

# Behavioral Health Services

## Rees-Jones Center for Foster Care Excellence

**Access to our behavioral health team** begins with an integrated visit with the primary care provider. The child, caregivers, and providers can discuss whether any of the following specialty services we provide might be appropriate for your family.

**Trauma-Focused Cognitive Behavioral Therapy (TF-CBT):** An evidenced based treatment demonstrated to work with children who have been traumatized:

- 12-16 weekly sessions
- For children who exhibit symptoms of trauma
- Recognize strong feelings associated with trauma
- Learn ways to cope with trauma
- Process trauma in a therapeutic environment
- Learn ways to stay safe

**Parent Child Interaction Therapy (PCIT):** An intensive, evidence-based psychotherapy for 2 to 7 year old children and their parent or caregiver:

- 14 – 20 weekly sessions
- For children with serious behavioral problems
- Learn ways of effective & appropriate discipline
- Caregiver needs help establishing or re-establishing a strong, nurturing relationship
- Other therapies have not been successful

Caregiver Education

Psychological Assessment

Group Services

Play Therapy

Cognitive Behavioral Therapy

Early Childhood Services:

- Developmental Testing
- Education