

Connecticut Collaborative on Effective Practices for Trauma (CONCEPT)

*The Child and Family Traumatic Stress Intervention (CFTSI) Learning Collaborative**

Overview: The CFTSI is a brief, evidence-based, early intervention model designed to prevent traumatic stress reactions and development of posttraumatic stress disorder (PTSD) in children who have recently been exposed to a traumatic event. CFTSI brings together the child and caregiver(s) to increase communication and awareness about traumatic stress reactions, provide skills to manage these reactions, and to support the family with concrete needs such as housing and safety planning. A randomized clinical trial has shown that children receiving CFTSI were 65% less likely to have a diagnosis of PTSD three months following treatment than children receiving treatment as usual.

KEY COMPONENTS OF THE CFTSI LEARNING COLLABORATIVE

- **Learning Collaborative Implementation Methodology**
CONCEPT will utilize the Learning Collaborative methodology to disseminate CFTSI. The Learning Collaborative model includes staff from multiple roles, intensive year-long training, ongoing consultation and technical assistance, and use of data for quality improvement. CFTSI is currently being disseminated using Learning Collaboratives through the National Child Traumatic Stress Network (NCTSN).
- **Availability of CFTSI at community providers**
CONCEPT will bring CFTSI to ten outpatient community providers through two successive Learning Collaboratives from 2014 through 2016. It is expected that these providers will be located across the state, particularly in urban cities with high levels of violence, making CFTSI available to the majority of children in Connecticut.
- **Inclusion of child welfare staff and other “brokers”**
CONCEPT will develop a Learning Collaborative training plan that includes child welfare staff and other “brokers” of children’s mental health services. Including these staff in trainings will increase their knowledge about the traumatic stress and appropriate referrals for CFTSI, will increase collaboration between brokers and CFTSI providers, and will increase demand for evidence-based trauma-focused treatments.
- **Quality Improvement and Technical Assistance**
Data will be collected at the client, clinician, and agency levels to support implementation and for quality improvement purposes. CONCEPT staff and expert trainers will provide technical assistance and consultation to sites participating in the CFTSI Learning Collaboratives.

FOR MORE INFORMATION CONTACT:

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*The interventions selected are subject to change based on the needs assessment and federal review.