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or to make an appointment.

mhcgm.org
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Treatment and Support For Trauma



**The Mental Health Center
of Greater Manchester**

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We do not discriminate based on age, gender, sexual orientation,
disability, race, religion or national origin. We provide free
interpretation services for people with limited English proficiency.



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Has your child experienced ACEs or Trauma?

Adverse Childhood Experiences (ACEs)

Preventing early trauma to improve adult health

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. ACEs are linked to chronic health problems, mental illness, and substance use problems in adulthood. Adverse Childhood Experiences can also negatively impact education, job opportunities, and earning potential. However, ACEs can be prevented.



The Mental Health Center of Greater Manchester offers a number of evidenced based practices to support children, adolescents and families with recovery from trauma and ACE's. These practices are proven to be effective in the reduction of symptoms associated with trauma and ACE's. Our goal is to help youth feel better, improve social and emotional development, and increase mental well-being.

Practices offered that focus specifically on Trauma and Ace's at MHCGM are described below:

Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is an evidence-based treatment that helps children ages 4–18 years address the negative effects of trauma, including processing their traumatic memories, working through a narrative process, overcoming problematic thoughts and behaviors, and developing effective coping and interpersonal skills.

Modular Approach to Treatment for Anxiety, Depression, Trauma and Conduct (MATCH-ADTC)

MATCH is an evidence-based treatment designed for children ages 6–15 years. Unlike most treatment approaches that focus on single disorders, MATCH is designed to treat four common behavioral health concerns among children, including anxiety, depression, posttraumatic stress, and behavior problems. This program includes the use of weekly email surveys for caregivers and children to see the outcome data for themselves!

Child Parent Psychotherapy (CPP)

CPP is an approach for young children ages 0–5 years. This approach strengthens the caregiver-child relationship by spending time together in shared sessions. This treatment helps families recover from scary or painful events together, by understanding the feelings that you both have experienced and learning how your child is expressing their feelings.