

## **CFTSI: an evidence-based early intervention**

CFTSI has demonstrated effectiveness in reducing children's trauma symptoms in the aftermath of traumatic experiences, and reducing or interrupting PTSD and related disorders in children.

In a randomized controlled comparative effectiveness trial on CFTSI, it was demonstrated that children receiving CFTSI:

- Were 65% less likely than comparison youth to meet criteria for full PTSD at three month follow-up
- Were 73% less likely than comparison youth to meet combined criteria for partial and full PTSD at the three month follow-up



## **CFTSI: a key addition to an agency's menu of services**

- Brief manualized treatment
- Implemented immediately following a potentially traumatic event (or after disclosure of physical or sexual abuse)
- Adaptable for a variety of settings, including those with briefer lengths of stay
- Decreases post-traumatic stress reactions, reducing or interrupting PTSD and related disorders in children by strengthening communication and family support
- Seamless introduction to longer-term treatment and other mental health interventions when indicated

## **Billing and reimbursement for CFTSI treatment**

CFTSI is provided by Master's, PhD and/or MD level mental health clinicians. Because CFTSI is a mental health treatment, CFTSI providers can bill for CFTSI sessions similar to any mental health treatment.

**For more information, please contact:**

# **CFTSI**

## **The Child and Family Traumatic Stress Intervention**

Developed at the Child Study Center at the Yale School of Medicine



## **Information for Agencies and Professionals**

**Yale**



Yale SCHOOL OF MEDICINE



## What is CFTSI?

The Child and Family Traumatic Stress Intervention (CFTSI) is an evidence-based brief mental health treatment for children and adolescents together with their caregivers. Implemented soon after a potentially traumatic event or formal disclosure of physical or sexual abuse (such as in a forensic interview), CFTSI focuses on increasing family support for the child, enhancing communication between the child and the caregiver about the child's symptoms, and providing skills to help children and families cope with and master trauma reactions. CFTSI also offers the opportunity for symptom reduction and a seamless introduction to longer-term treatment and other mental health interventions when needed.

## Who can benefit from CFTSI?

CFTSI can help children and adolescents who have been exposed to many different types of potentially traumatic events—whether exposure is a single event or chronic—including sexual abuse, physical abuse, domestic violence, community violence, rape, assault, motor vehicle accidents or other accidental injuries.

CFTSI can be used effectively to benefit children and adolescents who are:

- 7 years of age and older
- 3-6 years of age (using the CFTSI Treatment Application for Young Children)
- Living with their families of origin
- Living in out-of-home/foster care placements
- Cognitively delayed children and adolescents



## CFTSI goals are to:

- Reduce traumatic reactions and symptoms related to the upsetting event
- Strengthen communication between caregiver and child to enhance emotional support
- Teach and practice coping skills and strategies to help reduce trauma reactions
- Help families address practical needs such as safety, legal issues or medical care
- Assess whether the child needs longer-term treatment

## CFTSI can be implemented with children identified in a variety of settings, including:

- Child Advocacy Centers (CACs)
- Multi-disciplinary teams
- Mental health teams
- Hospital pediatric emergency department settings
- Domestic violence shelters
- Programs that receive referrals directly from police partners

