

# Child and Family Traumatic Stress Intervention



## Who

- ◆ Children 7-18 years old and their non-offending caregivers who live in St. Louis County and St. Louis City
- ◆ Recently experienced or disclosed a potentially traumatic event (e.g. sexual abuse, physical abuse, community violence, medical trauma, motor vehicle accident, natural disaster)

## What

- ◆ 5 to 8 individual and family sessions
- ◆ Evidence-based early intervention to address traumatic stress reactions and prevent Posttraumatic Stress Disorder (PTSD)
- ◆ Case management services and assistance with immediate needs related to the trauma

## Why

- ◆ Learn skills to cope with and master traumatic stress reactions
- ◆ Increase communication between child and caregiver
- ◆ Learn ways to support your child after a traumatic event
- ◆ Assess traumatic stress reactions to determine whether additional mental health services are needed



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