



Trauma-Focused Cognitive Behavioral Therapy

Family Needs

Our interventions address youth and family issues such as:

- Neglect
- Physical Abuse
- Complex trauma
- Death of a Parent
- Substance Use Disorders
- Mental & Behavioral Health
- Intimate Partner Violence

Benefits

- Case Management
- 24/7 Crisis Intervention
- Individual and Family Therapy
- Training to Improve Life Skills
- Services for Immediate Needs
- Access to Community Resources
- Builds Natural Supports and Resiliency

Overview

Choices considers the impact trauma has made on a youth's mental health and how they learned to cope. We help each youth understand and address their individual needs through therapy. We also help their caregivers develop ways to effectively support them.

Who We Serve

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is geared towards families with youth 6 to 18 years old. The youth we serve have histories of trauma and show related symptoms, such as post-traumatic stress disorder, depression, anxiety, and substance use.

Continued on Next Page

Trauma-Focused Cognitive Behavioral Therapy

How It Works



A therapist and case manager are assigned to each family and work with the family to help them address trauma-related needs.



Crisis intervention is available 24/7 to address safety issues & prevent out of home placement of a child.



Case workers visit the family's home to ensure child safety & work with parents on providing appropriate structure & supervision.



Creative case managers connect families with natural supports and resources like sports, youth groups, tutoring, budgeting, and social emotional learning.



Case managers help the family navigate the systems they encounter like health care providers.



Using Motivational Interviewing and Seeking Safety, parents learn new and improved life skills.

Contact

Kenisha Smith
317.279.5581
FamilyPresReferrals@
ChoicesCCS.org



choices[®]
COORDINATED CARE SOLUTIONS

Choices is a national nonprofit committed to empowering individuals, engaging communities, and enhancing systems. Choices Indiana programs include: Children's Mental Health Initiative (CMHI), Children's Mental Health Wraparound (CMHW), Family Preservation Services, School-Based Services, Foster Care Solutions, Behavioral Health Solutions, Choices Emergency Response Team (CERT), and Kaleidoscope Recovery Services. Learn more at **ChoicesCCS.org**.