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Youth Outcomes of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) in the Child Trauma Training Center (CTTC)

Crystaltina Montagna, BA

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Introduction

Exposure to trauma among youth is common and can cause behavioral, social and functioning problems. Use of evidence-based trauma treatment can reduce post-traumatic stress (PTSD) symptoms and behavioral problems. This poster highlights the outcomes of youth who participated in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) provided by clinicians who were trained through the University of Massachusetts Medical School (UMMS) Child Trauma Training Center (CTTC).

Methods

308 youth ages 6-18 were enrolled into the CTTC evaluation with a mean age of 11.31 years (SD = 3.5); over half were female (58.1%), the majority were white (62.3%) and 37% were Hispanic. Data was collected by clinicians at three different time points: baseline, six-months and discharge through REDCap using the following measures: Child Behavior Checklist (CBCL; Achenbach & Rescorla, 2001), UCLA PTSD Index (Pynoos et al., 1998) and the Social Connectedness survey (Lee & Robbins, 1995).

Results

Both youth and parent/caregiver reports showed significant reduction in PTSD symptoms from baseline to discharge of TF-CBT treatment. Parent/caregiver report: p < .01; youth report: p < .001

Results of the youth and parent/caregiver reports of PTSD symptoms, behavioral problems and social connectedness indicate that youth and parent/caregivers noticed significantly fewer and less severe PTSD symptoms, fewer behavioral problems and improvement in social connectedness compared to baseline. These results adequately show positive child outcomes as a result of TF-CBT treatment in the context of CTTC’s framework.

Conclusion and Discussion

We are grateful for the funding and support from the Substance Abuse and Mental Health Services Administrations (SAMHSA) and the National Child Traumatic Stress Network (NCTSN).

References


Bartle7, M.S.W., PhD; Genevieve Kane-Howse, LMHC; Marybeth Todd, MSW

Both youth and parent/caregiver reports showed significant reduction in PTSD symptoms from baseline to discharge of TF-CBT treatment. Internalizing behavior problems and total problem behaviors p<.001

Mean Scores of Youth with PTSD Symptoms at Each Assessment Period, by Source

Both youth and parent/caregiver reports showed significant improvement in Social Connectedness from baseline to discharge of TF-CBT treatment. Parent/caregiver report: p < .01; youth report: p < .001

Mean Scores of Youth Social Connectedness at Each Assessment Period, by Source

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