

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
& Advocacy Services
sharman.nathanson@state.ma.us
(617) 779-2139

For services in Spanish, contact:
Catalina Perez
Family Advocate
catalina.perez@state.ma.us
(857) 334-4522



CFTSI

CHILD AND FAMILY
TRAUMATIC STRESS
INTERVENTION

A CAC SERVICE

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
OF SUFFOLK COUNTY
989 Commonwealth Avenue
Boston, MA 02215
Ph: (617) 779-2146 / Fax: (617) 779-2196
www.suffolkcac.org

The Children's Advocacy Center of Suffolk County
is a 501(c)3 nonprofit organization



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
TROUBLE CALMING DOWN
Appearing to tune out
INCREASED SEXUAL TALK AND OR BEHAVIOR
frequently appearing "on alert"
JUMPINESS
Difficulty with sleep
Distress
Difficulty with toileting or bathing
Difficulty concentrating

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