

*Detroit Wayne Mental Health Authority's*

# **CHILDREN'S** Initiatives

## **Trauma-Focused Cognitive Behavioral Therapy**

### ***Trauma-Focused Cognitive Behavioral Therapy***

is an outpatient or home-based service aimed at helping children overcome the negative effects of trauma. The program intends to decrease symptoms of anxiety, depression, mood instability, and self-injurious behavior that stem from a traumatic event, to focus on healing and supporting the child-parent relationship and to provide referrals to meet the needs of families.

### ***Who is Eligible?***

- Residents of Wayne County eligible for Community Mental Health services
- Children between the ages of 3 and 17 that have experienced trauma (witness/victim of abuse, domestic violence, neglect; multiple separation/moves; death of a loved one, or other traumatic events.)

### ***What to Expect from My Therapist?***

- Individual and family-centered services
- Relationship based approach between the child, caregiver and therapist
- Educational support to understand the impact of trauma
- Development of personalized stress management skills for parents and children

- Encouragement and guidance on coping with a range of emotions
- Education on the connection between thoughts, feelings and behaviors
- Encouragement to share the traumatic experience
- Guidance and support in times of crisis
- Enhancement of personal safety, parenting skills and family communication
- Link family to community resources and coordinate services

***For further information, please contact: Customer Service 24 hour Help Line at: (800) 241-4949  
TDD: (800) 630-1044***



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Your Link to Integrated Healthcare