

Mental Health

Support Groups:

-Age appropriate workbooks with therapists' guide to go along with them:

1. Flip Flops: A Workbook for Children Who Have Been Sexually Abused (Ages 7-9)
2. Cartwheels: A Workbook for Children Who Have Been Sexually Abused (ages 10-13)
3. High Tops: A Workbook for Teens Who Have Been Sexually Abused (ages 14-17)

-These books are published by Jalice Publishers and the authors are Phyllis Spinal-Robinson, LCSW and Randi Easton Wickham, LCSW. Workbooks cost \$12.99 each and Therapists' Guides are \$4.99 each.

-PATHS (Promoting Alternative Thinking Skills): covers areas other than abuse; costs approximately \$700 for a set of manuals

-Paper Dolls and Paper Airplanes Book

-The CARE House of Oakland County Michigan CAC has developed their own support group materials; providing the same information in 3 learning styles in every lesson (activity, visual observation and listening) for every age group. This helps to make everyone-no matter what their learning style-will have opportunity to obtain information. The same topic of the night is taught to all groups, thus promoting discussion and implementation as everyone is in the same thought process. For questions contact Cindy Bridgman: cbridgman@carehouse.org

Mental Health Resources:

-National Center for Child Traumatic Stress at UCLA and Duke have good resources for CAC Directors on mental health issues for abused children at: www.NCTSN.org.

-2004 publications on spreading evidence based mental health treatment for abused children ([Kaufman report](#))

-2002 OVC [Guidelines on treating physical and sexual abuse](#)

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT):

-the National Crime Victims Research and Treatment Center at the Medical University of South Carolina offers a web-based, distance-learning course for Trauma Focused Cognitive Behavioral Therapy. TF-CBT is an evidence-based treatment for abused and traumatized children who have symptoms of post-traumatic stress. It was developed and tested in multiple clinical trials by Drs. Esther Deblinger, Judy Cohen and Anthony Mannarino. It is designed for busy mental health professionals and students who would like to learn this empirically supported treatment in a flexible, time-efficient, and cost effective manner. TF-CBTWeb teaches all of the components of TF-CBT and includes: concise descriptions of all TF-CBT procedures and techniques, streaming video demonstrations of all procedures, clinical scripts, homework suggestions for clients and families, cultural considerations, clinical challenges, many clinical resources.

Ten hours of continuing education are awarded upon completion of TF-CBT web and it is free of charge. It runs well on both PC and Macintosh computers and with most popular web browsers.

To register for TF-CBTWeb. For more information, contact: Benjamin E. Saunders, PhD,

Professor and Director, Family and Child Program National Crime Victims Research and Treatment Center Department of Psychiatry and Behavioral Sciences, Medical University of South Carolina, 165 Cannon Street, Box 250852, Charleston, SC 29425 or P: 843-792-2945. To register for TF-CBTWeb, go to www.musc.edu/tfcbt
-National Child Traumatic Stress Network has a “Tool Kit” for implementation for TF-CBT. Go to: www.nctsn.org
-Best Practices for Forensic Interviewing in NY, NY State Best Practices Forensic Interviews [click here](#)