

For an appointment, referral*
or more information, please call:

508-235-5285 ext. 1976
1-888-280-KIDS (toll-free)

*Referrals can be made directly by victims and their families or by members of the medical, legal, mental health, education or law enforcement fields.

Youth Trauma Program

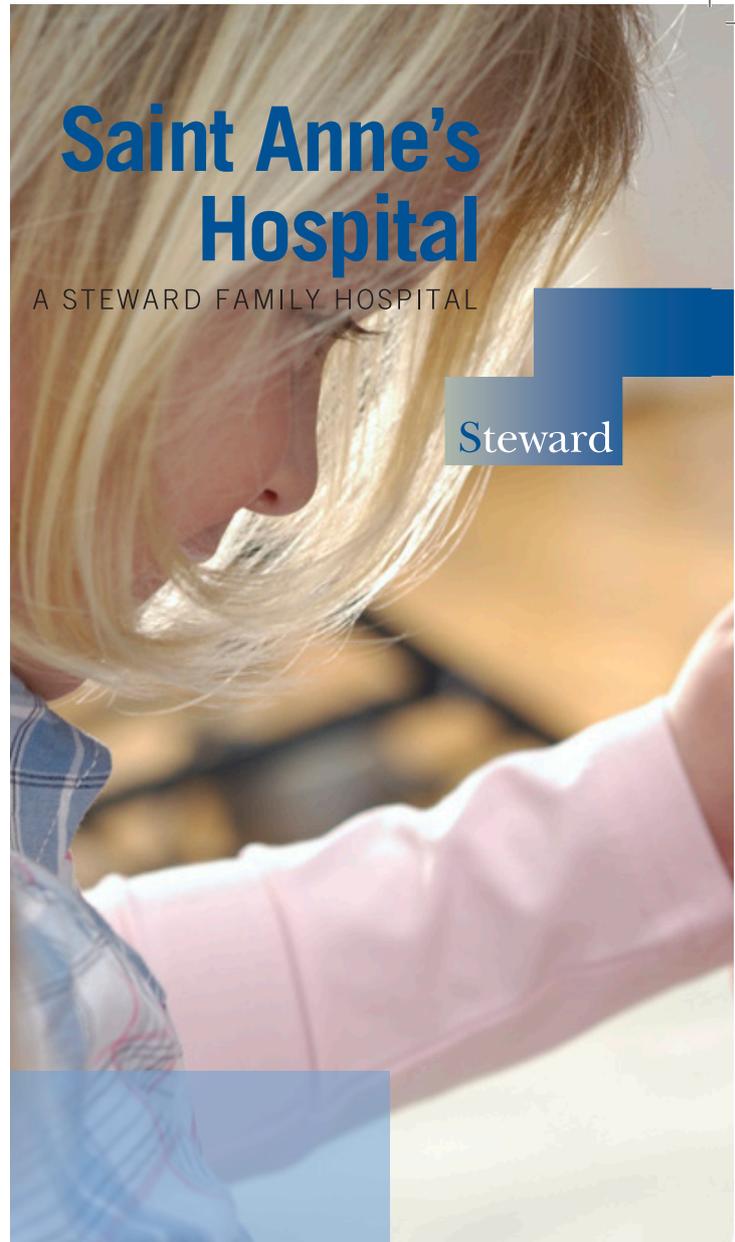
A service of the Fernandes Center
for Children & Families
Saint Anne's Hospital
795 Middle Street, Fall River, MA

Fernandes Center for Children & Families

222 Milliken, Fall River, MA

The Youth Trauma Program provides evaluation and counseling services to child and adolescent victims of sexual abuse, physical abuse and other trauma, including loss of a loved one due to homicide, experiencing dating violence, or violence at home, among peers and in the community. Established in 1984, the program's mission is to assist children and families in dealing with the effects of trauma. The program reflects Saint Anne's Hospital's commitment to the diverse needs of the community and to the improvement of the physical and mental health of its population.

This program is partially supported by Massachusetts Office for Victim Assistance (MOVA) through a 1984 Victims of Crime Act (VOCA) grant from the Office of Victims of Crime, Office of Justice Programs, and the US Department of Justice. This grant allows the federal government to distribute funds to programs in each state in order to subsidize the cost of services to victims and their families.



Saint Anne's Hospital

A STEWARD FAMILY HOSPITAL

Steward

Parent Guide

Youth Trauma Program

STEWARD HEALTH CARE SYSTEM

Frequently Asked Questions

What can I expect from therapy?

- At the Youth Trauma Program, your child will have the opportunity to have individual, group, or family sessions.
- The therapist may ask about the child's experience of the traumatic event and how the child's overall functioning has been affected.
- The goal is to help your child express his/her feelings and find ways to cope with these feelings. Therapy may include: talking, playing, arts and crafts.
- The benefits of therapy can be great, but for therapy to truly help, regularly keeping appointments is important.

What is my role as a parent or caregiver?

- The therapist will first meet with you to hear about your concerns for your child and you will then meet with the therapist to talk about your child's progress and ways to help your child.
- You may be asked to participate in sessions with your child.
- What the therapist shares with you about your child's sessions may depend on the age, maturity and willingness of your child to share information with you.
- Although all the details of what your child discusses in therapy may not be told to you, your collaboration and participation with your child's therapist is extremely important to the recovery of your child.

How long does therapy take?

- The length of time varies and will be tailored to meet the needs of your child.
- The therapist meets with the parent/guardian and discusses your child's symptoms, goals for therapy and how long therapy will take.

How much does therapy cost?

- All services are free of charge.
- The Youth Trauma Program is partially funded by the Massachusetts Office for Victim Assistance through Victims of Crime Act 1884 grant from the Office of Crime, Office of Justice Programs and the U.S. Department of Justice. Additional funding is through Saint Anne's Hospital.

When should I get help for myself as a parent?

- Traumatic experiences affect the whole family. Parenting a child who has been involved in a traumatic event can be isolating and exhausting. It can strain relationships, finances, and general sense of well-being.
- A family crisis can bring up memories of past crises or traumatic events. It is important for parents to get help dealing with strong emotions so that they are in the best position to help their children deal with their trauma and resulting emotions and behaviors.
- Therapy can help parents through support and education in a private, safe environment. Parents often report they are better able to deal with traumatic reminders and better able to continue to nurture and protect their children when participating in their own treatment.

How is my child's privacy protected?

- According to Massachusetts General Laws, conversations with a professional therapist are confidential and privileged. This means that your therapist cannot release confidential information in writing or oral conversation without your consent.
- Therapists are required to release confidential information only if there is a concern for safety or risk. Concerns of safety include when a child reports past or current abuse or neglect, including witness to intimate partner violence. Concerns of risk involve harm to self or others.

Why choose the Youth Trauma Program?

- The Youth Trauma Program has specially trained clinicians who are skilled at helping children and their families heal and recover from trauma.
- Our staff are all licensed clinical social workers who have received and continue to receive specialized training in evidence-based models of therapy that are proven to help children and their families.
- Saint Anne's Hospital has a strong commitment and mission to serve the community and has been recognized for its excellence by being selected for over 25 years to receive grant funding through the Massachusetts Office for Victim Assistance.