

**Michigan Department of Health and Human Services**  
Mental Health Services to Children and Families

**CHILDREN'S TRAUMA INITIATIVE**

Since 2008, the MDHHS Children's Trauma Initiative has provided training, coaching to Community Mental Health Services Program providers and their provider network (81 of the 83 counties in the state) in trauma screening, trauma assessment, trauma-specific treatment and caregiver education curriculum. The initiative has also implemented a secondary traumatic stress learning collaborative for organizations involved in the Initiative. The essential elements of the initiative are:

**Trauma Screening:** Early identification of trauma through implementation of standardized, validated Trauma Screener for children (all ages).

**Trauma-Specific Assessment:** Use of standardized, validated assessment (*Trauma Symptom Checklist for Young Children*, and *UCLA-PTSD 5*) instruments to assess children with serious emotional disturbance for trauma symptomology, pre- and post-treatment.

**Trauma-Specific Treatment (Evidence Based Models):** To provide trauma treatment to children in the CMH system, ages 3-18, and their families through outpatient or Home-based Services using Trauma Focused Cognitive Behavior Therapy (TF-CBT). Beginning in FY18, training in Child Parent Psychotherapy, a trauma-specific model for young children, birth-5 years of age, and their parents, will be provided to seven sites in partnership with the University of Michigan.

**Addressing Secondary Traumatic Stress:** CMHSPs and their network providers participate in a Learning Collaborative to complete an agency self-assessment, develop a plan to address secondary trauma stress in their workforce and implement one or more activities to address Secondary Traumatic Stress in their organization.

**Caregiver Education:** The participants in the Learning Collaborative will work as a team (parent and a master's prepared professional) to train caregivers (parents, adoptive parents, foster parents, kinship care) in their community on the impact of trauma using the National Child Traumatic Stress Network curriculum, *Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents*.

The training is implemented by a team of a parent, who has lived experience, and a professional facilitator, at a minimum, over the course of multiple sessions for an average of 2 – 3 hours per session using the curriculum.

**Evaluation--Results for Children, ages 3-18 years:**

- Children, ages 3 – 18, show a significant improvement in their overall level of functioning upon completion of TF-CBT services as measured by the *Child and Adolescent Functional Assessment Scale* or *Preschool and Early Childhood Functional Assessment Scale*.
- Many post-traumatic stress disorder-related symptoms are significantly reduced for young children, ages 3 – 6, after treatment as measured by the *Trauma Symptom Checklist for Young Children*.
- Children and adolescents, ages 7 – 18, show significant decreases in overall post-traumatic stress disorder-related symptoms after TF-CBT as measured by the *UCLA Post-Traumatic Stress Disorder V* scale.

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