

commitment to  
excellence

## Get in touch

Interested in learning more about trauma assessments or treatment here at CFS? Call us today, we are here to help!

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(231) 590-4029

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231-946-8975  
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Our child welfare, counseling, and shelter programs are accredited by CARF International, assuring the more than 2,500 businesses, individuals, and organizations who contributed to our work last year of our commitment to clinical, administrative, and fiscal excellence.



### Main Office

3785 Veterans Drive  
Traverse City, MI 49684  
231 946 8975  
231 946 0451 (fax)

### Harbor Springs

3434 M-119, Suite F  
Harbor Springs, MI 49740  
231 347 4463  
231 347 8823 (fax)

### Pete's Place Youth Shelter

2943 N. Keystone Rd.  
Traverse City, MI 49686  
231 922 4800  
800 442 7315 (toll free, 24/7)

### Gaylord Old Town Psychological

128 N. Court Avenue  
Gaylord, MI 49735  
231-342-4143

## FIND US

online: [cfsnwmi.org](http://cfsnwmi.org)  
Facebook: [@cfsnwmi](https://www.facebook.com/cfsnwmi)  
Instagram: [#cfsnwmi](https://www.instagram.com/cfsnwmi)  
email: [cfs@cfs3L.org](mailto:cfs@cfs3L.org)

# Trauma Assessment & TREATMENT CENTER



Child &  
Family  
Services



of Northwestern Michigan

# Child and Family Services: Utilizing a trauma-informed approach

## Overcoming Trauma

Adverse Childhood Experiences (ACEs), such as witnessing or experiencing abuse or neglect, addiction, homelessness, or divorce, have proven to keep a child's brain from developing properly and increase the likelihood of chronic disease, mental illness, substance abuse, and violence.

Children exhibit the effects of trauma in many different ways, including behavior issues in the classroom and at home, nightmares or sleepwalking, hypervigilance, bed-wetting, delayed developmental milestones, and the inability to regulate their emotions.

We've learned that children are not trying to "push our buttons" or be "bad" with their behaviors. They are reacting to triggers they associate with trauma.

The CFS Child Trauma Assessment and Treatment Center is here to help.

“

We needed help to understand and cope with the kids' behaviors resulting from trauma. The kids needed help in expressing their thoughts, emotions, and to learn coping strategies. Our therapist from CFS truly helped our entire family.

-Emily, foster parent

## Trauma Assessment

Child & Family Services' Trauma Assessment & Treatment Center provides transdisciplinary trauma assessments to children and adolescents. Our specially trained clinicians serve children ages 2-18 and accept referrals from the Department of Health and Human Services, pediatricians, school personnel, local courts, behavioral health providers, and families in need of comprehensive, trauma-based assessment services.

Assessments evaluate intelligence, speech and language skills, fine and gross motor skills, sensory processing, trauma exposure and its effects, behavioral changes, depression, anxiety, attention difficulties, and fetal alcohol effects. We individualize each assessment and select the appropriate tools based upon the need of the child. After each assessment, comprehensive reports are created, detailing findings and recommendations that are shared with caregivers and referral sources.



## Trauma Treatment

CFS provides trauma-informed treatment in addition to assessments. Counseling appointments are scheduled daily. For more about trauma-informed treatment, or to schedule an appointment with a therapist, contact our Behavioral Health Department

Many insurance providers are accepted. Please talk with us if you're concerned about paying for services.

## Contact us

[www.cfsnwm.org/behavioralhealth](http://www.cfsnwm.org/behavioralhealth)  
[cfs@cfs3L.org](mailto:cfs@cfs3L.org)  
(231) 946-8975

## Mission

Our services support the safety and well-being of children, youth, adults, and families in times of crisis, challenge, and life transition.

