

Please visit us at
laevidencetopractice.com
and explore our
"community
resources" tab



Check out our interactive map of
behavioral health providers that are:

- Trained in evidence-based therapies
- Accept Medicaid plans
- Treating children and families in-person, in-home, and by telehealth (video-call)



Learn about evidence-based
treatment options that will:

HELP YOUR CHILD RECOVER FROM
THE EFFECTS OF TRAUMA

IMPROVE YOUR
CHILD'S BEHAVIOR

STRENGTHEN FAMILY
RELATIONSHIPS

FIND THE RIGHT
MENTAL HEALTH
RESOURCES
FOR YOUR CHILD



TRAUMA
FOCUSED
THERAPY



These therapies help children
and teens overcome the negative
effects of traumatic life events



Contact us:
EvidencetoPractice@lsuhsc.edu

CONNECT WITH PROVIDERS WHO
ACCEPT MEDICAID

For more information, please visit us at laevidencetopractice.com and click "community resources" tab

What is an evidence-based program (EBP)?

If your child, or a child you know is experiencing **mental or behavioral health challenges**, we recommend an **evidence-based program (EBP)**.

These are therapies for children and families that are proven to work!

Children and teens exposed to traumatic or life-threatening events may experience:



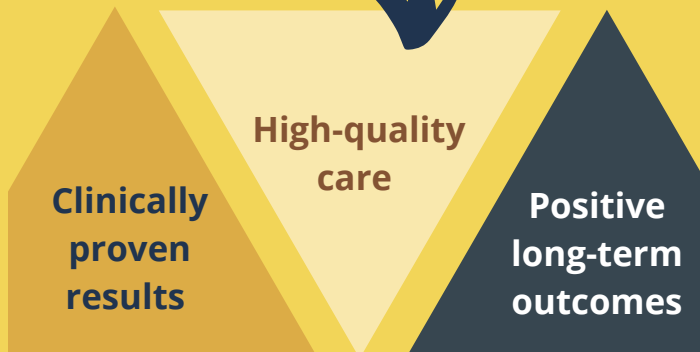
- Depression & anxiety
- Fear
- Nightmares & trouble sleeping
- Difficulty concentrating
- Anger & irritability

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These are symptoms of Post-Traumatic Stress

Evidence-based programs (EBPs) can help children and teens to:

- Understand their thoughts and feelings resulting from trauma
- Relieve distress
- Learn skills to cope with challenging emotions

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Parents / caregivers play a critical role through therapy



TRAUMA FOCUSED EVIDENCE-BASED PROGRAMS

Children ages 0-6

- Child Parent Psychotherapy
- EMDR
- Trauma-Focused Cognitive Behavioral Therapy
- Preschool PTSD Treatment
- Parent Child Interaction Therapy

Children ages 7-10

- EMDR
- Trauma-Focused Cognitive Behavioral Therapy
- Youth PTSD Treatment

Children ages 11-18

- EMDR
- Trauma-Focused Cognitive Behavioral Therapy
- Youth PTSD Treatment

TAKE THE NEXT STEPS

Learn which trauma focused EBP is best for your family

& Find providers near you

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