

Child and Family Traumatic Stress Intervention (CFTSI)

Target Population

Children exposed to a potentially traumatic event, (exposure may be a single event or chronic). CFTSI is implemented within 45-60 days following a traumatic event or the disclosure of a traumatic event.

Treatment Setting

CFTSI is a clinic based service.

Length/Frequency of

Treatment

CFTSI is a brief (4-6 sessions) treatment.

Referral Process

CFTSI is delivered in an outpatient setting and can be accessed by calling the providers listed in the Provider Directory.

A referral for CFTSI is only appropriate when made within 45-60 days following a traumatic event or the disclosure of a traumatic event.

Overview

Child and Family Traumatic Stress Intervention (CFTSI) is an early intervention and secondary prevention model that aims to reduce traumatic stress reactions and posttraumatic stress disorder (PTSD). It is delivered to **children aged 7-18 years, together with their parent or caregiver**, after the child has experienced a potentially traumatic event, such as sexual and physical abuse, domestic violence, community violence, rape, assault, or motor vehicle accidents. The goal is to improve the caregiver's ability to respond to and support the child.

Core Components

Increase the ability of caregiver(s) to support their child through:

- Psychoeducation to increase the child and parental understanding of the possible impact of exposure to potentially traumatic events on symptoms, behavioral changes and daily functioning.
- Building communication between caregiver and child
- Increasing the caregiver's ability to observe and attend to the child's behavioral symptoms of distress.
- Teaching caregiver skills to respond appropriately and supportively to the child's trauma reactions
- Assessing child's need for longer-term treatment

Philadelphia Alliance for Child Trauma Services (PACTS) Initiative - CFTSI

DBHIDS established the Philadelphia Alliance for Child Trauma Services (PACTS), to serve youth with traumatic stress. Providers participating in PACTS receive training and ongoing implementation support for delivering CFTSI by expert developers. Performance assessment and evaluation is conducted by the University of Pennsylvania.

For more information visit: <http://www.philadelphiapacts.org>