

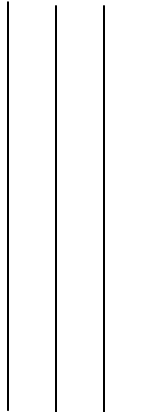
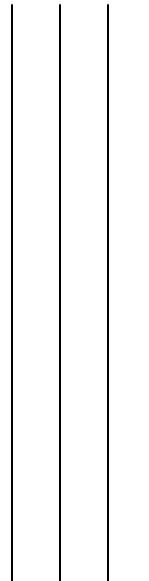
Place
Stamp
Here

What happens during treatment?

Children and their parents or caregivers meet once a week with a trained therapist. Sometimes the therapist meets with the child and adult separately, sometimes together. Sessions tend to be 90 minutes long and continue for 12 to 16 weeks.

During these sessions, children and their parents/caregivers learn:

- How to recognize problems resulting from childhood trauma
- Skills for managing troubling thoughts, feelings, and behaviors
- Relaxation skills
- Ways to cope with difficult memories
- Safety skills



This pamphlet was paid for by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Dept. of Health and Human Services (HHS). The views, policies, and opinions expressed do not necessarily reflect those of SAMHSA or HHS.

The Child Wellbeing Initiative



A program for children exposed to abuse, violence, or traumatic death.



Division of Child Mental Health Services

Delaware Department of Services for Children, Youth and Their Families

The Child Wellbeing

Initiative is a program for children and their caregivers who have experienced:

- Physical abuse
- Sexual abuse
- Witnessing domestic violence
- Sudden death of a loved one
- Exposure to violence outside of the home



There are signs to look for:

- Repeated, upsetting memories of the event
- Flashbacks, or reliving the experience
- Very upset by sights, sounds, smells, which trigger memory of the event
- Avoiding places or people that are reminders of the event
- Being easily startled
- Showing little emotion
- Difficulty sleeping
- Difficulty eating
- Irritability or outbursts of anger
- Problems concentrating
- Frequent nightmares
- Trembling, frequent stomach aches or headaches
- Being unable to remember important things about the event
- Lack of interest in usual activities or personal relationships
- Feeling unable to connect with others

**THINK OF
THE CHILD
FIRST.**
DELAWARE CHILDREN'S DEPARTMENT

Criteria:

To participate in the Child Wellbeing Initiative, a child must be between the ages of 7 and 17, experienced an upsetting event in the past and exhibiting problems similar to those listed to the left, and be Medicaid insured or uninsured for mental health treatment.

If you know of any children meeting these criteria, call (302) 633-2695 where a staff member of DCMHS will be glad to tell you more about the Child Wellbeing Initiative and its free screening service.

Treatment in this program is free, confidential and provided through Phoenix Behavioral Health, with offices in New Castle, Kent and Sussex Counties.

**The Child Wellbeing Initiative
(302) 633-2695**

