

TF-CBT



Health and Human Services
Children and Family Services
1313 Yuba Street
Redding CA 96001



SHASTA COUNTY

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Referral List



Sponsored by:
Shasta County
Health and Human Services Agency

Funding for this program
is provided through the Mental Health
Services Act.

What is TF-CBT?

TF-CBT is a therapeutic intervention designed to help children, adolescents, and their parents overcome the impact of traumatic events. It is designed to help with traumas related to sexual abuse, physical abuse, domestic violence, community violence, unexpected death of a loved one, natural disaster, and war.



Who is TF-CBT for?

- TF-CBT has proved successful with children and adolescents (ages 3 to 18) who have significant emotional problems related to traumatic life events.
- This treatment can be used with children and adolescents who have experienced one or more traumatic events in their life.
- Children or adolescents experiencing traumatic grief can also benefit from this treatment.
- TF-CBT can be used with children and adolescents residing in many types of settings, including parental homes, foster care, kinship care, group homes, or residential programs.

What are some reactions to trauma?

- Inability or unwillingness to recall trauma details
- Difficulty stopping thoughts about the trauma
- Emotional and physical numbing
- Recalling physical sensations that occurred during trauma
- Difficulty staying still or fidgeting
- Sleeping routine is disturbed (not wanting to sleep alone, nightmares, waking up in the middle of the night)
- Rapid changes in mood
- Depression
- Anxiety
- Low self-esteem
- Inability to trust others
- Drug use
- Desire to hurt oneself or others



What will my child learn from TF-CBT?

- That the trauma was not their fault and they are not the only ones who have survived a similar traumatic event
- To identify feelings and how to manage them
- How to relax and tolerate traumatic reminders
- To identify negative thoughts that cause depression and anxiety
- How to replace negative thoughts with more helpful thoughts
- How to resolve problems
- Safety skills

Providers

TF-CBT services are available to Shasta County Medi-Cal beneficiaries up to 18 years of age, who meet medical necessity through the Shasta County Managed Care Mental Health plan. TF-CBT services can be found at the following agencies. Contact either Jeanette Vo-vu at 229-8047 or Phyllis Cova at 225-3727 to access services.

**Shasta County
Health and Human Services
Children's Mental Health Services**

**Northern Valley Catholic Social Service
(NVCSS)
2400 Washington Avenue
Redding CA 96001**

**Remi Vista, Inc
Youth and Family Services
3191 Churn Creek Road
Redding CA 96002**

**Victor Community Support Services
3300 Churn Creek Road
Redding CA 96002**