

WHO CAN BENEFIT FROM CFTSI?

Children, 7-18 years old, who have recently experienced a traumatic event, including sexual/physical abuse, domestic/community violence, rape, or assault

For more information:

Contact: Sharman Nathanson
Director of Mental Health
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(617) 779-2139

For services in Spanish, contact:
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Family Advocate
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THESE SERVICES ARE FREE AND SUPPORTED BY THE MASSACHUSETTS OFFICE FOR VICTIM ASSISTANCE (MOVA) THROUGH THE 1984 VOCA GRANT FROM THE OFFICE FOR VICTIMS OF CRIME, OFFICE OF JUSTICE PROGRAMS, AND U.S. DEPARTMENT OF JUSTICE

CONTACT US AT:



CHILDREN'S ADVOCACY CENTER
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Boston, MA 02215
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The Children's Advocacy Center of Suffolk County
is a 501(c)3 nonprofit organization



CFTSI

CHILD AND FAMILY TRAUMATIC STRESS INTERVENTION

A CAC SERVICE



CHILDREN'S ADVOCACY CENTER
of suffolk county

Healing Starts Here.

WHAT IS CFTSI?

CFTSI is a 5-8 session trauma intervention for children and youth, 7-18 years old, together with a parent or other caregiver.

CFTSI begins shortly after a traumatic experience to help with children's upsetting reactions and to enhance caregiver support.

With CFTSI, we can respond with help early to reduce these reactions and to increase communication about the effects of what has happened.

Common reactions children have after an upsetting experience:

Fearfulness
ISOLATION
Distress
TROUBLE CALMING DOWN
Appearing to tune out
INCREASED SEXUAL TALK AND OR BEHAVIOR
frequently appearing "on alert"
Difficulty with toileting or bathing
JUMPINESS
DIFFICULTY CONCENTRATING
SOONNESS

At the CAC, we understand that this is likely to be a difficult, stressful, and confusing time for you. In addition to the investigation, we are committed to helping you begin the healing process.



CFTSI GOALS



REDUCE stressful reactions or symptoms related to the upsetting experience

STRENGTHEN communication between the caregiver and the child to improve emotional support

TEACH and practice skills to help reduce trauma reactions

HELP families address practical needs such as safety and legal issues or medical care

ASSESS whether the child needs longer-term support

