



# Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Traumatic events don't have to define a child's life.  
CHR helps families write a new story of **hope**.

It's a heartbreaking reality that many children and adolescents experience traumatic events, such as sexual and physical abuse, domestic and community violence, or even the unexpected death of a loved one. After these incidents, some youths develop significant emotional and behavioral difficulties that impact their daily life. Intense fear, negative emotions and physical reactions to painful reminders can interfere with a child's home life, school work and interpersonal relationships. CHR offers these children and families a different outcome.

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## A CLOSER LOOK AT TF-CBT

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a short-term, evidence-based treatment that helps children deal with these situations. CHR's specially trained therapists work with children, parents and other caregivers to develop skills for processing the trauma. Children will learn how to manage distressing thoughts, feelings and behaviors, and parents will understand how they can provide a supportive and nurturing environment.

## SYMPTOMS OF TRAUMA MAY INCLUDE:

- Inability or willingness to remember trauma details
- Avoidance of things, situations or people
- Difficulty stopping thoughts about the trauma
- Isolation and inability to express feelings or thoughts
- Feelings of extreme tension
- Fidgeting or difficulty staying still
- Disturbed sleeping routine
- Rapid mood changes
- Difficulty concentrating
- Depression and/or anxiety
- Drug use
- Desire to hurt oneself or others

Experiencing one or several of these symptoms places a child at risk for emotional and behavioral problems. If left untreated, they may hinder the child's normal developmental process.

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## HOPE AND HEALING

TF-CBT is recognized as one of the most effective interventions for children ages 4 – 18 who have significant psychological symptoms related to trauma exposures. Studies reveal that more than 80 percent of children show marked improvement within 12 to 16 sessions, including:

- Reductions in depression and anxiety
- Fewer intrusive thoughts and avoidance behaviors
- Improved interpersonal trust
- Ability to cope with reminders and associated emotions
- Improved personal safety skills

CALL TOLL FREE

1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)

LICENSED BY DCF AND DPH, ACCREDITED BY THE JOINT COMMISSION



## WE'RE READY TO HELP

CHR accepts referrals from parents, guardians, family members and friends. We also take referrals from schools, hospitals, private providers, primary care physicians, pediatricians, community agencies and emergency service personnel, to name a few. We also welcome self-referrals.

CHR accepts Medicaid, HUSKY Part A & Part B, Medicare and most major health insurances as partial or full payment for services.

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## A NETWORK OF SUPPORT

24-Hour On-Call Emergency Professional Coverage

Crisis Intervention and Support

Outpatient Services (Adult, Child and Family)

- Clinical and psychiatric assessments
- Evaluation, treatment recommendations and medication management
- Individual, family and group therapy
- Treatment of depression, anxiety and other psychological problems
- Substance abuse assessment and treatment

Child and Family Specialty Programs

- Trauma-Focused Cognitive Behavioral Therapy
- Adolescent Community Reinforcement Approach
- Foster Care
- Community Support for Families

Child and Family In-Home Services

- Functional Family Therapy
- Intensive In-Home Child & Adolescent Psychiatric Service
- Multi-Dimensional Family Therapy

Adult Services

- Intensive Outpatient/IOP Plus
- Residential Substance Abuse Treatment Program
- Community Support and Rehabilitation Programs
- MAT for Opiate Dependence

Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

Primary Care and Wellness Services

- Whole Health, Behavioral Health Home and Charter Oak Health Center

Housing Services

- Residential, Outreach and Supportive Housing Programs

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## CONVENIENT LOCATIONS

### BLOOMFIELD

693 BLOOMFIELD AVENUE, SUITE 101  
BLOOMFIELD • CT 06002

### DANIELSON

71 WESTCOTT ROAD  
DANIELSON • CT 06239

### ENFIELD

153 HAZARD AVENUE  
ENFIELD • CT 06082

### HARTFORD

999 ASYLUM AVENUE, SUITE 502  
HARTFORD • CT 06105

### EAST HARTFORD

474 SCHOOL STREET  
EAST HARTFORD • CT 06108

### CHARTER OAK HEALTH CENTER

21 GRAND STREET  
HARTFORD • CT 06106

### MANCHESTER

THE CENTER FOR HEALTH &  
WELLNESS  
444 CENTER STREET  
MANCHESTER • CT 06040

### MANSFIELD

7B LEDGEBROOK DRIVE  
MANSFIELD • CT 06250

### MIDDLETOWN

955 SOUTH MAIN STREET  
MIDDLETOWN • CT 06457

### NORWICH

55 MAIN STREET, SUITE 410  
NORWICH • CT 06360

### PUTNAM

391 POMFRET STREET  
PUTNAM • CT 06260

### WILLIMANTIC

433 VALLEY STREET  
WILLIMANTIC • CT 06226

### WILLIMANTIC

1491 WEST MAIN STREET  
WILLIMANTIC • CT 06226

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S  
ASSESSMENT CENTER AT 1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)