

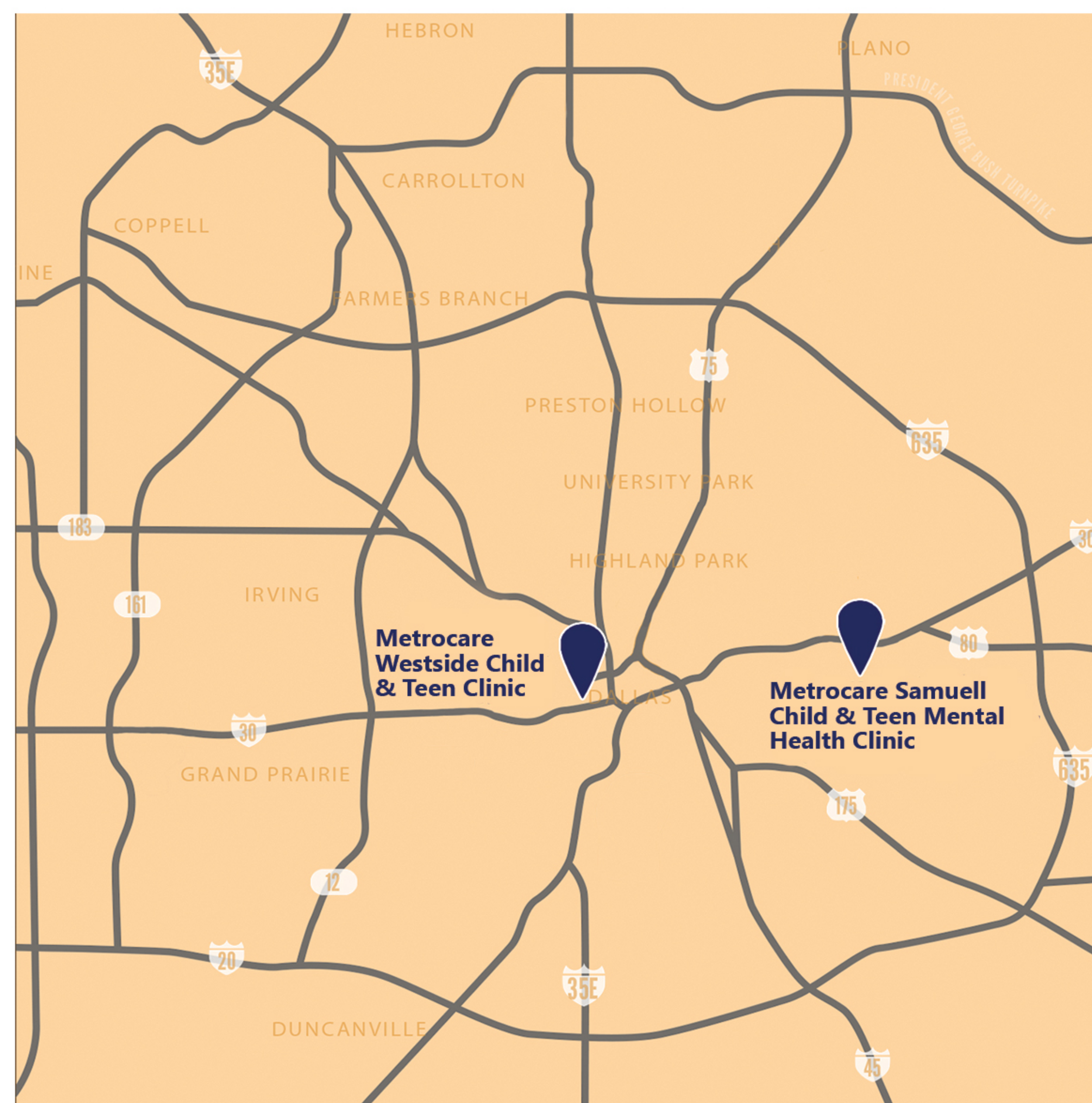


INTACT at Metrocare

The Integrative Treatment of Complex Trauma for Children and Adolescents (INTACT-C/A) at Metrocare is an “evidence-based model that integrates a variety of theoretical and clinical approaches to the treatment of complex trauma” in children, adolescents, and their families. Traumatic stress occurs when children and adolescents are exposed to multiple traumatic events, and this exposure overwhelms their ability to cope with what they have experienced. The model allows for in-depth assessments of a child’s needs in order to tailor individualized treatment plans to achieve the best possible outcome. As early intervention is critical to long term health, the target focus of this program is on youth ages 5 to 18.

We all have an internal alarm system to warn us of danger and prepare us to repond.

The world can **feel safe** again.



Metrocare Samuell Child & Teen Mental Health Clinic
4701 Samuell Blvd., Dallas,
TX 75228 | 972-861-5611



Metrocare Westside Child & Teen Clinic
1881 Sylvan Ave, Suite 200
Dallas, Texas 75208



metrocareservices.org

intact@metrocareservices.org



INTACT

**The Integrative Treatment of Complex Trauma
for Children & Adolescents**

metrocare.

What is Complex Trauma?

The term complex trauma describes both a youth's exposure to multiple traumatic events, such as physical, sexual, emotional abuse, neglect, witnessing domestic and community violence, etc. and the wide-ranging, long-term impact of this exposure. The exposure usually begins early in life and can disrupt many aspects of the youth's development and the youth's ability to form secure attachment bonds. Many aspects of a youth's healthy physical and mental development relies on a source of safety and stability.

Complex trauma can have devastating effects on a youth's physiology, emotions, ability to think, learn, and concentrate, impulse control, self-image, and relationships with others. Across the life span, complex trauma is linked to a wide range of problematic issues, including addiction, chronic physical conditions, depression and anxiety, self-harming behaviors, and other psychiatric disorders.

The INTACT Complex Trauma Program provides:

- Comprehensive Psychological Testing (Intellectual, Academic, Behavioral)
- Case Management and Care Coordination
- Safety Interventions including abuse reporting and suicidality and self-harm intervention
- Psycho-education
- Distress Reduction and Affect Regulation Training
- Cognitive and Emotional Processing
- Relational/Attachment Processing
- Trauma Focused Cognitive Behavioral Therapy (individual, family and group)
- Integrative Treatment of Complex Trauma for Children and Adolescents



Help, Hope & Healing

When a child or adolescent experiences something traumatic, family members and other adults may not be able to see the effects. However, the youth will feel the effects internally. Regardless of the level of severity of the trauma, when it is combined with other everyday stressors, the experience can feel overwhelming. Support with mental health becomes necessary.

There is nothing wrong with needing help. Everyone needs support from time to time. INTACT will help your child or teen address the internal pain or confusion. This creates a sense of hope for them. While adversity in life will never disappear, hope and healing are possible.



How to Refer a Youth to the INTACT Complex Trauma Program

Contact any of the 4 Metrocare Children & Adolescent Clinics listed below:

Metrocare Westside Child & Teen Clinic
1881 Sylvan Avenue, Suite 200
Dallas, Texas 75208
214-331-0107

Metrocare Samuell Child & Teen Mental Health Clinic
4701 Samuell Blvd, Dallas, Texas 75228
972-861-5611

Metrocare Grand Prairie Family Mental Health Clinic & Pharmacy
1020 S Carrier Pkwy, Grand Prairie, Texas 75051
214-330-2488

Metrocare Skillman Family Mental Health Clinic & Pharmacy
9708 Skillman St, Dallas, Texas 75243
214-221-5433

You can also reach out directly for additional information via the INTACT Complex Trauma referral email at:

intact@metrocareservices.org

This project was in part funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), US Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.