

The Care Process Model for Pediatric Traumatic Stress (CPM-PTS)

What is the CPM-PTS?

The Care Process Model for Pediatric Traumatic Stress (CPM-PTS) is a brief screening and decision framework that helps identify symptoms, and connect children to supports they might need after a potentially traumatic experience. The CPM-PTS was developed by Pediatric Integrated Post-Trauma Services (PIPS) at the University of Utah, a Category II Center of the National Child Traumatic Stress Network (NCTSN).



Goals of the CPM-PTS are to:

- Engage with children and families on their healing
- Increase the child and caregiver's recognition of the child's trauma symptoms
- Determine immediate and next steps towards healing
- Prioritize safety and connection to trauma-specific evidence-based therapies

Here are some facts about the CPM-PTS and how it can help kids and families heal and recover.



The CPM-PTS is designed for use at the CAC with children aged 5-18 at the time of their forensic interview

Instead of waiting for a separate Evidence-Based Assessment administered in a therapy session—sometimes after sitting on long waitlists—kids with serious needs can be identified for service on their first visit to the CAC.



✓ What does the data show?

- **1 in 2 young people** who come to a CAC has significant traumatic stress symptoms
- Among 11-18 year-olds, **1 in 2 youth** has suicidal ideation, and **1 in 8** are at elevated risk for suicide



✓ The CPM-PTS helps meet NCA standards for accreditation and care

Plus, any member of your multidisciplinary team can be trained to do the Care Process Model, whether they're a clinician or not.

✓ The steps of the CPM-PTS are to:

- Have the young person or their caregiver complete a screening tool with 15 questions about the child's safety and symptoms.
- Then, use their responses to talk next steps and resources to make sure the child is safe from further harm, safe from self-harm, and has support and connection to trauma-specific evidence-based therapies to manage their trauma symptoms.
- Based on the child's symptoms, there are exercises that you can teach a child and family in the moment to make immediate impact.



With the Care Process Model, children and families can leave the CAC reassured of their next steps, knowing there is help and healing.

TO LEARN MORE ABOUT THE CPM-PTS:



 utahpips.org

 nationalchildrensalliance.org

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