

Children's Advocacy Services of Greater St. Louis Locations

University of Missouri–St. Louis Kathy J. Weinman Child Advocacy Center

7800 Weinman Way
St. Louis, MO 63121
314-516-6798

Kirkwood

121 W Monroe Ave
Kirkwood, MO 63122
314-516-8300

Central West End

4443 W Pine Blvd
St. Louis, MO 63108
314-516-4088

CONTACT

Community Operations Network
For Treatment After Childhood Trauma



A PARTNER IN
NCTSN

The National Child
Traumatic Stress Network

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For more information, visit our website
at www.projectcontact.org

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Information for Families:

Child and Family Traumatic Stress Intervention

Children's Advocacy Services of Greater St. Louis

What is the Children's Advocacy Services of Greater Saint Louis (CASGSL)?

- A child advocacy center that provides therapy to children and families
- Therapists specially trained in helping children who have experienced trauma
- Part of the University of Missouri–St. Louis
- Three convenient locations (UMSL campus, Central West End, Kirkwood)

What is Project CONTACT?

- Community Operations Network for Treatment After Childhood Trauma
- A \$2M grant from the Substance Abuse and Mental Health Services Administration
- Awarded to CASGSL
- Designed to help get children who have experienced trauma into treatment



What is the Child and Family Traumatic Stress Intervention (CFTSI)?

- A brief therapy model (between five to eight sessions)
- For children and their caregivers
- Developed by the Yale Child Study Center
- Reduces the effects of children's exposure to trauma
- Helps support children when they are struggling to cope
- Provides education about trauma and trauma symptoms
- Increases communication between children and their caregivers

WHAT TO EXPECT

STEP 1 / WHO CAN PARTICIPATE?

- Children 7-18 years old who have recently experienced or disclosed a trauma:
 - Sexual abuse
 - Physical abuse
 - Community violence
 - Medical trauma
 - Car accident
 - Natural disaster
 - Or similar distressing event
- Caregiver who is willing to participate in treatment

STEP 2 / MEET FAMILY ENGAGEMENT SPECIALIST (FES)

- CASGSL staff trained in helping families referred to CFTSI
- They offer assistance to help families engage in services. This may include:
 - Making transportation arrangements
 - Finding childcare
 - Identifying community resources to address other family needs
- They help families get into therapy
 - Completing necessary paperwork
 - Finding convenient times/dates

STEP 3 / MEET WITH CLINICIAN FOR CFTSI

- Five to eight individual and family sessions
- Learn skills to cope with and overcome traumatic stress
- Increase communication between child and caregiver

STEP 4 / PLAN FOR ONGOING NEEDS

- Your therapist and FES will help you find any other services that might benefit your family.

Services are free; appointments are available Mondays – Fridays during business hours.

To schedule, call Children's Advocacy Services of Greater St. Louis at 314-516-7330