



Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Traumatic events don't have to define a child's life.
CHR helps families write a new story of **hope**.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a short-term, evidence-based treatment that helps children deal with traumatic events. CHR's specially trained therapists work with children, parents and other caregivers to develop skills for processing the trauma. Children will learn how to manage distressing thoughts, feelings and behaviors, and parents will understand how they can provide a supportive and nurturing environment.

TF-CBT is offered in the following CHR locations:

- Bloomfield
- East Hartford
- Manchester
- Willimantic
- and all CHR school-based clinics.

SYMPTOMS OF TRAUMA MAY INCLUDE:

- Inability or willingness to remember trauma details
- Avoidance of things, situations or people
- Difficulty stopping thoughts about the trauma
- Isolation and inability to express feelings or thoughts
- Feelings of extreme tension
- Fidgeting or difficulty staying still
- Disturbed sleeping routine
- Rapid mood changes
- Difficulty concentrating
- Depression and/or anxiety
- Drug use
- Desire to hurt oneself or others

Experiencing one or several of these symptoms places a child at risk for emotional and behavioral problems. If left untreated, they may hinder the child's normal developmental process.

HOPE AND HEALING

TF-CBT is recognized as one of the most effective interventions for children ages 4 – 18 who have significant psychological symptoms related to trauma exposures. Studies reveal that more than 80 percent of children show marked improvement within 12 to 16 sessions, including:

- Reductions in depression and anxiety
- Fewer intrusive thoughts and avoidance behaviors
- Improved interpersonal trust
- Ability to cope with reminders and associated emotions
- Improved personal safety skills

CALL TOLL FREE

1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG

LICENSED BY DCF AND DPH, ACCREDITED BY THE JOINT COMMISSION



WE'RE READY TO HELP

CHR accepts referrals from parents, guardians, family members and friends. We also take referrals from schools, hospitals, private providers, primary care physicians, pediatricians, community agencies and emergency service personnel, to name a few. We also welcome self-referrals.

CHR accepts HUSKY, Medicare and most major health insurances as partial or full payment for services.

A NETWORK OF SUPPORT

24-Hour On-Call Emergency Professional Coverage

Crisis Intervention and Support

Outpatient Services (Adult, Child and Family)

- Clinical and psychiatric assessments
- Evaluation, treatment recommendations and medication management
- Individual, family and group therapy
- Treatment of depression, anxiety and other psychological problems
- Substance use assessment and treatment

Child and Family Specialty Programs

- Trauma-Focused Cognitive Behavioral Therapy
- Adolescent Community Reinforcement Approach
- Foster Care
- Community Support for Families

Child and Family In-Home Services

- Functional Family Therapy
- Intensive In-Home Child & Adolescent Psychiatric Service
- Multi-Dimensional Family Therapy

Adult Services

- Intensive Outpatient/IOP Plus
- Residential Substance Use Treatment Program
- Community Support and Rehabilitation Programs
- MAT for Opiate Dependence

Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

Primary Care and Wellness Services

- Whole Health and Behavioral Health Home

Housing Services

- Residential, Outreach and Supportive Housing Programs

CONVENIENT LOCATIONS

BLOOMFIELD

693 BLOOMFIELD AVENUE, SUITE 101
BLOOMFIELD • CT 06002

DANIELSON

71 WESTCOTT ROAD
DANIELSON • CT 06239

ENFIELD

153 HAZARD AVENUE
ENFIELD • CT 06082

EAST HARTFORD

77 HARTLAND STREET, SUITE 415
EAST HARTFORD • CT 06108

HARTFORD

999 ASYLUM AVENUE, SUITE 502
HARTFORD • CT 06105

MANCHESTER

THE CENTER FOR HEALTH & WELLNESS
444 CENTER STREET
MANCHESTER • CT 06040

MIDDLETOWN

955 SOUTH MAIN STREET
MIDDLETOWN • CT 06457

NORWICH

55 MAIN STREET, SUITE 410
NORWICH • CT 06360

PUTNAM

391 POMFRET STREET
PUTNAM • CT 06260

WILLIMANTIC

1310 MAIN STREET
WILLIMANTIC • CT 06226

WILLIMANTIC

1491 WEST MAIN STREET
WILLIMANTIC • CT 06226

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S
TRIAGE CENTER AT 1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG