



# CARE PROCESS MODEL FOR PEDIATRIC TRAUMATIC STRESS

Children's Advocacy Centers (CACs)

The Care Process Model for Pediatric Traumatic Stress (CPM-PTS) is a brief screening and response protocol guiding the identification of and response to trauma, suicidality, and traumatic stress in children seen at Children's Advocacy Centers (CACs)

**Pediatric Traumatic Stress Screening Tool**  
11 years and older

Sometimes violent or very scary or upsetting things happen. This could be something that happened to you or something you saw. It can include being badly hurt, someone doing something harmful to you or someone else, or a serious accident or serious illness.

Has something like this happened recently? ☐ Yes ☐ No

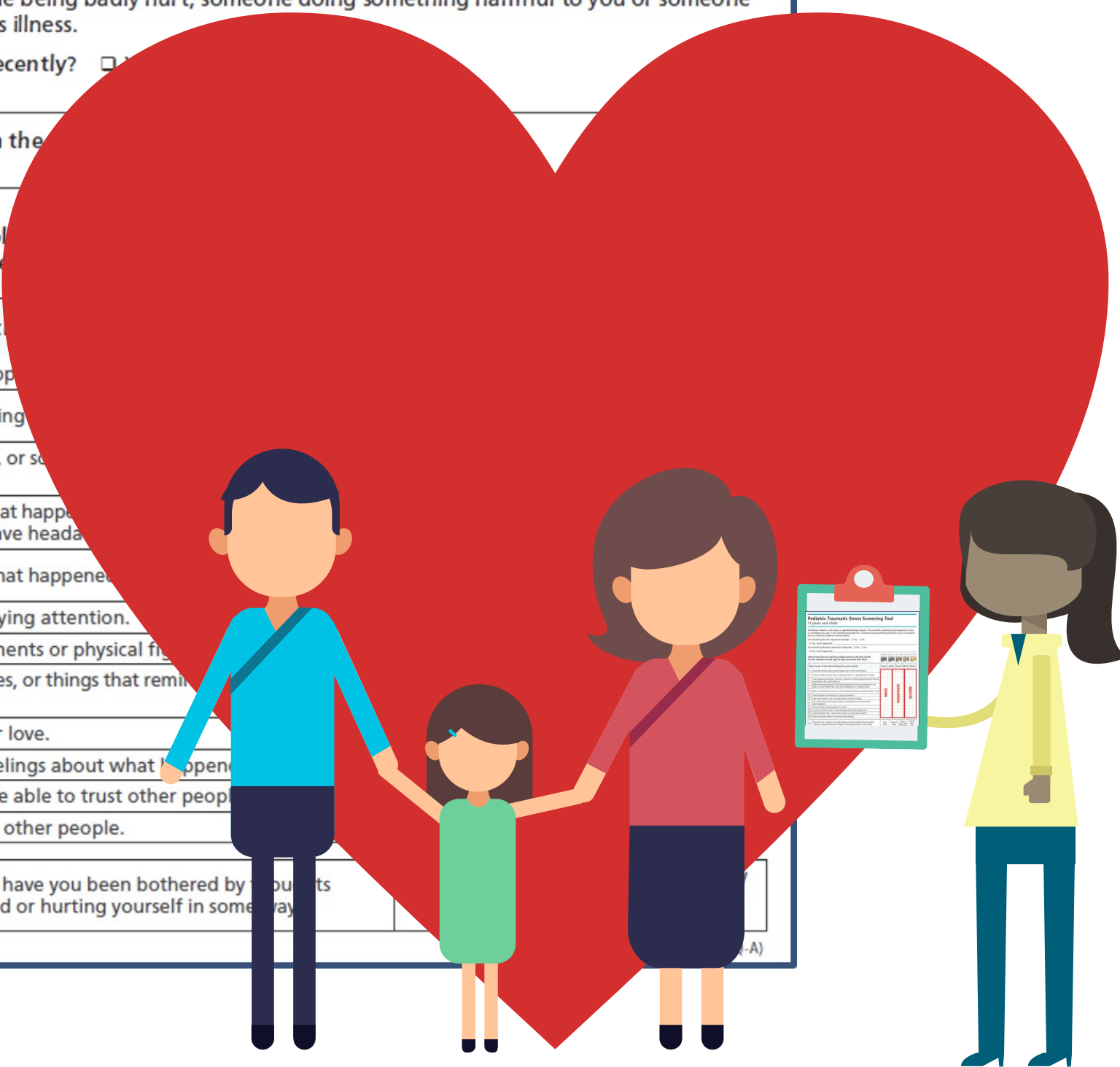
If 'Yes,' what happened? \_\_\_\_\_

Has something like this happened in the past? ☐ Yes ☐ No

If 'Yes,' what happened? \_\_\_\_\_

Select how often you had the problem. Use the calendars on the right to help you.

| How much of the time during the last 2 weeks | 1                                                                                                                                       | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|---|---|---|----|----|----|----|
| 1                                            | I have bad dreams about what happened.                                                                                                  |   |   |   |   |   |   |   |   |    |    |    |    |
| 2                                            | I have trouble going to sleep, waking up.                                                                                               |   |   |   |   |   |   |   |   |    |    |    |    |
| 3                                            | I have upsetting thoughts, pictures, or feelings in my mind when I don't want them to.                                                  |   |   |   |   |   |   |   |   |    |    |    |    |
| 4                                            | When something reminds me of what happened, my body, my heart beats fast, and I have headaches.                                         |   |   |   |   |   |   |   |   |    |    |    |    |
| 5                                            | When something reminds me of what happened, I feel nervous.                                                                             |   |   |   |   |   |   |   |   |    |    |    |    |
| 6                                            | I have trouble concentrating or paying attention.                                                                                       |   |   |   |   |   |   |   |   |    |    |    |    |
| 7                                            | I get upset easily or get into arguments or physical fights.                                                                            |   |   |   |   |   |   |   |   |    |    |    |    |
| 8                                            | I try to stay away from people, places, or things that remind me of what happened.                                                      |   |   |   |   |   |   |   |   |    |    |    |    |
| 9                                            | I have trouble feeling happiness or love.                                                                                               |   |   |   |   |   |   |   |   |    |    |    |    |
| 10                                           | I try not to think about or have feelings about what happened.                                                                          |   |   |   |   |   |   |   |   |    |    |    |    |
| 11                                           | I have thoughts like "I will never be able to trust other people."                                                                      |   |   |   |   |   |   |   |   |    |    |    |    |
| 12                                           | I feel alone even when I'm around other people.                                                                                         |   |   |   |   |   |   |   |   |    |    |    |    |
| 13                                           | *Over the last 2 weeks, how often have you been bothered by thoughts that you would be better off dead or hurting yourself in some way? |   |   |   |   |   |   |   |   |    |    |    |    |



## CHILDREN'S ADVOCACY CENTERS

16 CACs in UT (N=2,350)



8 out of 10 Endorse Trauma Exposure



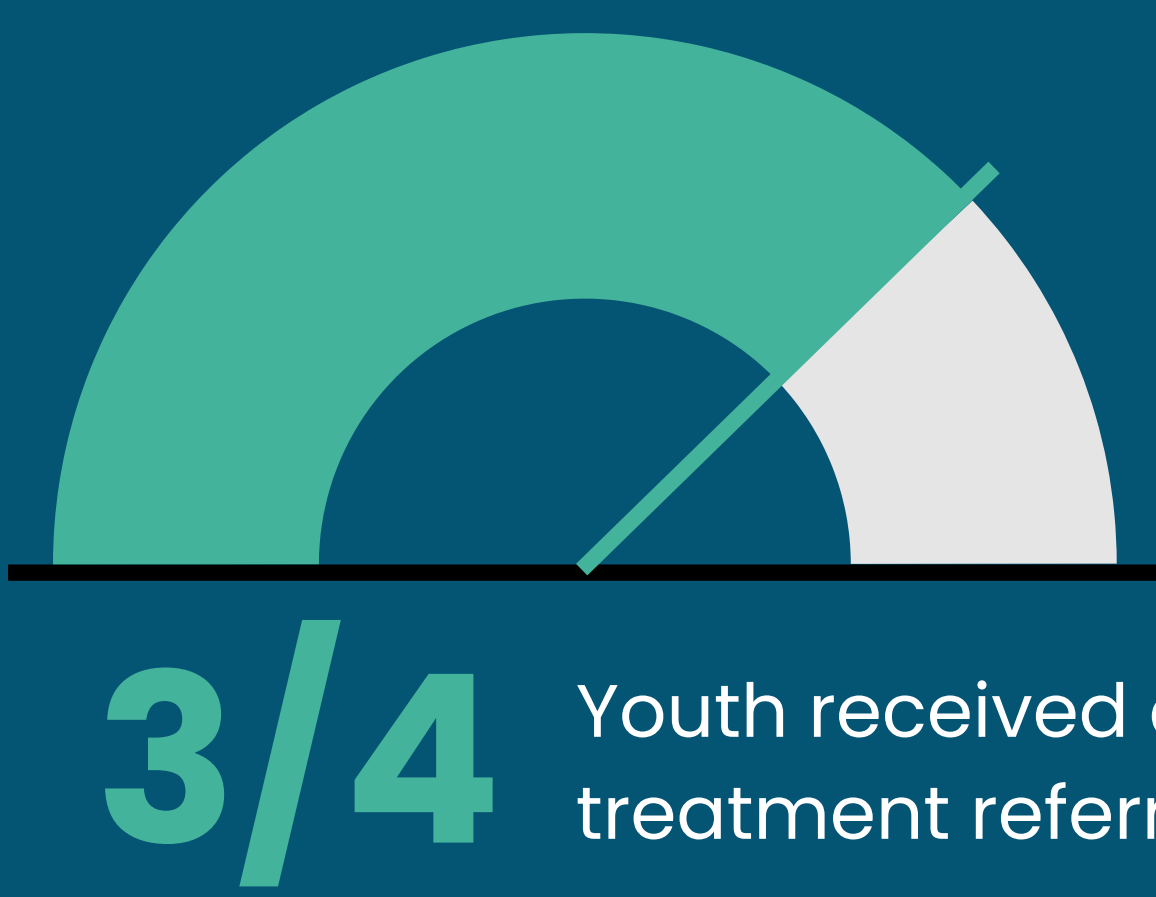
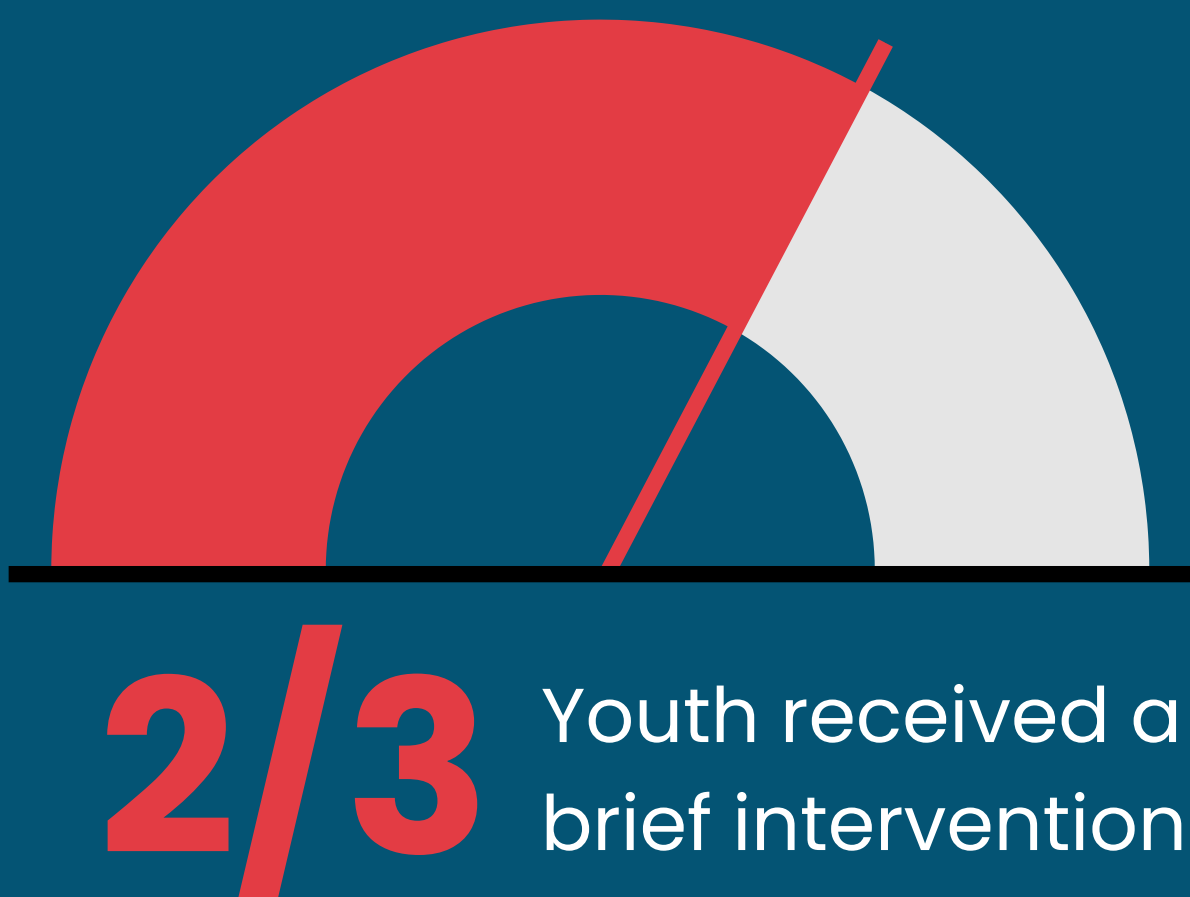
4 out of 10 Endorse Thoughts of Suicide or Self-Harm



5 out of 10 Endorse High Symptoms of Traumatic Stress

The CPM-PTS has identified patterns of trauma exposure, suicidality, and traumatic stress in children 5-18 years old at CACs at the time of their forensic interview and during follow up contacts

From CAC staff use of the CPM-PTS, children are learning skills and receiving treatment referrals at the time of their forensic interview



## CAC staff have shared positive feedback about the CPM-PTS

"We love the CPM and use it with almost every child that comes through our doors. It's been a practice changer in the best way possible."

"I feel like it has the potential to save lives."

"I think most families have embraced it, have been grateful to have used the tool, and to have a little glimpse inside of their child."

"Our multidisciplinary team has started asking questions like 'How did the victim score on PIPS?' and 'Is this kiddo in therapy?' That represents a shift in mindset that is pretty impressive."

"Our CJC views each and every CPM utilized in the center as a success. It allows us to further serve the victims and families in difficult times, even if the case isn't prosecuted they need resources and assessments."

Training and implementation support for the CPM-PTS are available. For more information, please see <https://learn.nationalchildrensalliance.org/care-process-model> and <https://utahpips.org/cpm/>