



To Delaware Pediatricians

Information on Child Traumatic Stress and Effective Treatment

Health care professionals, particularly pediatricians, are trusted by families to provide helpful, accurate information with regard to a range of issues related to childhood experiences.

This information packet is intended to help you and your staff respond when:

- 1) a child (2 – 17 yrs) may be suffering from child traumatic stress resulting from sexual and/or physical abuse, neglect, witnessing violence or from a tragic incident (e.g. vehicle crash) or loss and
- 2) a young child (ages 2 – 5 yrs) child presents with very disruptive, aggressive challenging behaviors.

The State of Delaware's Division of Child Mental Health Services is a member of the National Child Traumatic Stress Network and provides clinical training and clinical consultation to Delaware therapists in the use of evidence-based child mental health treatment, specifically:

- **Trauma-focused Cognitive Behavioral Therapy (TF-CBT) and**
- **Parent-Child Interaction Therapy (PCIT).**

While therapists trained by DCMHS in these highly effective clinical interventions often provide treatment to children in the public child behavioral health system, they ALL do accept third party, commercial insurance. **THE RESULT: These evidence-based treatments are now available to ALL children and families in Delaware. DCMHS maintains a roster of therapists trained in and proficient at using these interventions that you may use in referring children and families for further assessment and, if indicated, treatment.**

Included in this packet:

- **Brochure on TF CBT** (+ b/w copy from which to make additional copies)
- **Brochure on PCIT** (+ b/w copy from which to make additional copies)
- **Roster of Delaware TF-CBT Therapists***
- **Roster of Delaware PCIT Therapists***
- **Questions and Answers about Child Sexual Abuse Treatment/Judith Cohen, M.D.**

Up- to–date rosters may be accessed on Children's Dept. website: www.kids.delaware.gov

You may contact DCMHS for more information at 302-633-2571. In addition, you and families may find additional information about child traumatic stress at: www.nctsn.org