

Common reactions to trauma

- Inability or unwillingness to recall traumatic events
- Sleeping routine is disturbed
- Rapid changes in mood
- Emotional and/or physical numbing
- Difficulty staying still
- Difficulty concentrating
- Aggression or “acting out”
- Depression
- Anxiety
- Low self-esteem
- Inability to trust others
- Desire to hurt oneself

These symptoms or behaviors, if left untreated, may prevent a person from living a fully healthy lifestyle.



TCMHS is the lead agency in this initiative to create a trauma-informed system of care for children and families in Androscoggin, Franklin and Oxford counties. THRIVE will provide technical assistance and coordination to all entities that work with children and families to build a seamless system of care that is Family Driven, Youth Guided, Culturally & Linguistically Competent and Trauma-informed. For more information, call: (207)782-5783 or visit www.thriveinitiative.org.



Maine's first comprehensive mental health center serving the communities of Oxford, Franklin, Androscoggin and Western Cumberland Counties

Our Mission

TCMHS is committed to providing the people of Maine with excellence in mental health, substance abuse, habilitation and life skills services, respecting consumer rights, personal dignity and maintaining agency financial stability.

Tri-County Mental Health Services endorses Recovery Based Trauma Informed services, which recognizes two common themes for consumers of this agency: that violence and the resulting trauma are pervasive and should be acknowledged; and there is hope in Recovery.

www.tcmhs.org

TCMHS is an EOE and receives funding from:
Department of Health & Human Services



Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

*Proven treatment for youth who
have experienced trauma.*



How will it help?

TF-CBT is a kind of treatment that can help children and their caregivers cope with the negative impact of traumatic events such as:

- sexual abuse
- physical abuse
- witnessing domestic violence
- loss of a family member
- war or terrorism
- accidents (e.g. motor vehicle)

TF-CBT works best with children ages 6 to 18 who are having emotional or behavioral issues related to experiencing trauma, such as negative thoughts that will not go away, nightmares, trouble sleeping, frequent crying and fighting. TF-CBT may help your child feel less anxious, more confident and trusting and to learn how their thoughts, feeling and behaviors are interconnected. This will allow your child to learn new ways to cope with difficulties and help you as the caregiver to support them throughout the process.

What skills will my child learn?

There are several important skills that TF-CBT focuses on to help those being treated:

1. Learning that the trauma was not their fault and that they are not alone.
2. Identifying feelings, where those feelings came from and how to manage them.
3. Finding ways to relax and cope with traumatic memories.
4. Identifying negative thoughts that cause depression and anxiety.
5. Learning to replace negative thoughts with positive ones.
6. Learning how to solve problems in a healthy way.
7. Learning safety skills.

What can I expect?

The therapist will want to meet with you and the child regularly. The treatment will last approximately 12 to 18 sessions. You and your therapist will create a schedule that works for you and your child. Sessions will generally be split between the caregiver and the child. Studies show that caregiver participation is a key factor in helping your child heal from the trauma while helping you learn new skills, including:

- Managing your own feelings about the traumatic experience
- Managing your child's behavior
- Improving communication
- In cases where you as the caregiver have experienced your own trauma, assist you in processing how your trauma has impacted or may impact your child.

How to Refer

Referral Line: 1-888-304-HOPE(4673)

For more information contact:

Kim Foskett, LCPC

Child and Family Services Manager

at (207) 783-9141 x202

What is an Evidence Based Practice?

Practices or treatments that have been tested through repeated studies, and have been proven to be effective are described as "evidence based." These practices are rigorously tracked and monitored to ensure that providers follow the approved treatment procedure. ***TF-CBT is one of the top five evidence-based practices in the nation.***