

# The Child and Family Traumatic Stress Intervention

## *Early Intervention for Traumatized Children and Families*

Presenter:

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# CFTSI: What Is It?

- Brief (5-8 session) evidence-based early intervention model for children that is implemented:
  - After recent exposure to a potentially traumatic event
  - After recent disclosure of earlier sexual or physical abuse
- Children aged 7-18 years old
- Based on a family strengthening approach
  - Increases communication between child and caregiver(s)
  - Increases family support for children impacted by traumatic events

# CFTSI Treatment Applications

- Young children (3-6 years old)
- Children in foster care/out-of-home placements

# Goals of CFTSI

- **Improve** screening and initial assessment of children impacted by traumatic stress
- **Raise** self-observing capacity about symptoms and trauma reminders
- **Increase** communication about trauma symptoms between child and caregiver
- **Provide** coping strategies to master trauma symptoms
- **Reduce** traumatic stress symptoms and reduce or interrupt PTSD and related disorders
- **Assess** child's need for longer-term treatment

# Mechanisms of CFTSI

## CFTSI works by:

- **Increasing** caregivers' understanding of their children's posttraumatic reactions, as well as their own
- **Improving** children's observation and recognition of their own posttraumatic reactions
- **Increasing** communication between caregiver and child about child's traumatic stress reactions
- **Teaching** coping strategies to support children and caregivers in gaining mastery over traumatic reactions
- **Reducing** concrete external stressors (e.g. housing issues, systems negotiation, safety planning, etc.)

# Format of CFTSI

- 5 – 8 Sessions
  - Individual session(s) with caregiver
  - Individual session(s) with child
  - Joint sessions with caregiver and child
- CFTSI focuses discussion on the child's traumatic reactions, not on the details of traumatic event(s)

# Key Addition to an Organization's Menu of Services

- As a brief model, adaptable for settings with briefer lengths of stay
- Implemented immediately following a potentially traumatic event or disclosure of physical or sexual abuse in a forensic setting (such as a CAC)
- Successfully implemented with children who have experienced multiple traumatic exposures
  - In studies of CFTSI, the average number of previous trauma types experienced was six
- Seamless introduction to longer-term treatment and other mental health interventions



# Improving Communication Increases Support

## **CFTSI:**

- Replaces chaotic post-traumatic experience with:
  - Structure, words, and an opportunity to be heard by caregiver
- Uses clinical tools to increase symptom recognition and discussion about them
- Provides skills and behavioral interventions
- Increases control through symptom reduction

# Clarifying the Inclusion Criteria for Implementing CFTSI

CFTSI is implemented with youth with:

- High levels of trauma symptoms
- Low levels of trauma symptoms
- Multiple trauma types in their history
- Complicated, complex trauma histories
- Caregivers who may be:
  - Traumatized, symptomatic
  - Initially angry, child-blaming

# CFTSI Results

○ Significant decrease in child's trauma symptoms

- Children Who Received CFTSI Were 65% Less Likely to Meet Full Criteria for PTSD
- Children Who Received CFTSI Were 73% Less Likely to Meet Partial or Full Criteria for PTSD

Significant decrease in caregiver's trauma symptoms

- 62% of caregivers who participated in CFTSI experienced clinically meaningful improvements in post-traumatic stress symptoms

Increase in Child-Caregiver Communication

- CFTSI increases shared caregiver/ child report of posttraumatic symptoms
- Significant decrease in discrepancy in child and caregiver reporting on child's trauma symptoms

# CFTSI Training Requirements and Commitments

All CFTSI training participants (including both clinicians and supervisors):

- Attend a "live" interactive CFTSI training (offered either virtually or in-person)
- Actively participate in a minimum of 11 of the 14 twice-per-month consultation calls (one hour each) held over a period of approximately 7 months following the initial CFTSI training
- Complete a minimum of 3 CFTSI cases during the time period of the 14 consultation calls, which is approximately 7 months following the CFTSI training (this applies to both clinicians and supervisors)
- Input metrics on CFTSI cases into the web-based CFTSI Site Sustainability System, which involves submitting metrics data on CFTSI cases electronically

# Additional Criteria for CFTSI Training

- Training participants must be Masters, PhD or MD-level mental health clinicians
- In order to proactively address the issue of sustainability:
  - All organizations/programs will commit to sending a clinical team to the CFTSI training that includes a minimum of:
    - 1 clinical supervisor who is committed to implementing CFTSI
    - 2 (or more) Masters-level clinicians who also have committed to implementing CFTSI
- The clinical training team (of the clinical supervisor and clinicians) may be based out of either:
  - The CAC
  - A mental health program that is a partner of the CAC

# CFTSI Training Options: Option #1

Apply to participate in basic CFTSI training offered through the Yale Child Study Center each year in July (conducted either in-person or virtual)

- Additional trainings may also be offered during the year
- Participants from multiple programs/organizations attend these trainings
- Training hours:
  - Virtual CFTSI trainings: 3 consecutive days, for 4 1/2 hours each day
  - In-person trainings: 2 consecutive days for 7 hours each day
- Costs:
  - Training registration fee: \$350 per person for the full training
  - Consultation calls: \$2,800 per group for 14 twice-per-month one-hour calls
    - Cost-sharing of the consultation calls is usually an option if we are able to match up two or more organizations to have their consultation calls together
  - Travel costs for participants (if the training is held in-person)

# CFTSI Training Options: Option #2

Programs/organizations can contract with a Master CFTSI Trainer to provide the basic CFTSI training (conducted either in-person or virtual) and consultation calls

- Please note: We are only able to conduct CFTSI trainings for groups of 10 or more clinicians/supervisors who will be implementing CFTSI
- Training hours:
  - Virtual CFTSI trainings: 3 consecutive days, for 4 1/2 hours each day
  - In-person trainings: 2 consecutive days for 7 hours each day
- Costs:
  - Training: \$6,000 for the full training
  - Consultation call groups: \$2,800 per group for 14 twice-per-month one-hour calls
    - We can accommodate up to 3 programs/10 people per consultation group
  - Additional costs would include travel costs for the CFTSI Master Trainer

# CFTSI Training Application Process

## CFTSI Training Application Process includes:

- Initial contact with CFTSI Co-Developer, Carrie Epstein, LCSW-R to:
  - Discuss interest and need
  - Ensure that CFTSI is a match for your program/CAC
  - Complete of organizational readiness process, which involves:
    - Completion of Peritraumatic Tally Sheet to assess number of potential CFTSI cases
    - Finalizing number of clinicians and supervisors to be trained to ensure success
- Completion of CFTSI training application



# Interested in CFTSI Training?

- **Contact:**

**Carrie Epstein, LCSW-R**

Co-Developer of CFTSI

Director of Clinical Services and Training

Yale Child Study Center

Yale School of Medicine

- Email address: [epstein.carrie@gmail.com](mailto:epstein.carrie@gmail.com)
- Please note: If you are submitting a grant proposal, please contact Carrie Epstein *prior* to submitting the proposal, in order to determine if CFTSI is a match for your program