



## News Release

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### Helping young children and caregivers after trauma

It has been shown that healthy brain development at very young ages is crucial to health and well-being later in life, and exposure to stress and traumatic experiences can disrupt it. We are pleased to offer a new program to help children and caregivers after **bad things happen (after traumatic events)**. Child Parent Psychotherapy is a proven treatment for infants, toddlers and preschoolers (birth to 5) **and caregivers** that can help them cope with the impact of traumatic events and promote the development of healthy relationships and attachment. It was originally designed to help after domestic violence and it has been proven to help build trust, communication, feelings of safety and attachment. TCMHS staff have received specialized training in this powerful therapy as part of our growing menu of Infant Mental Health programs through a grant from the Davis Family Foundation.

We are now accepting Child Parent Psychotherapy referrals for all of our locations (Lewiston, Bridgton, Oxford, Windham, Farmington and Rumford).

Please call 1-888-304-HOPE (4673) or visit [www.tcmhs.org](http://www.tcmhs.org) for more information.