

Other Services:

Sexual-Abuse Treatment Offender Program

STOP provides individualized out-patient treatment for male and female youth who display sexual acting out issues. STOP emphasizes a team approach in addressing each youth's individual treatment goals, providing consistent treatment and communication with team members. STOP also provides treatment to those youth with sexual victimization issues.

Family Reunification Therapy

Family Reunification Therapy using the Trauma Model is sensible, easy to practice and effective in reunifying families due to the underlying idea that trauma affects everyone and together families can learn the language of trauma and the skills to prevent new traumas and heal old ones. Blame is taken out of the equation and instead, empathy and freedom from suffering is encouraged for all.

TF-CBT

Trauma Focused Cognitive Behavior Therapy (TF-CBT) teaches and coaches relaxation, affect regulation and cognitive coping skills to youth who have experienced traumatic events. Once the youth have learned and practiced calming skills, our psychotherapists help them apply the skills to the traumatic memories that interfere with functioning. De-sensitization helps youth shed intense emotional reactivity to trauma reminders and grow calmer and more focused.

Other Services:

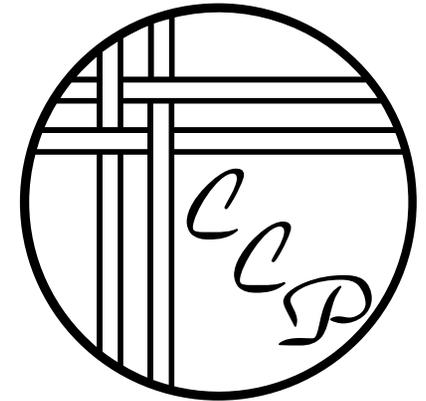
Psychological Consultations & Parenting Assessments

Community Care Programs is unique in that we offer on-site services of a licensed Child Clinical Psychologist, Donna A. Rifken, Ph.D. Our in-house psychologist evaluates traumatized youth and their mental health, including individual emotional and behavioral strengths/needs. In addition, Dr. Rifken offers parenting assessments and mental health related evaluations for parents of youth.

Trauma Informed Child Parent Psychotherapy

TI-CPP is an evidence-based practice for treating children 0-7 years of age with histories of acute or chronic/developmental trauma experiences. The treatment focuses on naming the traumas and healing the child's emotional dysregulation by strengthening safety within the child/caregiver relationship. In contrast to standard play therapy, where healing is expected to happen in the relationship between the child and the therapist, CPP believes that the child's best chance at healing is within a safe and protected relationship with their caregiver. After all, play therapy happens only 1 hour per week, whereas the child/caregiver relationship is active 24/7. Toys and play are the language of childhood and allow the therapist to intentionally play out the traumas rather than waiting for them to spontaneously appear. Special attention is paid to the caregiver's own history of traumatic stress with interventions designed to help strengthen their grown-up coping skills.

*Community Care
Programs, Inc.*



6716 Stone Glen Drive Suite A
Middleton, WI 53562

Phone: 608-203-1313 FAX: 608-827-7101

Website: www.CommunityCarePrograms.com

Email: ccp@CommunityCarePrograms.com

TIES

Trauma Informed Educator Skills

Trauma Informed Educator Skills

Community Care Programs launched its **Trauma Informed Educator Skills (TIES)** program in 2014 after successfully using the principles with foster parents, case managers and psychotherapists. We are pleased to share the model and strategies with educators working to create trauma sensitive schools. Linking with educators provides trauma sensitive, just-in-time interventions for classroom use.

TIES instructors travel to the school site and work directly with classroom teachers, school counselors and administrative staff. We provide the latest information on how trauma affects the developing brain, working memory and interpersonal relationships. Our just-in-time interventions have been tested by foster parents working with traumatized youth and can be used in the classroom or counseling office. We will share our tool kit of prevention, early intervention and de-escalation strategies to reduce emotional reactivity and improve attention and learning. You will leave our workshops with tools to use the next day.

Available Workshops:

Trauma Effects on the Developing Brain

Half Day (2 - 4 Hours)

Most of us know that trauma is bad for the brain and body, but how, exactly, does trauma interfere with student learning and behavior? This workshop will translate current trauma research into useable information for educators in the classroom. You will learn how to differentiate between stress and trauma and also how trauma affects working memory, perception, learning and social relationships. Using the 'trauma lens,' we will consider several examples of undesirable student behavior to understand how it may have been shaped by traumatic experiences. Once you understand the impacts of trauma on student learning and behavior, you will have a better idea how to improve it.

Educator Wellness Skills

Half Day (2 - 4 Hours)

Have you left work tired, stressed and cranky? This workshop will teach/coach mindfulness strategies to manage adult distress and burn-out. By using these well researched mindfulness approaches and eastern contemplative practices, you will learn easy strategies to reduce stress and improve feelings of wellness. These strategies can be practiced throughout the work day for short periods of time to increase calm and a sense of ease. We will discuss how to create wellness intentions, arrange the environment to support wellness behaviors and how to ensure follow-through on practice. Best of all, we will practice all these strategies during the workshop so you leave knowing how to do them in the classroom or at home. Come dressed in comfortable clothing.

Available Workshops:

Just-in-Time Interventions for Students with Trauma Histories

Half Day - Full Day (4 - 6 Hours)

Traumatized youth often show negative or explosive reactions to frustration that are difficult to anticipate and manage in the classroom. If you've found yourself saying, "I didn't see that coming" or "he just blew up... who knows why," this workshop will help. Through lecture, video and small group discussion we will teach strategies that focus on how to prevent, re-focus and de-escalate behaviors and emotions that are interfering with learning. You will leave ready to use these tools in your classroom.

Trauma Sensitive Schools Learning Collaborative

Three Segments (1.5 - 2.5 Hours)

This training is designed to complement the busy schedules of educators and provides conceptual learning and coaching on specific challenges. TIES instructors visit the school site to share information on trauma's effects on the developing brain, just-in-time interventions for the classroom and educator wellness skills. School staff choose 3 dates over several months. Our trainers bring the material to educators during regularly scheduled teacher in-service time. Follow-up coaching is available between sessions from a TIES instructor. The coaching is designed to enhance application of the trauma principles and skills to the real world challenges of educators.

*For more information, pricing or questions,
please call Donna Rifken at
608-203-1308.*

