

Family Informed Trauma Treatment Center (FITT)

University of Maryland School of Medicine, University of Maryland School of Social Work and Kennedy Krieger Family Center are partners in the newly formed NCTSN Category II Center. The FITT Center will develop, implement, evaluate, and disseminate family interventions for underserved urban families and military families experiencing chronic trauma and stress.



The Ruth H. Young Center for Families and Children

Serving Families, Educating Practitioners, Generating Knowledge

The mission of the Ruth H. Young Center for Families and Children (RYC) at the University of Maryland, School of Social Work is to promote the safety, permanence, stability, and well-being of children, youth, and families in their communities through education and training, research and evaluation, and best practice community services. *Trauma Adapted Family Connections* is one of several community based family strengthening programs that RYC offers.



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Trauma
Adapted
Family
Connections



Families • Communities • Healing

TRAUMA ADAPTED FAMILY CONNECTIONS

THE TA-FC MODEL

Building on Ten Years of
Practice and Evidence

Family Connections (FC), recognized by the U.S. Department of Health and Human Services Children's Bureau, the California Evidence-Based Clearinghouse for Child Welfare, and the Pew Charitable Trust as a promising practice for preventing child neglect, provides the basis for the Trauma Adapted Family Connections model. Core components of the FC model include: family assessment; home-based outcomes driven intervention; emergency assistance to meet families' basic needs; service planning; advocacy and referral; and individual and family counseling.

TA-FC builds on these community -based components and provides trauma-focused interventions across these broad domains while integrating:

- ◆ trauma-focused family assessment and engagement;
- ◆ psycho-education to teach family members about trauma symptomatology;
- ◆ a focus on building safety capacity within the community and immediate environment;
- ◆ trauma-informed parenting practices and communication; and
- ◆ cognitive behavioral approaches to family therapy.



FAMILY HEALING

The intervention is comprised of home and community-based assessment and intervention, as well as supportive telephone contacts between visits. Follow up sessions are provided to families post-discharge to support family functioning. Services are facilitated by a master's level family clinician trained in the TA-FC model and build on family strengths and resiliency to:

- ◆ Develop positive coping strategies, enhance resilience, and increase emotional regulation;
- ◆ Create a shared family meaning of trauma and the trauma environment;
- ◆ Develop formal and informal social networks to enhance functioning, engage in needed services, and build protective capacities for the family;
- ◆ Enhance child and caregiver functioning by decreasing trauma symptoms through psycho-education and targeted cognitive interventions;
- ◆ Enhance child and family well-being, safety, and stability.



COMMUNITY HEALING

Family Connections has a long standing commitment to promote communities' capacities to develop and sustain proven service models, effective service delivery systems, and robust and comprehensive policies. TA-FC will continue that commitment while focusing on the impact of chronic trauma in impoverished urban settings through:

- Educating community stakeholders, service providers, local and state governments, policy makers, families, and members of the community about the impact of trauma, needed assessment and services, and service integration;
- ◆ Advocating for the development, implementation and evaluation of responsive local and regional evidence based trauma informed services for children and families;
- ◆ Assessing the outcomes of trauma informed and family based service delivery;
- ◆ Participating in coalitions to promote the needs of children and families as it pertains to the impact of chronic trauma.

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