TRAUMA FOCUSED COGNITIVE BEHAVIORAL THERAPY

**Description of Service:**

Trauma focused Cognitive Behavioral Therapy or TF-CBT, is an evidence based model used to treat youth who are exhibiting symptoms related to trauma. The non-offending caregiver must be able to participate in services. This model assists in the treatment of youth who have experienced trauma which includes child-parent sessions, uses psycho-education, parenting skills, stress management, etc. to enhance future safety. The treatment helps the family work through trauma in order to prevent future behaviors related to trauma. The perpetrator of the trauma cannot be present in the home.

**Frequency/Duration:**

This comprehensive program works on a Tier Level system with Tier 1 being the most intensive, providing 8 hours of direct service with a therapist with some support from a Bachelor’s/paraprofessional level staff. Tier 2 also provides 8 hours of direct services but with a Bachelor’s level case manager and at least one hour of therapy per week provided by a master’s level therapist. Tier 4 provides 5 hours of direct service provided by a Bachelor’s level case manager and support of a paraprofessional. This comprehensive service is intended to last for 6 months.

**Expectations:**

**Youth:** The youth must participate in the sessions as indicated by the therapist.

**Parent:** The parent must participate in the sessions as indicated by the therapist.

**Service Provider:**  The Service provider must make contact with the family and provide the hours weekly per the Tier level referred. The Service provider will keep the Probation Officer apprised of the progress the youth/family is making in treatment and will notify the Probation Officer of any non-compliance.

**Probation Officer:** The Probation Officer will send the case to their Service Consultant and provide necessary information for review. The probation officer will advise the Service Consultant if the service has been Court Ordered so the Service Consultant can make the referral. The Probation Officer will indicate to the provider what goals the provider should work on with the child and family and will remain in contact with the provider to monitor the progress of the youth and update goals if they change.