

TF-CBT + Active Engagement

WHY?

Using empirically validated engagement strategies results in increased treatment attendance and significantly increased completion rates

WHO?

- Intake staff, Evaluators, and Treating Clinicians
- The first phone call is critically important for engagement!

WHAT WORKS?

1. Brainstorming barriers (transportation, childcare, scheduling conflicts)
2. Establishing need for and benefits of mental health counseling
3. Reviewing prior treatment experiences, especially negative ones
4. Encouraging caregiver motivation for participation in treatment, e.g. including caregiver's primary concerns such as behavioral problems, declining grades in the treatment plan
5. Understanding any stigma the family has about accessing mental health services
6. Establishing a collaborative working relationship with the caregiver– consider the emotional impact of the traumatic event on the caregiver in addition to the caregiver's interactions with the child

OTHER CONSIDERATIONS?

1. Welcoming setting with appropriate seating
2. Atmosphere conveys children and parents are liked and respected – consider children's drawings, childlike wall hangings
3. Waiting room is secure and provides supervision for children when parents are being seen separately by therapist
4. Privacy and minimal interruptions and distractions are ensured
5. The same office is used each session, if possible, to provide consistency and predictability for families
6. The treatment setting is not overstimulating or distracting due to an overabundance of toys or other materials on display. Clinicians need access to these and can make them available as appropriate.

