

## WHAT ELSE CAN FBR'S TRAUMA SERVICES PROGRAM OFFER?

We take pride in our communities and we strive to meet the individual needs of each community we serve through outreach efforts. In addition to Outpatient Mental Health Services, Behavioral Health Rehabilitative Services (BHRS "Wraparound"), Family-Based Mental Health Services, and Autism Services, we offer:

- Medication Management
- Child Abuse Prevention Committee
- Consultants / Trainings for School Districts
- Parent-Professional Workshops
- Resources Packages for Families
- Summer Therapeutic Activities Programs
- Family Support Groups
- Sibling Support Groups
- Social Skill / Play Groups
- H.O.P.E. for Tomorrow Focus Groups

FBR's Clinical team is also proud to participate with *Give an Hour*, a nonprofit organization providing free mental health services to U.S. Military personnel and families affected by the current conflicts in Iraq and Afghanistan.

Our Family Support Coordinator, Catherine Hughes, is a parent to a child with special needs. She is available for identifying community resources, information, as well as provides caring support for families.

All services at FBR are under the oversight of our **Chief Operating Officer**; Rick J. Murray. Mr. Murray is a Licensed Social Worker with a specialization in Mental Health, and is a Board Certified Behavior Analyst. He has worked and supervised staff within BHRS, outpatient, and partial hospitalization settings for over 13 years.

Come learn more about us on the web:  
[www.familybehavioralresources.com](http://www.familybehavioralresources.com)



## WHERE CAN I RECEIVE TRAUMA SERVICES FOR MY FAMILY?

Family Behavioral Resources provides services to multiple counties across Pennsylvania, including Allegheny, Armstrong, Beaver, Bedford, Blair, Butler, Cambria, Crawford, Fayette, Greene, Indiana, Lancaster, Mercer, Somerset, Venango, Washington and Westmoreland. Trauma Services is based out of Westmoreland County, however their clinical staff provide services in the aforementioned counties across service lines.

Questions and referrals regarding Trauma Services at FBR can be directed to:

Director of Trauma Services  
131 Mathews Street, Suite 2000  
Greensburg, PA 15601  
724-850-7300 (Office)  
1-800-838-4907 (Toll-Free)  
724-850-7778 (Fax)

[traumaservices@familybehavioralresources.com](mailto:traumaservices@familybehavioralresources.com)

*At FBR, it is our policy that services are provided and admissions and referrals are made without regard to race, sex, color, national origin, ancestry, religion, creed, disability, or age.*



A CARF Three-Year Accreditation has been awarded to Family Behavioral Resources for its *Intensive Family-Based Services - Mental Health* (Children and Adolescents), *Outpatient Treatment - Mental Health* (Adults), and *Outpatient Treatment - Mental Health* (Children and Adolescents). \*BHRS program is accredited under *Outpatient Treatment*. Ask us about CARF today!

Be sure to follow Family Behavioral Resources on **facebook** and **Linked in**.



## TRAUMA SERVICES



Family Focused Therapy

### “It shouldn't hurt to be a child.”

In the United States alone, approximately **five million children** experience some form of traumatic event each year. More than two million of these children are victims of physical and/or sexual abuse. Millions more live in the terrorizing atmosphere of domestic violence.

*If we do not take the time to understand the 'language' of the child's behavior, we risk perpetuating the abuse.*

724-850-7300  
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## MISSION STATEMENT

It is the mission of Family Behavioral Resources to be a leader in delivering the highest quality of recovery-oriented mental health services. Services are designed in accordance with FBR's philosophy of care, and delivered through a variety of theoretical approaches and interventions based on evidence-based practice. We are committed to supporting children, families and their surrounding community with quality care which upholds the utmost integrity. *Here, caring is everything.*

## OUR PHILOSOPHY

FBR does not embrace one specific method or theory to treat our consumers. We respect children's unique perspectives, culture, learning styles and behavioral needs as well as the family's identification and prioritization of current need areas.

## FBR'S TRAUMA SERVICES PROGRAM

FBR recognizes that it is essential to incorporate an understanding of the enormous impact of trauma on individuals, families and communities. Our commitment to innovative, quality clinical care is demonstrated by the trauma-informed services and relationship-based treatment FBR offers. Our clinical staff utilize an integrative approach to trauma treatment based on the clinical needs of each individual. Treatment approaches include: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavioral Therapy (DBT), Dyadic Developmental Psychotherapy (DDP), Play Therapy, Expressive Art-Therapy, and other trauma and attachment related models. Treatment approaches are informed by principles of human development and neurodevelopment; respecting current research in the field.

## PROGRAM LOCATION AND SERVICES PROVIDED

FBR's Trauma Services Program is based out of Westmoreland County, however their clinical staff provide services in Allegheny, Armstrong,

Beaver, Bedford, Butler, Cambria, Crawford, Fayette, Greene, Indiana, Mercer, Somerset, Venango, and Washington Counties. Trauma Services clinical staff provide specialized treatment across multiple service lines including Outpatient Mental Health Services, Behavioral Health Rehabilitative Services (BHRS "Wraparound"), Family-Based Mental Health Services, and Autism Services. Trauma Services clinical staff provide support to individuals and families to address a variety of emotional and behavioral needs related to trauma and attachment issues.



## WHAT IS TRAUMA?

An experience is traumatic when a particular event, or series of events, comes to define the way a person organizes their subsequent perceptions. As a result of trauma an individual will see the world differently. This is something that they cannot control. Traumatic events are accompanied by feelings of helplessness, hopelessness, intense fear, and loss of control. Trauma affects people of all ages, races, cultures, and incomes.

## WHAT ARE COMMON TYPES OF CHILDHOOD TRAUMA?

- 1. Victimization:** Emotional / Physical / Sexual Abuse / Neglect / Serious Injury **Neglect is often overlooked as a type of trauma. However a child who has been neglected has learned that their caregivers are unable to take care of them. This can impact a child's cognitive, social, emotional, behavioral, physical, and moral development across the lifespan.**
- 2. Family Problems:** Domestic Violence / Parental Mental Health Problems / Parental Rejection / Overprotective or Overpermissive Parenting / Drug & Alcohol Abuse/Poor Parental Role Models
- 3. Loss:** Parents Incarceration / Death / Divorce / Moving / Changing schools / Out of Home Placements / Foster care / Adoption
- 4. Medical Problems:** Medical problems that interfere with a child's ability to "be a kid"

## IMPACT OF TRAUMA

The impact of trauma varies from person to person and is dependent on a several variables such as the magnitude of the event, nature of exposure to the trauma, past experiences of the person, and the support system of the person. The impact may be emotional, cognitive, physical, behavioral, and/or spiritual. Trauma experienced in childhood can have a long lasting effect on children and may affect their relationships as adults. Trauma may lead to difficulty forming attachments, depression, anxiety, emotional numbness, hyper-vigilance and substance abuse.

## WHAT IS ATTACHMENT?

Attachment is the deep connection between two people, initially established between a child and caregiver during the first several years of life. Attachment to a protective and loving caregiver who provides guidance and support is a basic human need. It is the foundation upon which emotional health, social relationships, and one's world views are built.

## RISK FACTORS FOR ATTACHMENT DIFFICULTIES

Early deprivation, neglect, abuse, violence and/or substance abuse in the home, chronically high levels of stress, significant early health problems and hospitalization, repeated moves, having inconsistent caregiving, parental mental health problems, or living in an orphanage can create attachment difficulties.

## CHILDREN AND ADULTS WITH ATTACHMENT DIFFICULTIES

Children and adults with attachment difficulties require specialized treatment by clinical staff who have received training in the treatment of trauma and attachment. Persons with attachment issues may not respond to traditional treatment methods alone because:

- They may have trust issues that interfere with their ability to have relationships necessary for traditional treatment
- They may have difficulty identifying their feelings, regulating their emotions, and talking about what has happened to them
- They may have difficulty taking other persons perspectives, and have not learned reciprocal give and take relationships
- They may have chronic shame which makes them feel unlovable, worthless, and bad
- They may feel that no one can understand them and that their lives will always be filled with pain
- Their backgrounds of abuse, neglect, loss and abandonment occurred during the first year or two of life prior to conscious memory of events
- Persons who have not learned to respect themselves have difficulty respecting others

