

CHILDREN'S Initiative

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, self-injurious behavior problems 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.

- 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

Who is Eligible?

- Residents of Wayne County
- Individuals with Medicaid and MI-Child
- 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

For further information or for questions or concerns, please contact Customer Service at:
(888) 241-4949
TDD: (800) 630-1044

