

# ARMY NATIONAL GUARD



BEHAVIORAL HEALTH TRAINING  
EVENT  
2025

**"From Policy to Practice"**

# Welcome Message From the Chief, ARNG Behavioral Health Program



**Ihsan S. Omar, LCSW-C, CST**

*Welcome to the 2025 Army National Guard Behavioral Health Training Event! This year's theme is "From Policy to Practice." Our world is constantly changing, introducing new opportunities and dilemmas in the provision of mental health services. Military health systems must adapt to emerging changes, learning quickly how to incorporate policy into our daily practice.*

*ARNG Behavioral Health continuously strives to transform our processes and seize opportunities for strategic growth. Ongoing assessment of our clinical and administrative processes, embracing best practices, and data driven program efficacy will become cornerstones of our program to ensure purpose driven evolution of behavioral health readiness.*

*This year we have training planned filled with knowledgeable speakers and topics targeted to address our clinical and administrative needs. The integration of policy and practice becomes more vital in times of uncertainty. This approach supports the unique needs of our population and improves outcomes.*

*I have no doubt you will leave this training with a great deal of information to enhance your ability to continue providing outstanding behavioral health services to Army National Guard Soldiers and their families. I truly appreciate your commitment and dedication to serve the 54. Your efforts exemplify why we are Always Ready, ...Always There.*

# Program Guide

Welcome Message ... 2

Agenda ... 4-7

Session Summaries (CE courses) ... 8-10

Speaker Biographies ... 11-16

Riverwalk Area Map ... 17

Hotel and Event Information ...18-20

Local Area Information ... 21-24

# BHTE 2025

## "From Policy to Practice"

Start	End	Duration	Subject	Instructor	Location	Group
<b>Day 0- Monday 28, April 2025</b>						
Travel from HOR to Training Site						All Attendees
1700	1900	2:00	Early Check-In & Welcome Information	All Attendees	4th Floor San Antonio Ballroom	Optional
<b>Day 1- Tuesday 29, April 2025</b>						
800	900	1:00	Same Day Check-In	All Attendees	San Antonio Ballroom	All Attendees
900	1000	1:00	Opening Welcome, PHP Strategic Vision & Updates	Ms. Ihsan Omar	San Antonio Ballroom	All Attendees
1000	1015	0:15	Break			
1015	1215	2:00	Leading with Heart: Energize Your Leadership Style	Dr. Lizzy Perez	San Antonio Ballroom	All Attendees
1215	1330	1:15	Lunch			
1330	1500	1:30	Addressing Suicide with Military Connected Patients <b>(1.5 CE)</b>	Ms. Allison Hannah	San Antonio Ballroom	All Attendees
1500	1515	0:15	Break			
1515	1615	1:00	Treatment Adherence in Mental Health	Dr. (MAJ) Caitlin Castle	San Antonio Ballroom	All Attendees

# BHTE 2025

## "From Policy to Practice"

Start	End	Duration	Subject	Instructor	Location	Group
<b>Day 2- Wednesday, 30 April 2025</b>						
800	900	1:00	Command Directed Behavioral Health Evaluations	MAJ Tim Olsen	San Antonio Ballroom	All Attendees
900	1000	1:00	Common Psychotropic Medication <b>(1 CE)</b>	Dr. (MAJ) Zachary Osborn	San Antonio Ballroom	All Attendees
1000	1015	0:15	Break			
1015	1115	1:00	SUD Assessments	Ms. Charlotte Brandvig	San Antonio Ballroom	All Attendees
1115	1130	0:15	Break			
1130	1230	1:00	Breakouts	Speakers Vary	Various Rooms	All Attendees
1230	1345	1:15	Lunch			
1345	1515	1:30	Military Connected Couples: Infidelity <b>(1.5 CE)</b>	Dr. Brian Ludden	San Antonio Ballroom	All Attendees
1515	1530	0:15	Break			
1530	1545	0:15	Chief Surgeon Update	Dr. (COL) Nkemakonam Okpokwasili	San Antonio Ballroom	All Attendees
1545	1615	0:30	Awards	Ms. Ihsan Omar	San Antonio Ballroom	All Attendees

# BHTE 2025

## "From Policy to Practice"

Start	End	Duration	Subject	Instructor	Location	Group
<b>Day 3- Thursday, 01 May 2025</b>						
800	1000	2:00	Ethical Considerations for Working with Military Members and Veterans <b>(2 CE)</b>	Ms. Allison Hannah Ms. Jennifer Nevers	San Antonio Ballroom	All Attendees
1000	1015	0:15	Break			
1015	1115	1:00	Ethical Considerations for Working with Military Members and Veterans <b>(1 CE)</b>	Ms. Allison Hannah Ms. Jennifer Nevers	San Antonio Ballroom	All Attendees
1115	1215	1:00	Treating Traumatic Loss-Related PTSD in Military Service Members and Veterans <b>(1 CE)</b>	Dr. Vanessa Jacoby	San Antonio Ballroom	All Attendees
1215	1330	1:15	Lunch			
1330	1430	1:00	Breakouts	Speakers Vary	Various Rooms	All Attendees
1430	1445	0:15	Break			
1445	1545	1:00	Empowerment through Education & Relational-Oriented Leadership Strategies: A People First Approach <b>(1 CE)</b>	CPT Jamie Webb	San Antonio Ballroom	All Attendees
1545	1615	0:30	Closing Remarks	Ms. Ihsan Omar	San Antonio Ballroom	All Attendees
<b>Day 4-Friday, 02 May 2025</b>						
Travel to HOR						All Attendees

# BHTE 2025

## "From Policy to Practice"

### Breakout Sessions

Session Room	30 Apr 1130-1230	01 May 1330-1430
San Antonio Ballroom (4th Floor)	Support for Reintegration After TBI: Strategies for Advocates, Care Coordinators, and Case Managers <b>(1 CE)</b>	Progressive Return to Activity Following Acute Concussion/Mild TBI <b>(1 CE)</b>
	Ms. Tonisha McCall	Ms. Tonisha McCall
Medina Room (4th Floor)	NG Connectedness and Relationship Education System (CARES)	Holistic Health Workshop
	LTC Jennifer Pate	LTC Jennifer Pate
Blanco Room (4th Floor)	Wellness Room	Wellness Room
	LTC Chris Atkins	LTC Chris Atkins

# Keynote and CEU Session Summaries

## Keynote

### Leading with Heart: Energize Your Leadership Style

In high-stakes environments like mental and behavioral health, how we lead through difficult conversations can make the difference between fostering resilience or deepening disconnection. Inspired by Brené Brown's Dare to Lead™ framework, this interactive, experiential keynote is designed for mental and behavioral health professionals from across the 54 states and territories supporting National Guard Initiatives. This action-driven keynote session will leave you feeling empowered, equipped, and ready to lead with authenticity, even in the most challenging moments.

### Ethical Considerations for Working with Military Members and Veterans (3 CEU)

Civilian mental healthcare providers working with military service members and veterans often face ethical challenges unique to this population. Personal and professional ethical practice is contingent on effective application of personal and cultural morals, and professional regulations and expectations. Comprehensive understanding of informed consent, boundaries of cultural and clinical competence, disposition-driven diagnoses, multiple relationships, and professional fitness are all discussed in breadth and depth in the context of civilian practitioners working with military-connected clients. Decision-making models are presented to address ethical dilemmas, with specific discussion of the role of dual relationships within a clinical framework. Extensive, complex vignettes are discussed in workshop/group format to ensure comprehensive, nuanced discussion.

### Addressing Suicide with Military Connected Patients (1.5 CEU)

This training module provides civilian behavioral health providers with a general overview of suicide prevention skills which can be used with military-connected patients. It begins with a comparison of suicide rates for military and civilian populations. Next, the most recent VA/DoD Clinical Practice Guidelines for Assessment and Management of Patients at Risk for Suicide are reviewed, highlighting best practices for suicide risk assessment. Research on the impact of military culture and stigma are presented, followed by an overview of suicide risk assessment considerations specific to military-connected individuals with a focus on psychosocial stressors and protective factors. Finally, critical crisis intervention skills are addressed including a review of the steps for safety planning and lethal means safety counseling. The training ends with a review of suggested resources and next steps for additional learning.



# Keynote and CEU Session Summaries

## **Military Connected Couples: Infidelity (1.5 CEU)**

This 90- minute training for mental health providers provides an overview of Dr. Douglas Snyders' three-stage model for treating infidelity. The training begins by defining behaviors that constitute an affair and then explores issues which may be specific to military couples. Next, the three-stage model is introduced along with tasks to be accomplished during therapy and treatment goals for each stage, including, but not limited to, assessment, therapist roles, and decision-making. The training ends with recommendations for resources that may be helpful in addressing Infidelity in Military Couples.

## **Empowerment through Education & Relational-Oriented Leadership Strategies: A People First Approach (1 CEU)**

Presentation will provide interactive feedback on the harmful behaviors that most impact the individual/unit within their own practice, the common complaints Soldiers have regarding their leadership, and one thing the audience member believes the Soldier would change to make their work environments better. Audience members will review enhancers and detractors of combat readiness. The facilitator will introduce “Phantom Forge Center” concept, outlining mission, vision, and current curriculum and will review data from completed pilot study. The facilitator will discuss Phantom Forge “Leadership Lab” training objectives and the roles of task vs. relational-oriented leadership in building highly effective and relational leaders as well as the impact of relational leadership on the reduction of harmful behaviors.

## **Treating Traumatic Loss-Related PTSD in Military Service Members and Veterans (1 CEU)**

The purpose of this course is to educate mental health professionals about the role that traumatic loss plays in the phenomenology and treatment of PTSD in military service members and veterans. The course will discuss common traumatic loss experiences for military populations and how to assess for traumatic loss. This course will also provide mental health professionals with best practices for working with patients with traumatic loss when utilizing evidence-based trauma-focused treatment for PTSD.

# Keynote and CEU Session Summaries

## **Support for Reintegration after TBI: Strategies for Advocates, Care Coordinators and Case Managers (1 CEU)**

The session will help attendees capture additional knowledge on common findings and potential changes that can occur following traumatic brain injury (TBI). The session will also focus on the recovery process and explore the TBI Care Continuum. Discussion will introduce strategies to understand, support, and educate the caregiver along their journey. The session will also explore family and relationship dynamics following TBI and identify resources to assist with recovery and reintegration.

## **Progressive Return to Activity Following Acute Concussion/Mild Traumatic Brain Injury Primary Care for Acute Concussion Management (1 CEU)**

Session will explain the rationale for using the Progressive Return to Activity (PRA) protocol for all service members (SM) post-concussion. The session will summarize the criteria for progression through the PRA protocol following a concussion and describe appropriate activities at each stage of progression. Participants will learn to apply primary care management strategies and specialty referral considerations to treat concussed service members who are not progressing as expected. Session participants will also discuss the importance of accurate documentation and coding as essential for continuity of care.

## **Psychotropics (1 CEU)**

Participants will learn about common medications for depression, anxiety and PTSD and current treatment protocols. The presentation will also cover profiling and deployability with discussion of current guidelines from CENTCOM and PACOM related to which Soldiers need waivers and what psychotropics and psychiatric conditions.

# SPEAKER BIOGRAPHY



**Dr. (COL) Nkemakonam Okpokwasili** is the Chief Surgeon for the Army National Guard. He was born and raised in The Bronx, New York, the son of Nigerian immigrants. He is a graduate of Columbia University in New York City, from which he earned a Bachelor of Arts degree in History and Sociology. He holds a Master's of Science degree in Cellular and Molecular Biology from the University of New Haven, Connecticut, and a Doctor of Osteopathy degree from the University of Medicine and Dentistry of New Jersey. His military education includes the Army Medical Officer Basic and Advanced Courses, the Brigade Surgeon Course, the Division Surgeon Course, Command and General Staff Officers Course, and a Masters of Strategy from the Army War College.

Colonel Okpokwasili's significant assignments include service as a General Medical Officer for General Surgery, Landstuhl Regional Medical Center; the 41st Fires Brigade Surgeon during Operation Iraqi Freedom; the 31st Air Defense Artillery Brigade Surgeon; Chief of Primary Care Services, The National Training Center, Fort Irwin, CA; Division Surgeon for 2nd Infantry Division/ROK-US Combined Division; and Deputy Commander of Clinical Services of the Fort George G. Meade MEDDAC; and The Chief Surgeon for the Army National Guard.

Colonel Okpokwasili's overseas experience comprises multiple overseas tours, including a deployment to Iraq.

His awards and decorations include the Bronze Star Medal, the Meritorious Service Medal (with 1 Silver Oak Leaf Cluster), the Army Commendation Medal (with 1 Bronze Oak Leaf Cluster), and the Joint Service Achievement Medal.

Dr. Okpokwasili is a member of the Order Of Military Medical Merit and is a Fellow of the American Association of Family Physicians.

Colonel Okpokwasili is married and has five wonderful children.

# SPEAKER BIOGRAPHY

**Dr. Lizzy Perez** Principal and Founder of Lizzy Pérez, LLC, with over 30 years of experience in education, leadership, and coaching. She holds a Bachelor's from Texas State University, a Master's from Texas A&M University-Commerce, a superintendent certificate from Texas A&M-San Antonio, and a PhD in Leadership Studies from Our Lady of the Lake University. Her career spans teaching and leadership roles—including varsity coaching, athletic coordinator, and school leadership. Known as “Doctora,” she is a Professional Certified Coach (PCC) credentialed by and a member of the International Coaching Federation (ICF). Trained by Dr. Brené Brown, she is a Certified Dare to Lead™ Facilitator and holds additional certifications in True Colors® facilitation, Trauma-Informed Care Practitioner, Psychological Safety, and ACE Master Training. Her pandemic-launched coaching and facilitation practice has empowered thousands through workshops, keynotes, and personalized coaching. Growing up in a small South Texas town instilled in Lizzy a deep commitment to community that drives her advocacy for identity work and its ties to leadership. She mentors students as a SAISD Foundation Remote Mentor, serves on the Learning Forward Central Texas steering committee, and sits on the SXSW EDU advisory board.



**Allison Hannah, MSW, LCSW** is a Military Behavioral Health Social Worker for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She assists in the implementation and expansion of the Star Behavioral Health Providers Program (SBHP). SBHP trains civilian behavioral health providers to work with service members, veterans, and their families. The mission is to expand the availability of high-quality behavioral health services, especially for those in the reserve components. Allison is a Veteran of the United States Army and United States Army Reserves. During Allison's time in the military from 2003 through 2016, she served in various occupation specialties as a bridgecrew member, chaplain assistant, and most recently as a Human Resources Officer. While serving in the active duty component, Allison deployed to Iraq in support of Operation Iraqi Freedom 09-11. She also held additional duties during her tenure training service members in suicide prevention and as a victim advocate with the Sexual Harassment and Assault Response and Prevention (SHARP) program.



Allison received her Bachelor of Social Work from University of St. Thomas in St. Paul, MN in 2007 and her Master of Social Work from Loyola University Chicago in 2015. Allison is currently pursuing her Doctor of Social Work from the University of St. Thomas in St. Paul, MN.

# SPEAKER BIOGRAPHY

**Jennifer Nevers, MSW, LCSW** is a Military Behavioral Health Social Worker with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences (USUHS) in Bethesda, Maryland. She assists in the implementation and national expansion of the Star Behavioral Health Providers (SBHP) Program. SBHP trains civilian behavioral health providers to work with Service members, veterans, and their families. The mission is to expand the availability of high-quality behavioral health services, especially to those in the Reserve Components.



Jennifer is a Major in the Indiana Army National Guard serving as a Behavioral Health Officer with the 738th Medical Company Area Support. Jennifer interfaces with Service members across Indiana linking National Guard Soldiers to behavioral health services. Prior to joining CDP, Jennifer worked with the U.S. Department of Veterans Affairs in the Veterans Justice Outreach Program. Jennifer has over 10 years' experience working as a liaison with problem solving courts and increasing access to care for justice-involved Veterans.

Jennifer received her Bachelor of Social Work from Indiana University in 2008 and her Master of Social Work from Washington University in St. Louis in 2009. Jennifer specializes in addressing the unique needs of Service members and veterans using evidence-based approaches. Jennifer is certified in Cognitive Processing Therapy, an evidence-based treatment for PTSD and trauma-related disorders.

**Brian Ludden, Ed.D., LMHC, LPC** is a Military Behavioral Health Counselor at the Center for Deployment Psychology (CDP) within the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, he supports the implementation and expansion of the Star Behavioral Health Providers Program (SBHP), which trains civilian behavioral health providers to effectively support service members, veterans, and their families. This initiative aims to increase the availability of high-quality behavioral health services, particularly for those in the National Guard and Reserve.

A veteran of the United States Army, Brian transitioned from military service after a medical discharge in 2009 and dedicated his career to mental health support for the armed forces and their families. While serving as the Military Connected Student Support Specialist with the School District of Clay County under a Department of Defense Education Activities (DoDEA) grant, he facilitated the placement of Military and Family Life Counselors (MFLC) in local schools to support military-connected students.

Brian earned his Master of Clinical Mental Health Counseling from the University of North Florida in 2012, followed by a Doctor of Education in Educational Leadership from the same institution in 2017. His extensive clinical experience encompasses community mental health, substance abuse treatment, school-based therapy, specialized therapeutic foster care, pediatric and family-based treatment, and private practice. He specializes in treating anxiety, PTSD, and grief, with a focus over the past 11 years on providing care to military service members and their families



# SPEAKER BIOGRAPHY



**MAJ Tim Olsen, LCSW** is the Deputy State Surgeon and Director of Psychological Health for the Kentucky Army National Guard. He has been in the military for 22 years, starting as an enlisted Soldier and attended the Army's Masters of Social Work program in Ft. Sam Houston, Texas. He has previously worked for VA hospitals in Kentucky and Texas doing clinical work focused on trauma and substance use. He is a doctoral candidate at the University of Kentucky College of Social Work where he teaches a course on mental health in the military and is pursuing research on moral injury and suicide prevention in National Guard populations.



**Dr. Vanessa Jacoby** is an Associate Professor within the Department of Psychiatry and Behavioral Sciences at UT Health San Antonio, a Licensed Clinical Psychologist, and Board Certified in Behavioral and Cognitive Psychology. She is a researcher and clinical supervisor for the South Texas Research Organizational Network Guiding Studies on Trauma and Resilience (STRONG STAR), Ft. Cavazos site. Dr. Jacoby is the program director for the Strong Families Support and Prevention Program on Ft. Cavazos, which provides evidence-based PTSD treatment to military service members and their families with a focus on improving whole family relationships. She is also a consultant for the STRONG STAR Training Initiative, providing consultation to veteran serving providers in Cognitive Processing Therapy (CPT) for PTSD and Prolonged Exposure (PE) for PTSD. Her research interests are in the developmental trajectory and improvement of treatments for PTSD and other trauma-related disorders, particularly for military populations.



**Charlotte Brandvig, LCSW** has been an inpatient therapist for over 10 years serving populations such as active-duty service members, veterans, first responders, and military families. Ms. Brandvig currently serves as the Program Manager for Mission Resiliency, an inpatient treatment center serving active-duty personnel and veterans struggling with Substance Use Disorder, PTSD and other mental health issues. Ms. Brandvig is certified as a Prolonged Exposure Therapist through the Center for the Treatment and Study of Anxiety at the University of Pennsylvania and is a certified Grief Educator. She has advanced training in Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, Cognitive Processing Therapy and Eye Movement Desensitization and Reprocessing Therapy.

Ms. Brandvig has a lifetime affiliation with military service as a daughter of a former Army Service Member, as the spouse of a retired Army Warrant Officer with over 20 years of service, and as a mother of a former National Guardsman. Ms. Brandvig's personal and professional experiences have provided her with an extensive knowledge and insight into the impact of substance abuse and effective treatment approaches and an extensive understanding of the culture and needs of the military population.

# SPEAKER BIOGRAPHY



**Dr. (MAJ) Caitlin Castle** is an active duty United States Air Force Psychiatrist and currently the Chief of Inpatient Behavioral Health Services at Brooke Army Medical Center (BAMC) at Joint Base San Antonio. She has previously served as Medical Director of the Inpatient Behavioral Health Unit at BAMC and Director of Psychological Health in a deployed setting.



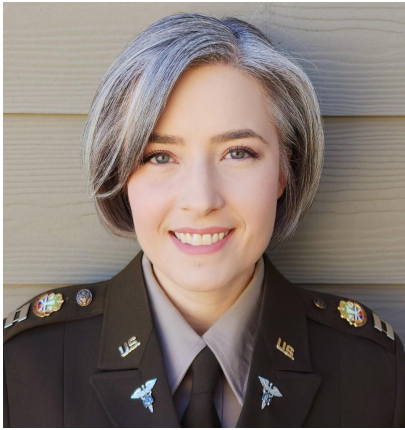
**Dr. (MAJ) Zachary Osborn** has been a Behavioral Health Officer in the Missouri Army National Guard for the last 10 years and is currently assigned to the Medical Detachment. He currently serves as the State BHO and as the State Aeromedical Psychologist. On the Civilian side he works at the Truman VA Medical Center as a Senior Psychologist, specializing in Neuropsychology and Crisis Intervention. He is a disruptive behavior responder for the hospital and also conducts on-boarding evaluations for VA police officer for multiple VA hospitals.



**LTC Jennifer Pate** is the National Guard Connectedness and Relationship Education System (NG CARES) Director assigned to the National Guard Bureau (NGB) Manpower and Personnel (J1) Directorate. As the Director, she leads efforts in the development, implementation, and management of the various CARES programs and courses across the 54 States, Territories, and the District of Columbia.

Prior to J1-W, LTC Pate served as the Idaho National Guard's Deputy J9 and the Health and Wellness Branch Chief. She helped establish the J9 in Idaho and implemented multiple resiliency, prevention, wellness and retention programs. LTC Pate has over 20 years' experience in training design, program implementation, and performance improvement. She has an MA in Adult Education and Training and holds several certifications in performance and process improvement methodologies such as Lean Six Sigma, ISO 9001 and the Baldrige Assessment.

# SPEAKER BIOGRAPHY



**CPT Jamie Webb, LCSW** After 14 years of professional and volunteer experience with the active duty population, she was Commissioned into the Army Medical Service Corps in 2018. CPT Webb's military education includes Direct Commissioning Course and AMEDD Basic Officer Leadership Course. She holds a Master's of Social Work from the University of Kentucky. CPT Webb currently serves as the Behavioral Health Officer (BHO) assigned to the 36<sup>th</sup> Engineer Brigade, Ft. Cavazos, TX. CPT Webb was selected as the National Association of Social Work's (NASW) 2019 Social Work Student of the Year for the State of Texas and in 2023, she was selected by the Surgeon General as the Army's Company-Grade Social Worker of the Year.



**Tonisha McCall** is a highly experienced health promotion specialist and Certified Brain Injury Specialist with over 14 years of expertise in delivering education and training across military and civilian healthcare settings. With a Master of Science in Health and Kinesiology specializing in health promotion, and a Bachelor of Arts in Psychology from the University of Texas at San Antonio, Toni has built a career dedicated to brain health and health promotion.

Since joining the Traumatic Brain Injury Center of Excellence (TBI CoE) in 2010, Toni has played a pivotal role in advancing training program solutions that support military medical readiness. She has coordinated several hundred education and training events, nearly half of which have been integral to military medical training schools, contributing significantly to the development of military health professionals. In 2020, Toni expanded her impact by serving as Executive Coordinator for a local non-profit supporting brain injury survivors. Later appointed to the Board of Directors, she led the organization's annual healthcare symposium planning for three consecutive years and continues to volunteer her time to facilitate support groups and drive key initiatives. Her unwavering commitment to brain health and military readiness remains at the core of her work, both professionally and in her volunteer efforts.



**LTC Chris Atkins, LCSW** is a National Guard behavioral health officer with over 20 years of military and federal experience. He served as a combat stress control provider during the Iraq surge from 2007–2008, Operation Inherent Resolve 2021-2022 to Al Asad Air Base, and is currently deployed to the U.S. Southern Border as Behavioral Health OIC of a taskforce working with border patrol. LTC Atkins is a strategist for the State Department in his civilian federal career. LTC Atkins specializes in trauma recovery and holistic wellness, blending evidence-based practices with mind-body strategies. He is passionate about creating calming, resilient spaces for servicemembers and currently facilitates a relaxation room with multi-sensory stations to support stress reduction here at the NGB BH training event. Please come to the breakout room to experience some Zen.



# SAN ANTONIO DOWNTOWN AREA



★ Drury Plaza Hotel San Antonio Riverwalk

# Drury Plaza Hotel San Antonio Riverwalk

**Address:** 105 South St Mary's Street, San Antonio, TX 78205

**Phone:** (210) 270-7799

**Reservations:** Reservations can be made by over the phone or [online](#). Please mention that you are attending the 2025 ARNG BHTE: Group code 10126881.

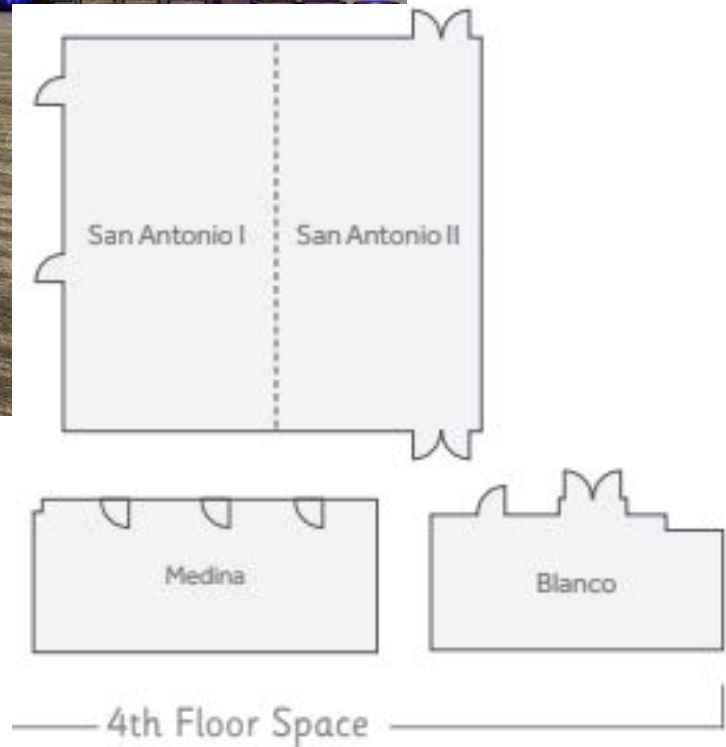
**Check-in / Check-out:** Check-in time is 3 pm, and check-out is 11 am. Early check-in available for a \$50 fee.

## Hotel Features:

- Each room includes free Wi-Fi, TV, microwave, refrigerator, iron/ironing board and hairdryer.
- Free hot breakfast is served daily from 6–9:30 a.m. on weekdays and 7–10 a.m. on weekends. Free hot food and cold beverages from 5:30–7 p.m. every evening at the 5:30 Kickback®. Stop by the second floor Mezzanine every day for free soda and popcorn.
- 24-Hour Fitness Center, 24-Hour Business Center, Heated Outdoor Rooftop Pool & Two Whirlpools, and Indoor Pool & Whirlpool all included.
- More details can be found [here](#).

**\*\*Note:** *Drury Plaza Hotel San Antonio Riverwalk* should not be confused with *Drury Inn & Suites San Antonio Riverwalk*. They are located about 1 block apart.

# Session Locations



All BHTE sessions will take place on the **fourth floor** of the Drury Plaza Hotel

The registration desk will be located directly outside of the San Antonio Ballroom

All plenary sessions will be held in the **San Antonio Ballroom**

The Wellness Room will be in the **Blanco Room** on days 2 & 3

The Breakout Sessions will be in the **Medina Room** on days 2 & 3

# BHTE Logistics

## **San Antonio International Airport (SAT)**

San Antonio International Airport is conveniently located less than 10 miles north of the training event venue, the Drury Plaza Hotel San Antonio Riverwalk. The hotel is easily accessible via public transit, taxis, and ride shares. The hotel does not provide a shuttle service.

## **Taxi Cabs**

Taxi cabs are available at the outer commercial curbside at Terminal A. Fares to San Antonio downtown areas start at \$24 – \$29 (U.S.) per taxi cab. (Up to 6 may share a cab, if both luggage and passengers fit safely.) (See [airport taxi cabs](#) for details.)

## **Ride Share (Uber, Lyft, etc.)**

Approved rideshare services (or ride-hailing or ride-booking service companies) meet customers on the outer commercial curbside, lower level of Terminal A. (See [airport ride share](#) for details.)

## **Hotel Parking**

On-Site covered parking is valet only (\$39+tax/night, \$25+tax/day). No oversized vehicles or dually trucks. Garage clearance 7ft. More details can be found [on the hotel website](#).

## **Unauthorized Transportation**

Rental vehicles are not authorized.

## **Landing Fee**

EXACTLY \$30 CASH. This is voluntary.

## **Uniform**

Duty uniform for military personnel is the Army Combat Uniform in Operational Camouflage Pattern. DA Civilians and contractors wear "business casual" attire.

## **DTS Travel Authorization Number**

Located in the bottom right hand corner of the DTS Approval Letter DD 1610/ Should be a 5-6 Alphanumeric Code. **Be sure to bring your DTS Travel Authorization Code as it is a requirement for registration.**

# Food Options - Lunch & Dinner



Whether you're a Tex-Mex fanatic craving sizzling fajitas and queso fundido, a pizza fanatic searching for the perfect slice with a river view, or a global gourmand seeking exotic flavors, the River Walk is your culinary playground. Indulge in fresh seafood overlooking the water, savor handcrafted pasta on a charming patio.

Budget-friendly cafes? Check! Upscale steakhouses with breathtaking views? Check! Hidden gems serving up unique local bites? You bet!

A comprehensive list of restaurants can be found [here](#).

# Riverwalk Things to Do



Looking for the best things to do on the San Antonio River Walk? You've come to the right place. The San Antonio River Walk, also known as the “Paseo del Rio,” is a stunning 15-mile urban waterway that weaves through the vibrant heart of San Antonio.

While the downtown section is famous for its lively restaurants, unique shops, and exciting nightlife, the River Walk offers a diverse range of experiences across its entire length. Discover hidden gems and plan your perfect adventure!

A comprehensive list of Riverwalk Attractions can be found here: [Things to Do on the San Antonio River Walk](#)

# Fiesta San Antonio



Fiesta San Antonio started in 1891 as a one-parade event to honor the memory of the heroes of the Alamo and the Battle of San Jacinto. That historic commemoration still takes place, but for more than a century, Fiesta has grown into a celebration of San Antonio's rich and diverse cultures and today is one of this nation's premier festivals with an economic impact of more than \$340 million. Funds raised by official Fiesta events provide services to San Antonio citizens throughout the year.

Dates: April 24-May 4

[Official Fiesta® Event Calendar - Fiesta San Antonio](#)

# Additional Nearby Attractions



San Antonio Riverwalk ([info](#))

Riverwalk Public Art Gardens ([info](#))

San Antonio Missions ([info](#))

The Alamo ([info](#))

La Villita Historic Village ([info](#))

Japanese Tea Garden ([info](#))