

INFORMATION FOR CAREGIVERS

The Care Process Model for Pediatric Traumatic Stress (CPM-PTS)

You are a valuable part of your child's healing process. No matter what brought you to the Children's Advocacy Center, we're here to help you move forward as a family, and support your child's long-term well-being.



What is the CPM-PTS?

The Care Process Model for Pediatric Traumatic Stress (CPM-PTS) is a brief screening and decision framework that helps identify symptoms, and connects children to supports they might need after a potentially traumatic experience. The CPM-PTS was developed by Pediatric Integrated Post-Trauma Services (PIPS) at the University of Utah, a Category II Center of the National Child Traumatic Stress Network (NCTSN).

Here is some information about why and how we're using the CPM-PTS with your child today:

✓ 1 in 2 young people who come to a CAC has significant traumatic stress symptoms

- These symptoms can affect their mental health, ability to do well in school, and even their future success.
- So, we'll use the CPM-PTS to see if your child has these symptoms.
- If they do, we can help manage them today, and connect you with support for the future.

✓ If they're not showing these symptoms, we can lean into their strength and resilience to make sure they continue to do well.



✓ To identify your child's symptoms

- We'll ask you or your child to answer 15 questions about their safety and their symptoms.
- We'll use these responses to help guide our conversation with you about next steps and resources that will fit your family best.

Depending on whether your child has symptoms, and what those symptoms are, we might offer some exercises that they can do to help them feel calmer and safer, and we may connect with you trauma-specific treatment providers for ongoing support.

✓ To address your child's symptoms

- We'll talk to you about your safety concerns to make sure your child and family are safe from ongoing harm.
- We'll also talk about thoughts of suicide or self-harm.
- We'll talk to you and your child about your child's symptoms of trauma, like trouble sleeping or eating, frequent thoughts about the traumatic event, sadness, or behavior concerns.



**You're not alone on this journey.
We're here for any questions and
support you need.**



TO LEARN MORE ABOUT THE CPM-PTS:



 utahpips.org



 nationalchildrensalliance.org