

CFTSI TREATMENT CAN *Help*

REDUCE traumatic stress symptoms

IMPROVE emotional support through increased caregiver-child communication

TEACH and practice skills to help cope with trauma reactions

IDENTIFY and address practical needs (safety, housing, legal issues, medical care)

ASSESS the need for longer-term support

Children's post-traumatic stress symptoms are significantly reduced with CFTSI



CONTACT *Us*

For more information about CFTSI or to request a referral for treatment, please contact:

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Middlesex Children's Advocacy Center

www.middlesexcac.org

"CFTSI has demonstrated effectiveness in reducing traumatic stress symptoms and reducing or interrupting PTSD and related disorders."

—Steven Marans, MSW, PhD
Yale University School of Medicine



USING TEAMWORK TO MAKE A DIFFERENCE



CFTSI
CHILD AND FAMILY
TRAUMATIC STRESS INTERVENTION

MIDDLESEX
CHILDREN'S
ADVOCACY CENTER

What IS CFTSI

Child and Family Traumatic Stress Intervention (CFTSI) is an evidence-based, early intervention for children aged 7-18 and their caregivers developed by the Yale Child Study Center.

The goal is to decrease traumatic stress reactions and prevent the onset of PTSD.

CFTSI is a brief treatment (5-8 sessions) designed to fill a gap between acute/crisis interventions and longer-term treatments that address persisting post-traumatic reactions.



WHO WOULD *Benefit* FROM CFTSI

Children who have recently experienced or disclosed a traumatic event, such as:

- Sexual abuse
- Physical abuse
- Family violence
- Community violence

CFTSI services are provided at no cost to families served by the Middlesex CAC

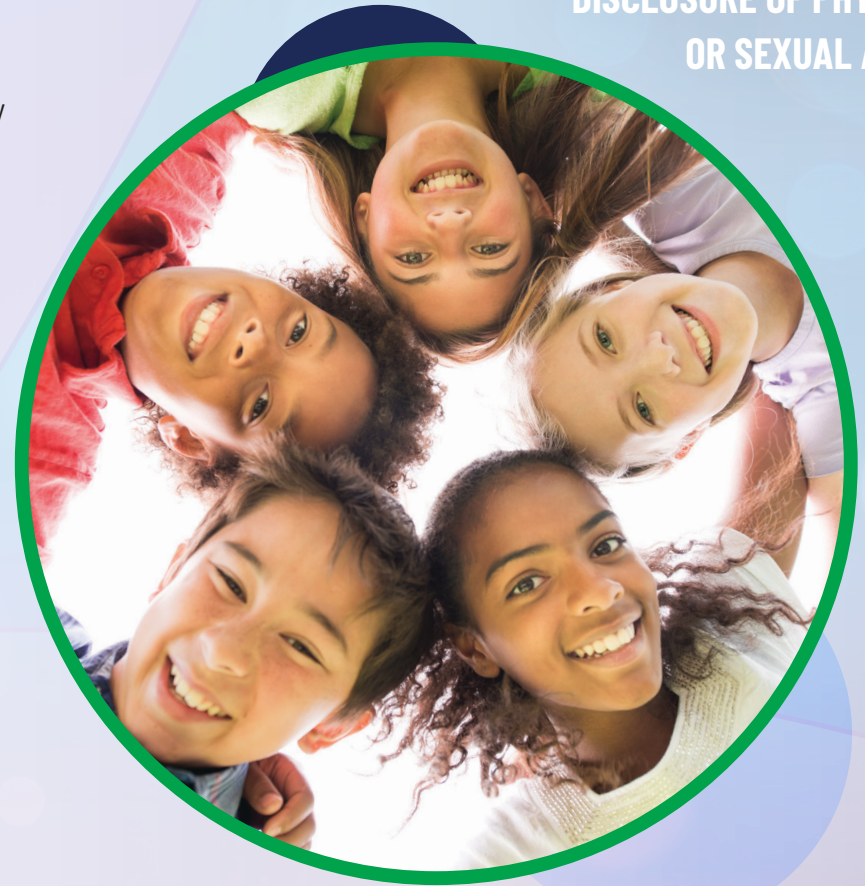
Traumatic **STRESS REACTIONS**

Children exposed to trauma can develop negative reactions that affect their daily lives after the events have ended.

Some common reactions include:

- Intense emotional upset
- Sadness, anger, irritability, anxiety
- Nightmares and sleep problems
- Trouble thinking or concentrating
- Feelings of guilt or shame
- Fearfulness
- Jumpiness
- Avoidance
- Pounding heart
- Aches and pains
- Shutting down
- Challenges with relationships
- Changes in eating habits
- Difficulty with toileting or bathing
- Lack of impulse control
- Increased sexual talk or behavior
- Engaging in risky behavior

CFTSI IS IMPLEMENTED IMMEDIATELY FOLLOWING A TRAUMATIC EVENT OR THE DISCLOSURE OF PHYSICAL OR SEXUAL ABUSE



HOW DOES *CFTSI* HELP

A child's difficulties aren't always obvious, even to a trusted and supportive caregiver.

A trained mental health clinician works with the child and their caregiver to recognize any troubling feelings and symptoms and develop coping strategies.

Prompt intervention is beneficial when a child experiences trauma.

CHILDREN RECEIVING CFTSI WERE

73%

LESS LIKELY TO MEET CRITERIA FOR PARTIAL AND FULL PTSD AFTER THREE MONTHS