

**Administration and South County Office
School Partnership Program (SPP)**

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St. Louis, MO 63126-1528
Ph: 314-544-3800 or
1-800-652-8055

North City

4516 North Market
St. Louis, MO 63113-2601
Ph: 314-535-0017

**Language Access
Metro Project (LAMP)**

8050 Watson Road, Ste 340
St. Louis, MO 63119
Ph: 314-842-0062

Northwest Office

1385 Harkee Drive
Florissant, MO 63031
Ph: 314-831-1533

O'Fallon Office

311 South Main, Ste 100
O'Fallon, MO 63366
Ph: 636-281-1990

Troy Office

#140 Professional Parkway
Troy, MO 63379-2823
Ph: 636-281-1990

Union Office

102 East Springfield, Ste 202
Union, MO 63084-1363
Ph: 636-583-1800

West County Office

498 Woods Mill Road
Manchester, MO 63011-4144
Ph: 636-391-9966



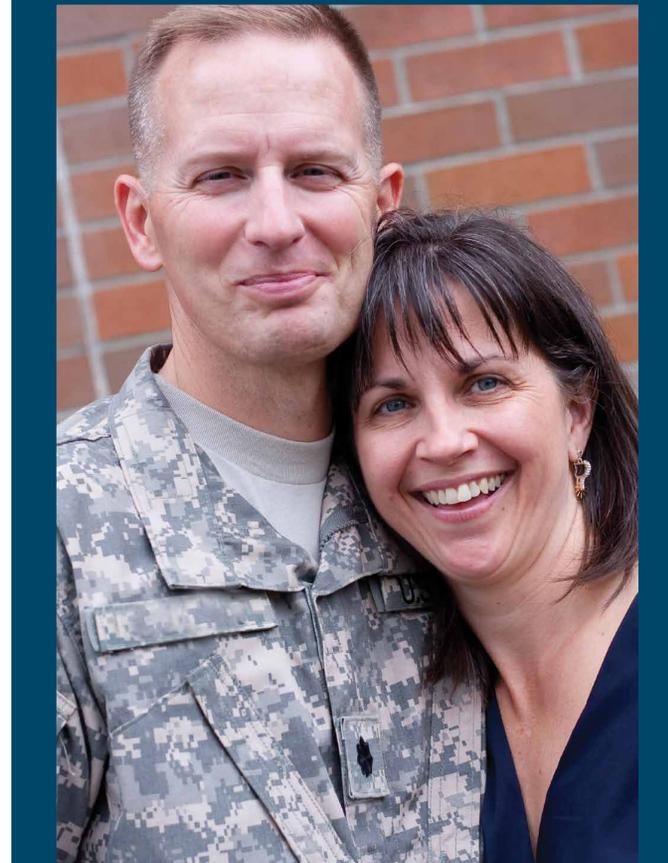
Catholic Family Services

Funding and Member logos:



Old Newsboys Day

QUALITY — ACCOUNTABILITY



HOPE — INTEGRITY

Our Mission

Jesus Christ teaches us to respect and value the dignity of each person. In keeping with His teachings, the mission of Catholic Family Services is to improve the quality of life and well-being of the individuals and families in our community.

Connect with Catholic Family Services!



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TRAUMA FOCUSED-COGNITIVE BEHAVIORAL THERAPY (TF-CBT)

Catholic Family Services, through the generosity of the St. Louis County Children's Services Board, is partnering with the Missouri Academy for Child Trauma Studies (MoACTS) at the University of Missouri-St. Louis to provide Trauma Focused Cognitive Behavioral Therapy in our County Offices. We are expanding our therapists clinical expertise through a Learning Collaborative focused on training our therapists in the adoption and implementation of Trauma Focused Cognitive Behavioral Therapy (TF-CBT). This enables our therapists to appropriately and professionally serve and improve outcomes for traumatized children and families in St. Louis County.

CFS therapists are specifically trained to provide initial screening for the various types of trauma and symptoms experienced by children. They are trained to provide evidenced based treatment based on an understanding of the impact of trauma on child development and family systems and to effect improvement in trauma-related systems.

TREATMENT OF MILITARY PERSONNEL AND THEIR FAMILIES

- Together, Operation Iraqi Freedom and Operation Enduring Freedom represent the longest running active Military effort conducted by U.S. Armed Forces.
- Over 1.5 million Service Members have served in Iraq and Afghanistan, and nearly half of them have experienced multiple deployments.
- We know that psychological issues rise significantly among those with repeated deployments
- Over half of all active duty Service Members have family responsibilities such as a spouse, children or other dependents.
- Extended and indefinite separations, increased workloads on Family Members and recurring deployments in combat zones contribute to increased likelihood of stress and emotional issues among Family Members.
- Children in these situations often experience higher levels of anxiety and a higher risk of depression than their nonmilitary peers. Military children often have a harder time focusing at school.

Therapists from Catholic Family Services cooperation with Army One Source have participated in special training designed to increase their awareness of the culture in which Veterans and their Families live and work. The training provided best practices for identifying, assessing, and treating mental health issues resulting from the trauma of war.

CFS therapists have learned strategies for establishing and maintaining a therapeutic alliance with Combat Veterans and their Families through understanding Military structure and culture, and the combat experience. They are informed in the current knowledge of trauma and PTSD and how it is unique to Military personnel.

Catholic Family Services Professionals provide care that addresses the unique clinical aspects and medical needs of Service Members and their families

If you or someone you know is experiencing:

- **Stress or anxiety**
- **Sleeplessness**
- **Irritability or anger**
- **Lack of motivation or interest**
- **Feelings of isolation**
- **Drug or alcohol dependence**
- **Other troubling behavior**

These may be outward signs of post-traumatic stress, depression, or other health issues related to mobilization deployment and redeployment.

Talk with one of our licensed mental health professionals so you can

LIVE THE LIFE YOU DESERVE

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