

Family & Children's Services

# CHILD ABUSE & TRAUMA SERVICES



Family &  
Children's  
SERVICES

---

*Life Changing.*



We are the place to turn for help if your child has been hurt by any type of abuse or trauma.

We offer hope and recovery for children and their families.

Girls and boys are cared for at Family & Children's Services in a healing, child-friendly environment specifically designed for children who have experienced trauma. Our highly compassionate staff helps children heal from abuse and traumatic events through a variety of best-practice programs. Family members, foster parents and other caregivers can be included in the therapy process.

We help children overcome a wide range of problems—from mild to severe—that can develop following traumatic events:

- » Outbursts of anger or aggression
- » Changes in appetite or sleep
- » Depression or sadness
- » Poor self-image
- » Toileting accidents
- » Sexualized behaviors
- » Irritability, anxiety or fears
- » Problems concentrating
- » Difficulties in school
- » Suicidal thoughts
- » Self-harm behaviors
- » Fire setting
- » Drug or alcohol use
- » Increased conflict with family members, teachers and/or friends



LIFE CHANGING

"AFTER MY CHILD WAS ABUSED SHE WAS ANGRY AND SAD. NOW YOU'LL FIND SMILES ON HER FACE. I CAN TELL HER SPIRIT IS HEALING MORE AND MORE WITH EACH PASSING DAY. I CAN'T THANK HER THERAPIST AT FAMILY & CHILDREN'S SERVICES ENOUGH."



# FAMILY SEXUAL ABUSE TREATMENT & TRAUMA SERVICES

## TREATMENT WORKS.

We are a special place where hope and healing begins for children. With our help, children can recover from the trauma of being sexually abused, victimized, physically hurt or emotionally harmed.

At the cornerstone of our treatment programs are three distinct, nationally-recognized, evidence-based trauma treatments (TF-CBT, CPP and PCIT) proven to be the most effective in restoring children's functioning and well-being following sexual abuse or other traumatic events. Through our partnership with the National Child Traumatic Stress Network, we continue to incorporate additional trauma-informed practices. Each child's treatment is individualized based on age, symptoms and specific trauma circumstances.

## TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT)

Our highly trained staff provides children ages 3 – 18 and their caregivers the unique skills necessary to overcome difficulties that are related to traumatic life events.

## CHILD-PARENT PSYCHOTHERAPY (CPP) INFANT MENTAL HEALTH PROGRAM

Our specially trained professionals in CPP will help children ages 0 – 6 recover from trauma by working with parents or caregivers in joint sessions with children.

## PARENT-CHILD INTERACTION THERAPY (PCIT)

Our specialized staff works with parents and children ages 2 – 8 years in joint sessions to help improve young children's behavior and create positive parent-child relationships.

## CHILD THERAPY

Play therapy and parent consultation are often provided to facilitate healing in children who have been abused or traumatized. Therapists work with the parents of children younger than three to improve problematic behavior and ease emotional distress.

## PLAY THERAPY

Young children who are distraught and exhibit anxious, aggressive or defiant behavior express themselves through therapeutic play to better cope, improve behavior and enhance parent-child relationships.

## GROUP THERAPY

In group therapy, children learn new ways to deal with their problems, diminish isolation, enhance social and problem-solving skills and reduce the effects of trauma.





### FAMILY THERAPY

We strengthen families by improving communication and teaching parents how to effectively deal with children whose behavior and well-being is impacted by traumatic events.

### COURT AND EXPERT WITNESS TESTIMONY SERVICES

Child abuse and trauma can result in child victim's involvement with law enforcement, courts and child welfare. Our staff helps children and their families navigate through the legal process.

### CHILD PSYCHIATRY

Children and adolescents with severe emotional and behavioral difficulties—who are being seen in the agency for mental health care—can be referred for psychiatric evaluation, consultation and, if needed, medication.

### FAMILIES IN NEW DIRECTIONS: THERAPEUTIC REUNIFICATION

Therapeutic visitation services are provided for parents who are separated from their children who may be involved with child welfare.

### ADOLESCENT OFFENDER TREATMENT

Intensive group therapy is provided for adolescents 12 years and older who have been referred by the legal system due to sexual behavior problems. Parents or caregivers are required to participate.

### COPES FOR KIDS— MOBILE PSYCHIATRIC CRISIS SERVICES

Our team provides 24-hour rapid telephone response, stabilization and, when available, mobile services in Tulsa County for children and teens who feel out of control or have thoughts of suicide, harming themselves or hurting others. **Call 918.744.4800.**

## CONTACT US

One call to our appointment coordinators can assist you in determining what services will best meet the individual needs of your child and family.

For more information or to make an appointment, call **918.587.9471**.



### INFORMATION

Our professional services are strictly confidential and are offered regardless of race, religion, gender or income. We have English- and Spanish-speaking staff members. Other translation services are available upon request.

Most services are available regardless of your insurance coverage or ability to pay, which will be discussed when you call to make an appointment. We accept Medicaid, Medicare and other private insurance.

In addition to weekday hours, we offer evening appointments at many locations.

Family & Children's Services does not participate in litigation for child custody or any investigative or forensic assessment.

Family & Children's Services complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

# CHANGING LIVES FOR 1 IN 6 TULSANS.

Family & Children's Services is a recognized behavioral health care leader in Tulsa, Oklahoma and surrounding communities. We provide an array of specialized programs in mental health, substance abuse and family services. Our dedicated staff heal traumatized and hurting children, strengthen individuals and families, and provide hope and recovery for those battling mental illness and addiction. We give clients hope and set them on the path to recovery and, in the process, make our community a better place for all. Programs are offered through a network of convenient office locations.

## PROGRAMS

- » Child Abuse & Trauma Treatment
- » Family Preservation, Visitation & Reunification
- » Children's Counseling & Mental Health Services
- » Counseling for Adults & Families
- » Mental Health & Addiction Treatment for Adults
- » Psychiatry & Pharmacy
- » Women in Recovery
- » Family Life Education & Parenting Programs
- » Marriage Enrichment Programs
- » Divorce Adjustment Services
- » Crisis Intervention

Family & Children's Services  
650 South Peoria Avenue  
Tulsa, Oklahoma 74120

918.587.9471

[www.fcsok.org](http://www.fcsok.org)



*Life Changing.*