

How can my child and I receive treatment?

If you want to receive services at the Child Trauma Research Program or would like to refer a family to us, please call:

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Intake Coordinator

415-206-5311

Contact Us

Tuesday Ray

Program Administrator

415-206-5979

Nancy Compton, Ph.D.

Director of Training

415-206-5321

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Program Director

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Who are we?

The **UCSF** Child Trauma Research Program at Zuckerberg San Francisco General Hospital provides free Child-Parent Psychotherapy to families who agree to participate in our research to learn how difficult events affect children and how treatment can help.

Child-Parent Psychotherapy is a treatment for young children and families who experienced traumatic events or loss of a loved one. Several studies have shown that it is effective in helping children and families feel better and behave better after these difficult events. We find improvements in anger, aggression, sadness, and behavior problems. We work jointly with the child and the parents or caregivers because we found that children need their caregivers' help to heal from traumatic experiences.

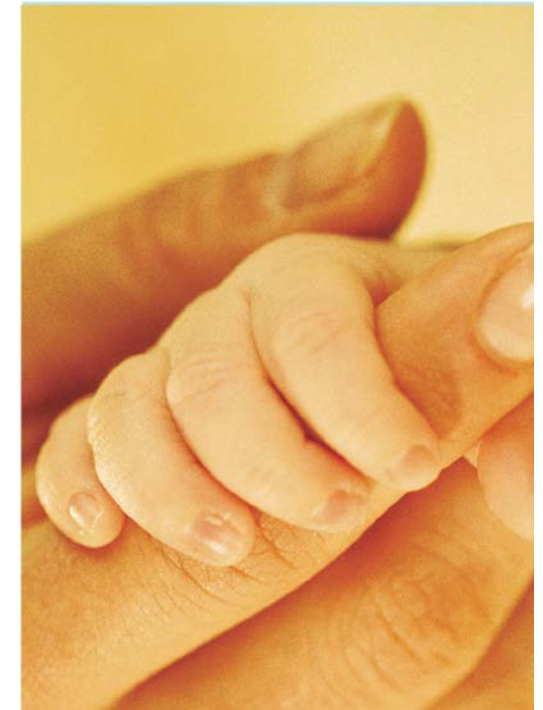
Families who agree to participate in our program take part in an assessment and then receive weekly therapy sessions. We also provide additional assessments to help us learn how the treatment is helping.

Our mental health services are offered free of charge to families who agree to participate in our research.



The Child Trauma Research Program

Zuckerberg San Francisco General Hospital
1001 Potrero Avenue
Building 20, Suite 2100
San Francisco, CA 94110



The Child Trauma Research Program

A program for young children and families affected by violence, trauma, and loss.

Who do we serve?

Children aged birth-five years who saw or experienced:

- Violence or fighting in the home
- Community violence
- Child maltreatment
- Death of a loved one
- Separation from a parent or other caregiver

Who is eligible for services?

All families with a child who is younger than age 6 and experienced a traumatic event are eligible to receive services.

How do young children react to traumatic events?

- Fear of separation or other intense fears
- Temper tantrums
- Anger, sadness
- Disobedience, out of control behavior
- Sleeping problems
- Feeding or eating problems
- Repeatedly getting in accidents
- Aggressive behavior

Our Services

Assessment

The assessment is a time to learn about the unique needs of the child and the family, including how the child is developing and what is happening in the family. The findings of the assessment are shared with the family to create a plan for treatment. The initial assessment involves 4 sessions, each lasting about 2-2.5 hours.

The assessment is repeated after 20 sessions, 32 sessions, and at the end of treatment. The assessment findings are always shared with the family to decide together how to make sure treatment is meeting the child and family needs.

Families who participate in research receive \$30 dollars per assessment and are reimbursed up to \$60 dollars for childcare and transportation during the assessment period.

Treatment

After the assessment, we offer free weekly therapy to the family. Treatment has the goal of helping improve the parent-child relationship and decrease emotional and behavioral problems. Treatment may focus also on the following areas:

- Child adjustment to childcare
- Helping children and their families recover from traumatic experiences
- Enhancing a sense of safety
- Learning ways to manage difficult emotions
- Addressing concerns in the parent-child relationship
- Links to community resources
- Crisis intervention
- Prevention of behavioral, emotional and developmental problems as the child grows up

What is our research?

Families receiving services in our program agree to have their information used to study the effects of trauma on children and families and the effectiveness of treatment in resolving the problems they want help with. We are very careful to protect the confidentiality of all the families we serve. Instead of using the name of the child or the family on the research forms, we give each family a number that is used for identification. All the research forms are kept under lock and key at our program.