

HISTORY & OVERVIEW

We SAGE Health and Wellness has been servicing the community since 2010. We are a comprehensive group of clinicians offering a wide range of counseling and community support services. These include individual, group and family therapy, specialty workshops and community youth support (soon to come School Based services and psychiatric consultation). We SAGE Health and Wellness' commitment is to serve the community with the highest respect and professionalism while creating safe places for individual and family healing.

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WE C.A.R.E. PROGRAM



WE C.A.R.E. PROGRAM (COPE*ACCEPT*RESTORE*EMPOWER)

The We C.A.R.E. program is a counseling and support program for children and their families who have been affected by a traumatic event. The program provides services to children 4-15 of age who have experienced a traumatic event in the home, school, or community. The program utilizes a therapeutic intervention called Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) designed to help children, adolescents, and their parents overcome the impact of traumatic events. For example, it is designed to help with traumas related to sexual abuse, physical abuse, domestic violence, school violence and community violence, an unexpected death of a loved one, natural disasters and war.

The focus of treatment is to:

Assist the child or adolescent to develop coping strategies for traumatic stress reactions.

Reduce symptoms of depression, anxiety, or acting out behavior which are common in children exposed to trauma.

An important goal in treatment is to provide the child an opportunity to discuss details about the trauma in a supportive and nurturing environment.

WHAT ARE SOME WARNING SIGNS?

Children and adolescents who have been traumatized can develop an intense fear regarding any reminders of the traumatic event. This stressful state can cause the child to develop symptoms such as:

- Inability or unwillingness to recall trauma details
- Difficulty stopping thoughts about the trauma
- Emotional and physical numbing
- Recalling physical sensations that occurred during trauma
- Difficulty staying still or fidgeting
- Sleeping routine is disturbed
- Rapid changes in mood/moody or fearful
- Difficulty concentrating in school or during other activities
- May withdraw from friends and activities
- May have increased aggressive behavior and angry feelings
- Depression
- Anxiety
- Low self esteem
- Inability to trust others/worry about their safety
- Drug use
- Desire to hurt oneself or others

Exhibiting one or several of these symptoms or behaviors places the child at risk of having problems at school, of isolating themselves from others, of having conflicts or lack of communication with parents and peers. These symptoms or behaviors, if left untreated, may impede in the child's normal developmental process.

HOW CAN WE HELP?

The We SAGE Health and Wellness staff has experience working with children who have experienced a traumatic event and are trained to understand young children's needs. The We C.A.R.E. program can:

- Help children with worries
- Help children talk about their fears.
- Support parents/caregivers who are helping children cope with frightening events.
- Support children through group sessions (art therapy, meditation, yoga, etc.) The treatment typically lasts between 12 to 16 sessions. These sessions include:
 - Individual sessions for child or adolescent.
 - Individual sessions for parents.
- Conjoint sessions between parent and child or adolescent. Numerous studies have demonstrated that TF-CBT is more effective in helping children overcome trauma than other therapeutic interventions.