



## Who can benefit from the Child and Family Traumatic Stress Intervention (CFTSI)?

Children and teens who have recently experienced a traumatic event, including sexual abuse/assault, physical abuse, and family/community violence.

## We offer trainings for professionals and community organizations.

For more information about CFTSI, CAC services or to make a referral, please contact:

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**CHILDREN'S ADVOCACY CENTER**  
*of suffolk county*

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## CFTSI

### CHILD AND FAMILY TRAUMATIC STRESS INTERVENTION



**CHILDREN'S ADVOCACY CENTER**  
*of suffolk county*

*Healing Starts Here*



### What is CFTSI?

CFTSI is a brief (5-8 sessions), evidence-based trauma intervention for children and their caregivers, provided by our licensed staff onsite at the CAC.

CFTSI begins shortly after a potentially traumatic experience to help children/teens and their caregivers better understand their reactions and cope with what has happened.

*CFTSI services are offered in both English and Spanish and are provided at no cost to families. Transportation assistance is also available at no cost to families.*

*“Thank you for helping these past few weeks. Thanks for helping me and my mom step by step.”*

*- preteen*

Common reactions children/teens have after an upsetting experience:

appearing to tune out  
increased sexual talk  
or behavior *sadness*  
DIFFICULTLY SLEEPING  
Frequently **ANXIETY**  
appearing on alert  
*difficultly concentrating*  
**DISTRESS**  
TROUBLE CALMING DOWN  
fearfulness  
difficulty with toileting  
**ISOLATION** or bathing  
*jumpy*

### How does CFTSI help?

A child/teen's difficulties are not always obvious, even to supportive caregivers. In CFTSI, we work together with children/teens and their caregivers to recognize any troubling symptoms and develop coping strategies to use both in the session and at home.

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

*“Great experience that helped the healing process. Thank you for everything.”*

*- mother of teen*

CFTSI treatment can help youth and their families:

**REDUCE** stressful reactions of symptoms relating to the upsetting experience

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

**LEARN** and practice skills to help reduce trauma reactions

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

**EVALUATE** whether longer term support is needed

