

FamilyForward

Trauma Assessment



safer, healthier relationships
for children and families

At the **Developmental Trauma Center (DTC)**, we specialize in working with children, adolescents, and families who have been impacted by early trauma and adversity. Our work focuses on moving families in the direction of hope by bolstering family connections through trauma informed, respectful, and culturally sensitive practices.

What is a Trauma Assessment?

The DTC Trauma Assessment process is a collaborative journey through your child's behaviors and past experiences. They are a useful tool for those looking for education on both child development and the impact of trauma on the developing brain. The Trauma Assessment Specialists will develop a written report that provide insight into developmental trauma, treatment, and actionable steps for the home environment and elsewhere.

The Assessment process uses many tools to gather and present information about your family, which are individualized based on specific needs. These tools can include: interviews, self-report measures, child observations, family engagement activities, videos, articles, and team collaboration. The whole process is generally a total of 5 sessions, depending on need and family size. These sessions are all scheduled for about 2 hours, but this can be flexible as well.



Is a Trauma Assessment right for my child?

- ▶ The child struggles with regulating their body, emotions, and thoughts throughout the day.
- ▶ Their behaviors don't seem to make sense, don't fit the situation, and/or don't fit what they are trying to accomplish.
- ▶ They behave younger than their chronological age, while other times they appear on target.
- ▶ They are struggling with social skills, attachment, and/or making friends.
- ▶ You really get your child's needs, but you need more support with communicating this to other supports, like school.
- ▶ You just want to know more about your child and how early life adversities impacted their development.
- ▶ You need more support and don't know where to start.



What is NMT™?

Neurosequential Model of Therapeutics (NMT™) is an evidenced based framework to help identify strengths and vulnerabilities of a child with a history of trauma.

The NMT™ Provides

- ▶ A visual to better understand the impact of childhood trauma and to assist in selecting appropriate interventions
- ▶ A tool to assist with clinical problem solving using principles of neurodevelopment and traumatology.
- ▶ More information on developmental age vs. chronological age
- ▶ Highlights opportunities for connection, healing, and healthier functioning.

What is expected from you?

Family Involvement

We view caregivers as significant agents of change for a child's behaviors. Important adults in the child's life will be asked to engage fully in the process. Caregivers may be asked to participate in interactive activities, discuss the child's developmental history, explore current relationships and routines, exc. Come in with an open mind and be prepared to try something new!

Bring Questions

The Trauma Assessment specialists work hard to create individualized and focused recommendations based on your child's needs. It can be helpful to come to your assessment sessions with specific areas you want to work on, behaviors you want to address, or areas where you feel you need more support.

Feedback

Feedback sessions will review the child's individualized NMT metric, additional measures, and how all of this connects to the child's behaviors. Education and recommendations are also provided on topics specific to the child and family's needs.

If the family has more concerns around specific topics/routines, additional time is taken to problem solve recommendations tailored to the family's unique environment.

If you have any questions, feel free to reach out to Jamie Scaccia, PsyD, the Program Director of the Assessment team, at 314-968-2350 or Jamie.Scaccia@familyforwardmo.org