



THE NATIONAL INSTITUTE
FOR TRAUMA AND LOSS
IN CHILDREN



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**The National Institute for Trauma and Loss in Children receives
SAMHSA approval for SITCAP-ART program**

CLINTON TOWNSHIP, MI – The National Institute for Trauma and Loss in Children (TLC), a program of the Starr Institute for Training, received notice that the Substance Abuse and Mental Health Services Administration (SAMSHA) officially approves of its SITCAP-ART program as an evidence-based program.

This designation allows for TLC's SITCAP-ART to be listed on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) website. The NREPP registry allows the public to explore a searchable database of more than 180 interventions and is SAMSHA's way of improving access to tested interventions for practical applications.

“The SAMHSA approval confirms what we know about this program, which is that it really works and we have the outcomes to prove such,” said Caelan Kuban, Director of TLC. “This is the most prestigious governing body there is, giving this program the highest level of recognition for evidence-based practices.”

SITCAP-ART, Trauma Intervention Program for Adjudicated and At-Risk Youth, by William Steele and Jacqueline Jacobs, is a program for traumatized adolescents 13-18 years old who are on probation for delinquent acts. These youth, who are court-ordered to attend the program, are at-risk for problems including dropping out of school, substance abuse, and mental health issues. SITCAP-ART is intended to reduce their symptoms of posttraumatic stress disorder and other mental health-related responses to traumatic experiences.

The approach is grounded in understanding that trauma is a sensory experience; traumatic memories are experienced at a sensory level and must be reactivated in a safe environment in order to be moderated and tolerated with a sense of power and feeling of safety. The program provides structured activities for externalizing these traumatic memories in concrete and narrative forms. Discussions about the traumatic experience, along with sensory-based activities such as drawing, imagery, and relaxation, enable the adolescent to create language (called a trauma narrative) for his or her experience. Cognitive reframing strategies are then used to improve resiliency and help the adolescent begin to manage and make sense of the traumatic experience.

“Being on the NREPP website allows agencies and schools to search for our intervention and apply for grants to assist in purchasing the program,” Kuban said.

The National Institute for Trauma and Loss in Children (TLC) works to achieve its mission to bring out the best in every traumatized child by creating environments where children can flourish.

Founded in 1990 by William Steele, PsyD, MSW, with the goal of closing the gap between needed and available resources for trauma professionals, TLC now offers professionals trauma education, including TLC Training and Certification as a Trauma and Loss Specialist, Consultant, and Consultant Supervisor. Since 1995, more than 6,000 professionals have been certified.

Recently, TLC became a program of Starr Commonwealth, an international leader in transformational programs for children, families, schools and communities since 1913. This move provides TLC with additional resources to develop new courses and programs for trauma professionals.

Starr Commonwealth is internationally recognized as a leader in transformational programs for children, families, schools and communities. Founded in 1913, Starr's treatment philosophy is rooted in seeing something good in every child, which serves as the guiding principle in its strength-based approach. Starr offers a full spectrum of community-based early intervention and prevention services along with specialized residential programs. Through the Starr Institute of Training, parents, clinicians, educators and childcare professionals now have access to Starr's highly successful and innovative techniques aimed at bringing out the best in every child.

For more information about TLC, visit www.starrtraining.org/tlc or call 877-306-5256.