Mar 3rd, 8:00 AM

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

Crystaltina Montagna
University of Massachusetts Medical School

Jessica L. Griffin
University of Massachusetts Medical School

Jessica Dym Bartlett
University of Massachusetts Medical School

See next page for additional authors

Follow this and additional works at: https://escholarship.umassmed.edu/chr_symposium

Part of the Civic and Community Engagement Commons, Cognitive Behavioral Therapy Commons, Community-Based Research Commons, Community Health and Preventive Medicine Commons, Psychiatry Commons, Psychiatry and Psychology Commons, and the Translational Medical Research Commons

Montagna, Crystaltina; Griffin, Jessica L.; Bartlett, Jessica Dym; Kane-Howse, Genevieve; and Todd, MaryBeth, "Youth Outcomes of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) in the Child Trauma Training Center (CTTC)" (2017). Community Engagement and Research Symposia. 13.
https://escholarship.umassmed.edu/chr_symposium/2017/posters/13

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in Community Engagement and Research Symposia by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.
Presenter Information
Crystaltina Montagna, Jessica L. Griffin, Jessica Dym Bartlett, Genevieve Kane-Howse, and MaryBeth Todd

Keywords
trauma, youth, post-traumatic stress (PTSD), Cognitive Behavioral Therapy

Creative Commons License
This work is licensed under a Creative Commons Attribution-Noncommercial-Share Alike 3.0 License.
Youth Outcomes of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) in the Child Trauma Training Center (CTTC)
Crystaltina Montagna, BA
Jessica L. Griffin, PsyD; Jessica Dym Bartlett, MSW, PhD; Genevieve Kane-Howse, LMHC; Marybeth Todd, MSW

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 at 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
Percent of Youth Meeting the Clinical Cutoff for PTSD Symptoms at Baseline, by Source

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

Mean Scores of Youth with Behavioral Problems at Each Assessment Period

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

Conclusion and Discussion
Results of the youth and parent/caregiver reports of PTSD symptoms, behavioral problems and social connectedness indicates 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.

Acknowledgments
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


Contact
Jessica Griffin, PsyD
CTTC Principle Investigator
Jessica.Griffin@UMassMed.edu

Crystaltina Montagna
CTTC Research Assistant
Crystaltina.Montagna@UMassMed.edu


