

## About ARBEST

Arkansas Building Effective Services for Trauma (ARBEST) is a program supported by the Arkansas State Legislature which aims to increase capacity in child advocacy centers and an extensive network of mental health providers to provide better services to traumatized children and their families in the state.

*If you suspect child maltreatment, call the*

**Arkansas Child Abuse Hotline:  
1-800-482-5964**



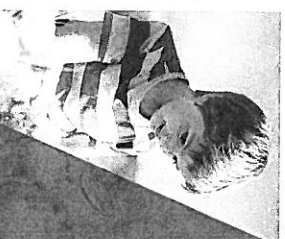
**ARBEST**  
Arkansas Building Effective Services for Trauma

## Find a Clinician

To find a mental health professional trained in trauma-informed evidence-based treatments near you, search ARBEST's online clinician database:  
<http://arbest.uams.edu/clinicianslist/>

## Training Opportunities

To learn more about training opportunities for mental health practitioners, visit the ARBEST webpage:  
<http://arbest.uams.edu/mentalhealthprofessionals/>



# ARBEST

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# UAMS®

Psychiatric  
Research Institute

# What is Child Traumatic Stress?

Child traumatic stress occurs when children and adolescents are exposed to traumatic events or situations that overwhelm their ability to cope. More than two thirds of children report experiencing or witnessing at least one traumatic event by age 16.

## POTENTIALLY TRAUMATIC EVENTS INCLUDE:

- Physical or Sexual Abuse
- Witnessing Domestic Violence
- Commercial Sexual Exploitation
- Loss of A Loved One
- Accidents or Major Illness
- Natural Disasters or Terrorism
- Community Violence

**2** OUT OF **3**  
**CHILDREN**

**HAVE EXPERIENCED  
TRAUMA BY  
AGE 16**

**SIGNS OF TRAUMATIC STRESS** may be different in each child and could linger long after the traumatic event has ended. Young children may react differently than older children. Generally, signs by age group include:

- |   |  |   |
|---|--|---|
| <b>Young Children</b>   | <b>School Children</b>   | <b>Adolescents</b>  |
| <ul style="list-style-type: none"> <li>• Separation Anxiety</li> <li>• Excessive Crying</li> <li>• Feeding Problems</li> <li>• Sleeping Problems</li> <li>• Developmental Delays</li> <li>• Anger/Aggression</li> </ul> | <ul style="list-style-type: none"> <li>• Anxiety and Fear</li> <li>• Feelings of Guilt</li> <li>• Attention Problems</li> <li>• Sleeping Problems</li> <li>• Anger/Aggression</li> <li>• Withdrawal</li> </ul> | <ul style="list-style-type: none"> <li>• Depression or Anxiety</li> <li>• Substance Abuse</li> <li>• Eating Disorders</li> <li>• Self-Harming</li> <li>• Risky Sexual Behavior</li> <li>• Withdrawal</li> </ul> |

The impact of child traumatic stress can lead to learning, behavioral, and health problems that last a lifetime. But with a supportive caregiving system and access to effective and age-appropriate treatments and services.

*children do recover from traumatic stress.*

# Evidence-Based Treatments

A number of evidence-based treatments (EBTs) have demonstrated success in reducing symptoms of traumatic stress in children and adolescents and improving coping mechanisms of parents. To increase statewide access to these treatments, ARBEST offers services and training in three key EBTs:

**Child Parent Psychotherapy (CPP)** is an intervention appropriate for trauma-exposed children (ages 0-5) that has demonstrated success in reducing emotional and behavioral difficulties, enhancing safe caregiving practices, and strengthening the parent-child relationship.

**Parent-Child Interaction Therapy (PCIT)** is for young children (ages 2-7) with disruptive behavior, including those with a history of trauma. It has been repeatedly shown to reduce behavior problems, strengthen parent-child attachment, and improve child trauma symptoms.

**Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)** is a structured, short-term, effective treatment for children and adolescents (ages 3-18) who have experienced trauma. As the gold-standard of child trauma treatments, it has been shown to successfully resolve emotional and behavioral difficulties associated with trauma.

## Evidence-Based Treatments for Child Traumatic Stress by Age

