Training dates and times are listed below. Click on the links below to join the trainings.

- [Tuesday, November 28, 10:30 am – 12 pm CST](#)
- [Wednesday, November 29, 12-1:30 pm CST](#)
- [Wednesday, December 6th, 12-1:30 pm CST](#)
- [Friday, December 8, 10-11:30 am CST](#)
- [Thursday, December 14, 12-1:30pm CST](#)

Please contact juliette.coronado@hhs.texas.gov and anita.ramos@hhs.texas.gov for any questions.

myWIC Open Office Hour Sessions



myWIC Open Office Hour sessions will begin at the end of November, hosted by Vexcel. These sessions are for you to bring your questions and request for demos.

New myWIC features coming soon will include:

- Nutrition Education
- Other topics

Please register for one (or more) of these sessions using the links below.

- [Tuesday, November 28, 12–1:15pm CST](#)
- [Wednesday, November 29, 9-10:15 am CST](#)
- [Thursday, November 30, 12–1:15 pm CST](#)
- [Tuesday, December 5, 1-2:15 pm CST](#)

Registration Now Open

How to Deliver Dynamic Cooking Demos On-Site or Online



Culinary demonstrations enable dietitians and other health professionals to communicate nutrition information to consumers; entertain their audiences; teach basic or advanced cooking skills; and showcase healthy recipes that are affordable, easy to prepare, and flavorful. Gaining the confidence to cook in front of a captive audience—on-site or online via a Facebook Live or Zoom-style class—is a critical skill set for professionals working in clinical, community, and private practice settings.

During this session, Liz Weiss, MS, RDN will demonstrate how to organize and implement a dynamic cooking demonstration; assess audience, location, equipment, and recipe selection; and cook in front of an in-person or virtual crowd. A nutrient-rich recipe utilizing WIC-approved foods will be demonstrated.

- Identify why cooking demos can build consumer confidence in the kitchen and trigger behavior change for healthier eating patterns.
- Outline the steps required to plan, prepare, and adapt a cooking demonstration for various in-person and virtual settings.
- Modify and demonstrate one nutrient-rich recipe for different presentation formats and audiences.

This institution is an equal opportunity provider.

This training will be presented live on Zoom and recorded for the WIC LMS. This training is geared toward WIC RDs, Nutritionists and WCS staff but all are welcome to attend.

Speaker Bio:

Liz Weiss, MS, RDN is a well-seasoned media dietitian. She's the voice behind the food and nutrition blog, Liz's Healthy Table and the podcast, EAT, DRINK, LIVE LONGER. She has written several cookbooks including *Color, Cook, Eat!*, *No Whine with Dinner*, and *The Moms' Guide to Meal Makeovers*. Weiss is a sought-after speaker, spokesperson, TV guest, and cooking instructor. She is a contributor to Today's Dietitian magazine where her primary focus is the magazine's Culinary Corner column, and she's a Fruit & Vegetable Ambassador in Action for the Produce for Better Health Foundation. Liz began her media career at CNN where she served as senior producer and correspondent for the daily Food & Health News segment and weekend show, On the Menu, and in 2015, she received the prestigious Media Excellence Award from the Academy of Nutrition and Dietetics. Liz splits her time between Boston and Nantucket.

Date: Wednesday, November 15

Time: 12-1 pm CST

Please register in advance: [Deliver Dynamic Cooking Demos 11/15/23](#)

Shifting How Preeclampsia Education Happens: The Roll of Engaged Community Partners



Cases of high blood pressure in pregnancy are on the rise in the US and can lead to illness and death for mothers and their babies. Join Preeclampsia Foundation Director of Communications and Engagement Laney Poye as she talks about what preeclampsia is, who might be at risk to develop it, how to educate clients on what signs and symptoms they need to know, and how

WIC nutritionists can be a part of the team that empowers women to take charge of their heart health during and beyond pregnancy.

This training will be presented live on Zoom and recorded for the WIC LMS. This training is geared toward WIC RDs, Nutritionists and WCS staff but all are welcome to attend.

Speaker Bio:

Laney Poye serves as the Director of Communications and Engagement for the Preeclampsia Foundation supporting the three pillars of its mission (Community, Research, and Health Care Improvements) at the heart of the Foundation's work. Laney enjoys overseeing the development of scientifically accurate and accessible content in English and in Spanish for www.preeclampsia.org.

Laney earned her bachelor's and master's degrees in International Affairs from Florida State University, where she specialized in women's health issues in low-resource settings.

Date: Thursday, November 30

Time: 12-1 pm CST

Please register in advance: [Preeclampsia Education 11/30/23](#)

Stress Management



Join Brian Brandt for this session as we focus on resiliency, recovery and stress reduction. In this session, we'll consider keys to identifying, addressing and reducing our stress so we're better equipped to focus on what matters most.

This training will be presented live on Zoom and recorded for the WIC LMS. Training is open to all WIC staff.

Speaker Bio:

Bryan Brandt is President & Founder of Core Insights. He has over 30 years of leadership experience with both for-profit and non-profit organizations. He holds a master's degree in global leadership and a bachelor's degree in accounting.

He is an expert in leadership, communication, board and staff engagement and has coauthored two books: *The Ambassador's Journey: A Parable About Non-Profit Board Leadership* and *Blind Spots - What You Don't Know CAN Hurt You*.

Date: Tuesday, December 5

Time: 12-1:30 pm CST

Please register in advance: [Stress Management 12/5/23](#)

How to Talk About Food: Best Practices for Culturally Appropriate Conversations



We all talk about food multiple times a day. We talk about what we cook, our favorite restaurants, what we ate last night, and what we want to eat next. Food is a connector for all humans because we all have to eat.

In this presentation, we'll delve into the best practices for culturally appropriate conversations about food. The presentation will highlight culturally appropriate dietary counseling practices from a culinary—not clinical—lens, practices that may be used to better connect with clients, families and caregivers. Presented by Breana Lai Killeen, MPH, RD, a dietitian, chef, farmer, former Test Kitchen Manager for EatingWell Magazine and an expert in culturally competent recipe development.

This training is geared toward WIC Registered Dietitians, Nutritionists, and WCS Staff but all are welcome to attend. It will be presented live on Zoom and recorded for the WIC LMS.

Speaker Bio:

Breana Lai Killeen is a food writer, recipe developer, culinary nutritionist, and farmer with 15+ years of experience creating editorial and digital content. She has written and edited over 2500 recipes, articles and presentations for top brands including EatingWell, Allrecipes, Cabot Creamery, Hello Fresh, POM Wonderful, the National Beef Council, and the Dairy Council. Breana has a master's degree in public health from the University of North Carolina at Chapel Hill, is a graduate of Le Cordon Bleu London, a Wine Spirit & Education Trust trained sommelier and is a registered dietitian.

Breana loves teaching people how to cook, especially if it involves using up all the bits and pieces left in the veggie drawer to make something seemingly impressive for her 2-year-old twins. When she's not cooking or chasing toddlers, you can find her out on Killeen Crossroads Farm in Vermont wrangling 175 chickens, 9 cows, 2 dogs and her tractor-loving husband.

Date: Thursday, January 25, 2024

Time: 12-1pm CST

Please register in advance: [How To Talk About Food 1/25/24](#)

Texas WIC Live Online Training Schedule

Updated: 11/14/23

Date	Time	Session Description	Target Audience	Training Link	Contact for Questions
November 2023					
11/7	1:00-2:00	<p>Lunch and Learn: NE Sharing Session We will be sharing updates about new and exciting materials and reinforcements. This session will also include NE training updates.</p>	Directors, NE coordinators, Training Coordinators	November NE Quarterly Sharing Session	Kathleen.Oliver@hhs.texas.gov
11/7 11/9 11/14 11/16	<p>23 hours of live virtual instruction over a 2-week period.</p> <p>See the Texas WIC Training Catalog for exact times.</p>	<p>TXIN Application Virtual Training</p> <p>Training Day 1 On Day 1, we provide a history of the TXIN application and explore navigation. During this session, we create a family record, add an endorser, add the participants to the family record, and document proof of residency.</p> <p>Training Day 2 On Day 2 we certify a participant and sign the Rights and Responsibilities document. This session includes a special presentation on creating and managing VENA, Risk Codes, and High-Risk Referrals in TXIN.</p> <p>Training Day 3 In this session, we create a benefits issuance, and demonstrate how to verify and write WIC benefits to a Texas Card. Additionally, we discuss, Scheduling, completing the Daily Rider, performing recertifications, mid-certs & mid-reviews, change of custody transfers, and VOCs. The session also includes a presentation on using the myWIC app.</p> <p>Training Day 4 This day is all about formula management! In this session we verify formula, replace & exchange formula, return formula, create and approve a prescription, issuing a drop ship order, and managing breast pumps in TXIN.</p>	New and/or existing TXIN users	November 2023 TXIN Virtual Training	<p>sandra.west@hhs.texas.gov</p> <p>debra.white1@hhs.texas.gov</p>

Texas WIC Live Online Training Schedule

Updated: 11/14/23

Date	Time	Session Description	Target Audience	Training Link	Contact for Questions
11/09	12:00-1:00	Lunch and Learn: Breastfeeding Basics Common concerns and how to address them. In this meeting, we'll discuss the common concerns of engorgement, plugged ducts and low milk supply. We'll review general assessment strategies and treatment methods, as well as defining scope of practice as it applies to different job duties at WIC.	WIC staff who counsel breastfeeding mothers	Breastfeeding Basics 11/9/23	Michelle.Poole@hs.texas.gov
11/13	9:00-10:00	Live Storm Orientation This class must be taken before attending VLP or VALM. This is a review of how to use the LiveStorm platform.	Staff attending a LiveStorm class	https://TALWD.Eventbrite.com Please register in advance.	Missy.Hammer@hs.texas.gov
11/14	1:00-2:00	Lunch and Learn: myWIC Tips and Tricks II Join us to learn, share and discuss tips and tricks to help your clients with myWIC.	All WIC Staff	myWIC Tips and Tricks II 11.14.2023	doreen.laduca@hs.texas.gov
11/14 11/15 11/16	9:00-12:00	Virtual Lactation Principles (3 days) This breastfeeding course addresses the fundamentals of breastfeeding, utilizing various case studies, activities and group discussions. All 3 days are required in order to receive a completion certificate. CE hours awarded for several disciplines. See registration page for specific information.	Staff offering breastfeeding education	https://TALWD.Eventbrite.com Please register in advance.	Missy.Hammer@hs.texas.gov
11/15	12:00-1:00	How to Deliver Dynamic Cooking Demos On-Site or Online During this session, Liz Wiess, MS, RDN will demonstrate how to organize and implement a dynamic cooking demonstration; assess audience, location, equipment, and recipe selection; and cook in front of an in-person or virtual crowd. A nutrient-rich recipe utilizing WIC-approved foods will be demonstrated. This session will be recorded for the WIC LMS.	Nutritionists, RDs, WCS	Please register in advance. Deliver Dynamic Cooking Demos 11/15/23	Angela.gil@hhs.texas.gov
11/16	12:00-1:00	Lunch and Learn: Texas Ten Step Program This session will provide an overview of the program and the Ten Steps that support the mother's infant feeding goals in the birthing facility.	All WIC Staff	Lunch and Learn: Texas Ten Step Program 11/16/23	betzabel.botello@hhs.texas.gov

Texas WIC Live Online Training Schedule

Updated: 11/14/23

Date	Time	Session Description	Target Audience	Training Link	Contact for Questions
		We'll discuss tips on how to educate families about the TTS program and how to support clients who are not delivering at a TTS designated facility.			
11/17	9:00-10:30	<p>Public Relations and Media Training This public relations training will teach you the fundamentals of PR and the importance of getting WIC in the news. In this session, you will learn expert-level tips on how to create a successful press event, how to reach and build relationships with reporters, the differences between a press release and media advisory, media pitch suggestions, and how to leverage social media to reach the news media.</p>	Directors, Outreach Coordinators, Staff that may do media interviews	Public Relations and Media Training - 11.17.2023	Jessica.Leyendecker@hhs.texas.gov
11/28	10:30-12:00	<p>TXIN and myWIC Features You Need to Know In this training, we will discuss upcoming TXIN and myWIC features for clients and staff related to nutrition education and other topics.</p>	All WIC Staff	TXIN and myWIC Features You Need to Know 11.28.23	juliette.coronado@hhs.texas.gov anita.ramos@hhs.texas.gov
11/29	12:00-1:30	<p>TXIN and myWIC Features You Need to Know In this training, we will discuss upcoming TXIN and myWIC features for clients and staff related to nutrition education and other topics.</p>	All WIC Staff	TXIN and myWIC Features You Need to Know 11.29.23	juliette.coronado@hhs.texas.gov anita.ramos@hhs.texas.gov
11/30	12:00-1:00	<p>Shifting How Preeclampsia Education Happens: The Role of Engaged Community Partners Cases of high blood pressure in pregnancy are on the rise in the US and can lead to illness and death for mothers and their babies. Join Preeclampsia Foundation Director of Communications and Engagement Laney Poye as she talks about what preeclampsia is, who might be at risk to develop it, how to educate clients on what signs and symptoms they need to know, and how WIC nutritionists can be a part of the team that empowers women to take charge of their heart health during and beyond pregnancy. This session will be recorded for the WIC LMS.</p>	WIC Registered Dietitians	Please register in advance. Preeclampsia Education 11/30/23	Stephanie.holland1@hhs.texas.gov

Texas WIC Live Online Training Schedule

Updated: 11/14/23

Date	Time	Session Description	Target Audience	Training Link	Contact for Questions
December 2023					
12/4	1:00-5:00	<p>Virtual Advanced Lactation Management: Session 1</p> <p>This advanced-level class utilizes critical thinking & problem-solving skills during activities and case studies. Topics include: Advanced Maternal Complications, Medications, and Counseling During Complex Situations, part 1. The 4 sessions can be taken in any order.</p> <p>CE hours awarded for several disciplines. See registration page for specific information.</p>	LA staff who counsel breastfeeding mothers	<p>https://TALWD.Eventbrite.com</p> <p>Please register in advance.</p>	<p>Missy.Hammer@hhs.texas.gov</p>
12/5	12:00-1:30	<p>Lunch and Learn: Stress Management</p> <p>Join Brian Brandt for this session as we focus on resiliency, recovery and stress reduction. In this session, we'll consider keys to identifying, addressing and reducing our stress so we're better equipped to focus on what matters most. This training will be recorded for the WIC LMS.</p>	All WIC Staff	<p>Please register in advance.</p> <p>Stress Management 12/5/23</p>	<p>Angela.Gil@hhs.texas.gov</p>
12/06	12:00-1:30	<p>TXIN and myWIC Features You Need to Know</p> <p>In this training, we will discuss upcoming TXIN and myWIC features for clients and staff related to nutrition education and other topics.</p>	All WIC Staff	<p>TXIN and myWIC Features You Need to Know 12.06.23</p>	<p>juliette.coronado@hhs.texas.gov</p> <p>anita.ramos@hhs.texas.gov</p>
12/06	1:00-5:00	<p>Virtual Advanced Lactation Management: Session 2</p> <p>This advanced-level class utilizes critical thinking & problem-solving skills during activities and case studies. Topics include: Biomechanics of Lactation, Advances in Maternal Nutrition during Lactation, part 1, and Counseling During Complex Situations, part 2. The 4 sessions can be taken in any order.</p>	LA staff who counsel breastfeeding mothers	<p>https://TALWD.Eventbrite.com</p> <p>Please register in advance.</p>	<p>Missy.Hammer@hhs.texas.gov</p>
12/07	12:00-1:00	<p>Lunch and Learn: Ask the Formula Team.</p> <p>The state Formula Team will respond to formula questions submitted by LA Staff</p>	All WIC Staff	<p>12/07/2023 Ask the Formula Team</p>	<p>Esther.Giezendanner@hhs.texas.gov</p>

Texas WIC Live Online Training Schedule

Updated: 11/14/23

Date	Time	Session Description	Target Audience	Training Link	Contact for Questions
12/08	10:00-11:30	<p>TXIN and myWIC Features You Need to Know In this training, we will discuss upcoming TXIN and myWIC features for clients and staff related to nutrition education and other topics.</p>	All WIC Staff	TXIN and myWIC Features You Need to Know 12.08.23	juliette.coronado@hhs.texas.gov anita.ramos@hhs.texas.gov
12/08	1:00-2:30	<p>Social Media Outreach Part 1 - Getting Started This social media training will focus on how to best serve current clients and reach new clients using digital tools and your social media presence, including best practices for creating and managing Facebook and Instagram accounts, as well as tips for connecting with others and curating content to get your account up and running!</p>	Directors, Outreach Coordinators, LA Staff who might create content or post on social media	Social Media Outreach: Part 1 - 12.08.2023	jessica.leyendecker@hhs.texas.gov
12/11	9:00-10:30	<p>Social Media Outreach Part 2 - Moving Forward This social media training will help you learn how to establish a brand voice and provide you with the digital tools you need to create content that resonates, inspires, and educates your audience. In this session, you will learn how to get organized using a social media content calendar, which types of posts generate more engagement, guidelines for each platform, and how and when to post. We will also share best practices on engagement with your new followers.</p>	Directors, Outreach Coordinators, LA Staff who might creat content or post on social media	Social Media Outreach: Part 2 - 12.11.2023	jessica.leyendecker@hhs.texas.gov
12/11	1:00-5:00	<p>Virtual Advanced Lactation Management: Session 3 This advanced-level class utilizes critical thinking & problem-solving skills during activities and case studies. Topics include: Advanced Lactation Equipment, NICU Lactation Counseling, and Advanced Infant Issues (Pediatric Complications). The 4 sessions can be taken in any order. CE hours awarded for several disciplines. See registration page for specific information.</p>	LA Staff who counsel breastfeeding mothers	https://TALWD.Eventbrite.com Please register in advance.	Missy.Hammer@hhs.texas.gov

Texas WIC Live Online Training Schedule

Updated: 11/14/23

Date	Time	Session Description	Target Audience	Training Link	Contact for Questions
12/12	1:00-2:00	<p>Lunch and Learn: CS:07.0 Income Screening as a Certification Requirement Policy Updates Join us to learn about policy updates to CS:07.0, Income Screening as a Certification Requirement. The updates include current flexibilities for the certification documentation aimed to streamline the eligibility determination and improve the participant experience. The updated policy will be effective November 1st.</p>	WIC staff who determine income eligibility, Supervisors and WIC Directors.	CS:7.0 Income Screening as a Certification Requirement Policy Updates 12.12.23	Doreen.laduca@hs.texas.gov
12/12 12/14 12/19 12/21	1:00-5:00 8:30-5:00 8:30-5:00 8:30-12:30 23 hours of live virtual instruction over a 2-week period. See the Texas WIC Training Catalog for additional times and to register.	<p>TXIN Application Virtual Training</p> <p>Training Day 1 On Day 1, we provide a history of the TXIN application and explore navigation. During this session, we create a family record, add an endorser, add the participants to the family record, and document proof of residency.</p> <p>Training Day 2 On Day 2 we certify a participant and sign the Rights & Responsibilities document. This session includes a special presentation on creating and managing VENA, Risk Codes, and High-Risk Referrals in TXIN.</p> <p>Training Day 3 In this session, we create a benefits issuance, and demonstrate how to verify and write WIC benefits to a Texas Card. Additionally, we discuss, Scheduling, completing the Daily Rider, performing recertifications, mid-certs & mid-reviews, managing transfers, and VOCs. The session also includes a presentation on using the myWIC app.</p> <p>Training Day 4 This day is all about formula management! In this session we verify formula, replace & exchange formula, return formula, create and approve a prescription, issuing a drop ship order, and managing breast pumps in TXIN.</p>	New and/or existing TXIN users	December - TXIN Virtual Training	sandra.west@hhs.texas.gov debra.white1@hhs.texas.gov

Texas WIC Live Online Training Schedule

Updated: 11/14/23

Date	Time	Session Description	Target Audience	Training Link	Contact for Questions
12/13	1:00-5:00	<p>Virtual Advanced Lactation Management: Session 4 This advanced-level class utilizes critical thinking & problem-solving skills during activities and case studies. Topics include: Advances in Maternal Nutrition during Lactation, part 2 and Biospecificity and Composition of Human Milk. The 4 sessions can be taken in any order.</p>	LA staff who counsel breastfeeding mothers	<p>https://TALWD.Eventbrite.com Please register in advance.</p>	<p>Missy.Hammer@hhs.texas.gov</p>
12/14	12:00-1:30	<p>TXIN and myWIC Features You Need to Know In this training, we will discuss upcoming TXIN and myWIC features for clients and staff related to nutrition education and other topics.</p>	All WIC Staff	<p>TXIN and myWIC Features You Need to Know 12.14.23</p>	<p>juliette.coronado@hhs.texas.gov anita.ramos@hhs.texas.gov</p>
12/15	9:00-10:30	<p>Social Media Outreach Part 3: Nuts and Bolts In this social media session, we will dive deeper into how to fill and edit your social media account with posts and content. You will learn the specific imagery requirements for each platform, resources to locate quality images/videos, and how to create your own images and video content. Become a pro with our expert-level recommended camera options, lighting best practices, staging tips, and editing tools. Plus, learn how to gauge success using a few key metrics.</p>	Directors, Outreach Coordinators, LA Staff who might creat content or post on social media	<p>Social Media Outreach: Part 3 - 12.15.2023</p>	<p>Jessica.leyendecker@hhs.texas.gov</p>

Texas WIC Live Online Training Schedule

Updated: 11/17/23

Date	Time	Session Description	Target Audience	Training Link	Contact for Questions
January 2024					
01/08	9:00-9:30	<p>Live Storm Orientation This class must be taken at least once before attending Virtual Lactation Principles (VLP) or Virtual Advanced Lactation Management (VALM) sessions. This is a review of how to use the LiveStorm platform.</p>	Anyone attending a LiveStorm breastfeeding class.	<p>https://TALWD.Eventbrite.com Please register in advance.</p>	<p>Missy.Hammer@hhs.texas.gov</p>
01/09 01/10 01/11	9:00-12:00	<p>Virtual Lactation Principles (3 days) This breastfeeding course addresses the fundamentals of breastfeeding, utilizing various case studies, activities and group discussions. All 3 days are required in order to receive a completion certificate or continuing education (CE) hours. No partial credit is awarded. CE hours awarded for several disciplines. See registration page for specific information.</p>	Staff offering breastfeeding education	<p>www.TALWD.org Please register in advance.</p>	<p>Missy.Hammer@hhs.texas.gov</p>
01/09 01/11 01/30 01/31	<p>23 hours of live virtual instruction over a 2-week period.</p> <p>See the Texas WIC Training Catalog for exact times.</p>	<p>TXIN Application Training Day 1 On Day 1, we provide a history of the TXIN application and explore navigation. During this session, we create a family record, add an endorser, add the participants to the family record, and document proof of residency.</p> <p>TXIN Application Training Day 2 On Day 2 we certify a participant and sign the Rights and Responsibilities document. This session includes a special presentation on creating and managing VENA, Risk Codes, and High-Risk Referrals in TXIN.</p> <p>TXIN Application Training Day 3 In this session, we create a benefits issuance, and demonstrate how to verify and write WIC benefits to a Texas WIC Card. Additionally, we discuss, Scheduling, completing the Daily Rider, performing recertifications, mid-certs & mid-reviews, managing transfers, and VOCs. The</p>	New and/or existing TXIN users	<p>January 2024 TXIN Virtual Training</p>	<p>sandra.west@hhs.texas.gov</p> <p>debra.white1@hhs.texas.gov</p>

Texas WIC Live Online Training Schedule

Updated: 11/17/23

Date	Time	Session Description	Target Audience	Training Link	Contact for Questions
		<p>session also includes a presentation on using the myWIC app & TXIN Sandbox.</p> <p>TXIN Application Training Day 4 This day is all about formula management! In this session we verify formula, replace & exchange formula, return formula, create and approve a prescription, create a drop ship order, and managing breast pumps in TXIN.</p>			
01/09	1:00-2:00	<p>Lunch and Learn: Clarification of CS:17.0 and Guidelines for the Nutrition Assessment This training will clarify policy and procedure questions related to the Nutrition Assessment Process, weighing, measuring and bloodwork assessment.</p>	CA's and WCS's who conduct nutrition assessments	Clarification of CS:17.0 and Guidelines for the Nutrition Assessment 01.09.2024	doreen.laduca@hs.texas.gov
01/11	12:00-1:00	<p>Lunch and Learn: What are TOTs and why do we care about them? with Dr. Jimi Francis. "Tethered oral tissues" (TOTs) is a term that encompasses conditions where certain tissues in the mouth are restricted or attached in a way that may affect oral function. This restriction can occur in the tongue, lips, or cheeks. Two common conditions falling under the umbrella of tethered oral tissues are tongue tie (ankyloglossia) and lip tie. This can restrict the range of motion of the tongue and or lips, potentially affecting the ability to breastfeed or, later in life, the ability to eat, speak, and perform other oral activities. By the end of this learning session, students will be able to define ankyloglossia, also known as tongue tie; will be able to describe lip and buccal ties; and will be able to describe current research understanding of available diagnoses and treatments. This training will be recorded for the LMS.</p>	Staff who provide breastfeeding counseling.	What are TOTs? 1/11/24	Kristie.Arrieta@hhs.texas.gov

Texas WIC Live Online Training Schedule

Updated: 11/17/23

Date	Time	Session Description	Target Audience	Training Link	Contact for Questions
01/18	12:00-1:00	<p>Lunch and Learn: Managing Changes in Custody This webinar will review four changes in custody scenarios (Bio to Bio, Bio to Foster, Foster to Bio and Foster to Foster), how to determine if current month's benefits may be issued to the transferring participant, and how to issue them using the participant transfer process.</p>	<p>LA Clinic staff with a good understanding of basic TXIN functionality.</p>	<p>Managing Custody Changes In TXIN 01.18.2024</p>	<p>doreen.laduca@hhs.texas.gov</p>
01/23	1:00-2:00	<p>Lunch and Learn: Understanding Primary, Secondary and Perceived Low Milk Supply This presentation will help WIC staff learn how to assess and manage low milk supply as well as concerns about low milk supply. Staff will learn the difference in perceived low supply, primary low supply and secondary low supply.</p>	<p>LA staff who counsel breastfeeding women</p>	<p>Understanding Primary, Secondary and Perceived Low Milk Supply 1/23/24</p>	<p>Asia.Sartor@hhs.texas.gov</p>
01/25	12:00-1:00	<p>Lunch and Learn: How to Talk About Food: Best Practices for Culturally Appropriate Conversations We all talk about food multiple times a day. We talk about what we cook, our favorite restaurants, what we ate last night, and what we want to eat next. Food is a connector for all humans because we all have to eat. In this presentation, we'll delve into the best practices for culturally appropriate conversations about food. The presentation will highlight culturally appropriate dietary counseling practices from a culinary—not clinical—lens, practices that may be used to better connect with clients, families and caregivers. Presented by Breana Lai Killeen, MPH, RD, a dietitian, chef, farmer, former Test Kitchen Manager for EatingWell Magazine and an expert in culturally competent recipe development. This training will be recorded for the WIC LMS.</p>	<p>WIC RD, Nutritionists, WCS</p>	<p>Please register in advance. How To Talk About Food 1/25/24</p>	<p>angela.gil@hhs.texas.gov</p>

Texas WIC Live Online Training Schedule

Updated: 11/17/23

Date	Time	Session Description	Target Audience	Training Link	Contact for Questions
01/30	1:00-2:00	<p>Lunch and Learn: 60 Second Empathy When things are very busy, empathy often goes out the window as we feel pressured to focus solely on problem solving. But without empathy, the client is less receptive to our help, and may dismiss our advice altogether. In this class, you'll learn several empathic communication techniques that will only take up about a minute total of your counseling session, while still being effective.</p>	WIC LA Staff	60 Second Empathy 1/30/24	Michelle.Poole@hs.texas.gov

November Live Trainings

2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7 1-5 pm TXIN Application Day 1 1-2 pm Lunch and Learn: NE Sharing Session	8	9 8:30 am-5 pm TXIN Application Day 2 12-1 pm Lunch and Learn: Breastfeeding Basics	10
13 9-10 am Live Storm Orientation	14 8:30 am-5 pm TXIN Application Day 3 9 am-12 pm Virtual Lactation Principles 1-2 pm Lunch and Learn: myWIC Tips and Tricks II	15 9 am-12 pm Virtual Lactation Principles 12-1 pm How to Deliver Dynamic Cooking Demos On-site or Online	16 9 am-12 pm Virtual Lactation Principles 8:30 am-12:30 pm TXIN Application Day 4 12-1 pm Lunch and Learn: Texas Ten Step Program	17 9-10:30 am Public Relations and Media Training
20	21	22	23	24
27	28 10:30 am-12 pm TXIN and myWIC Features You Need to Know	29 12-1:30 pm TXIN and myWIC Features You Need to Know	30 12-1 pm Preeclampsia Education	

Visit the [Texas WIC Live Online Training Schedule](#) for detailed information of each training.

December Live Trainings

2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 1-5 pm Virtual Adv. Lactation Management: Session 1	5 12-1:30 pm Lunch and Learn: Stress Management	6 12-1:30 pm TXIN and myWIC Features You Need to Know 1-5 pm Virtual Adv. Lactation Management: Session 2	7 12-1 pm Lunch and Learn: Ask the Formula Team	8 10-11:30 am TXIN and myWIC Features You Need to Know 1-2:30 pm Social Media Outreach Part 1
11 9-10:30 am Social Media Outreach Part 2 1-5 pm Virtual Adv. Lactation Management: Session 3	12 1-2 pm Lunch and Learn: CS:07.0 Policy Updates 1-5 pm TXIN Application Day 1	13 1-5 pm Virtual Adv. Lactation Management: Session 4	14 8:30 am-5 pm TXIN Application Day 2 12-1:30 pm TXIN and myWIC Features You Need to Know	15 9-10:30 am Social Media Outreach Part 3
18	19 8:30 am-5 pm TXIN Application Day 3	20	21 8:30 am-12:30 pm TXIN Application Day 4	22
25	26	27	28	29

Visit the [Texas WIC Live Online Training Schedule](#) for detailed information of each training.

January Live Trainings

2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 9-9:30 am LiveStorm Orientation	9 9 am-12 pm Virtual Lactation Principles (Day 1) 1-2 pm Lunch and Learn: CS:17.0 1-5 pm TXIN Application Day 1	10 9 am-12 pm Virtual Lactation Principles (Day 2)	11 9 am-12 pm Virtual Lactation Prin. (Day 3) 12-1 pm Lunch and Learn: What are TOTs 8:30 am – 5 pm TXIN Application Day 2	12
15	16	17	18 12-1 pm Lunch and Learn: Managing Custody Changes	19
22	23 1-2 pm Lunch and Learn: Understanding Low Milk Supply	24	25 12-1 pm Lunch and Learn: How to Talk About Food	26
29	30 1-2 pm Lunch and Learn: 60 Second Empathy 1-5 pm TXIN Application Day 3	31 8:30 am – 12:30 pm TXIN Application Day 4		

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