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## **Metrocare Selected by SAMHSA to Combat Child Trauma**

**DALLAS** – The United States’ Substance Abuse and Mental Health Services Administration (SAMHSA) granted Metrocare \$1.7 million to implement an evidence-based trauma program for children and adolescents in Dallas County over the next five years. Metrocare is the only recipient in North Texas and one of five agencies across the entire State.

Targeting socially and economically marginalized communities, Metrocare will implement the Integrative Treatment for Complex Trauma (ITCT) program, a nationally recognized, evidence-based treatment approach that focuses on youth ages 5 to 18 and their families who have experienced multiple traumatization. Based on empirical evidence, providers at Metrocare are confident that this program will reduce symptoms of depression, anxiety, and post-traumatic stress in youth, increase environmental safety for program participants, enhance cognitive and emotional regulation capacities, and eliminate self-endangering behaviors.

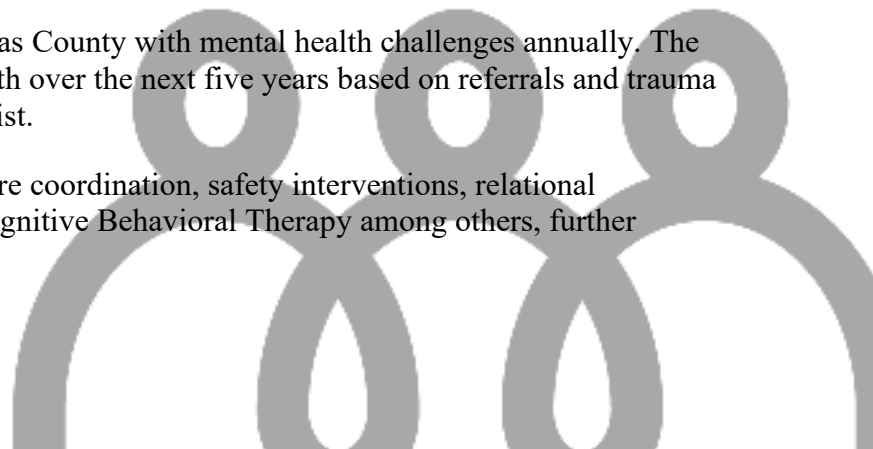
Of the 20,852 youth assessments completed by Metrocare during fiscal year 2020, 18 percent of youth indicated a trauma history with 18 percent of this sub-group reporting trauma causing them and/or their family moderate to severe problems.

*“Our children define our future, and they deserve the best possible outcome we can give,” says Metrocare’s Chief Executive Officer Dr. John W. Burruss. “I am proud to see Metrocare bring national best practices to Dallas and to continue focusing on child trauma as a mental health priority.”*

*“The ITCT program brings us one step closer to bridging the gaps of quality care and stopping the cycle of generational trauma. Now, our youth and families, regardless of socioeconomic status, will receive the comprehensive assessments and treatment recommendations typically only afforded to those with private insurance and the ability to pay thousands out of pocket,” says Metrocare’s Chief Clinical Officer Kelli Laos. “Zip code will no longer be a barrier to best-practice.”*

Metrocare serves nearly 10,000 children in Dallas County with mental health challenges annually. The ITCT program will target 600 unduplicated youth over the next five years based on referrals and trauma assessments completed by a licensed psychologist.

The ITCT Treatment services, which include care coordination, safety interventions, relational attachment processing, and Trauma Focused Cognitive Behavioral Therapy among others, further





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bolsters Metrocare's mission of being a leading trauma-informed agency. At every level, from caseworker and clinicians to the maintenance and administrative staff, Metrocare takes a trauma-informed approach to those served and those who serve.

SAMHSA awarded \$62.4 million in total grant funding nationally to combat child trauma as a part of the National Child Traumatic Stress Initiative (NCTSI), established by Congress in 2000 as part of the Children's Health Act. NCTSI's goal is to transform mental health care for children and adolescents affected by trauma throughout the country by improving the quality of community-based trauma treatment and services and increasing access to effective trauma-focused interventions. Read SAMHSA's announcement [here](#).

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### **About Metrocare Services**

Metrocare is the largest provider of behavioral health services in Dallas County, serving nearly 55,000 adults and children annually. For over 50 years, Metrocare has provided a broad array of services to people with mental health challenges and developmental disabilities from mental health care, primary care centers, services for veterans and their loved ones, accessible pharmacies, housing, and supportive social services. Alongside the clinical care, researchers and teachers from Metrocare's Altshuler Center for Education & Research lead the way in advancing innovative mental health research while training clinicians needed to expand the clinical workforce across the state. For more information, visit [metrocareservices.org](http://metrocareservices.org) or call 214-743-1200.

