

TRAINING OPPORTUNITIES AVAILABLE!!

I-CARE: Integrated Care for Adolescents Struggling with Traumatic Stress and Substance Abuse - The Trauma Systems Therapy Approach

Program Description:

I-CARE is a community-based program designed to enhance adolescents' capacity to regulate emotional and behavioral responses to social environmental stressors. This integrated approach includes strategies from empirically supported treatment programs for traumatic stress as well as substance abuse problems, and is adapted from the Trauma Systems Therapy (TST) approach (Saxe, Ellis, & Brown, 2015). TST focuses on increasing environmental stability and emotional/behavioral regulation. Each adolescent family's specific needs are addressed with a flexible treatment approach using modules that include home - and community-based care, psychopharmacology, services advocacy, emotional regulation skills training, trauma processing, and meaning making skills training. The program has been developed for use in both outpatient and residential settings.

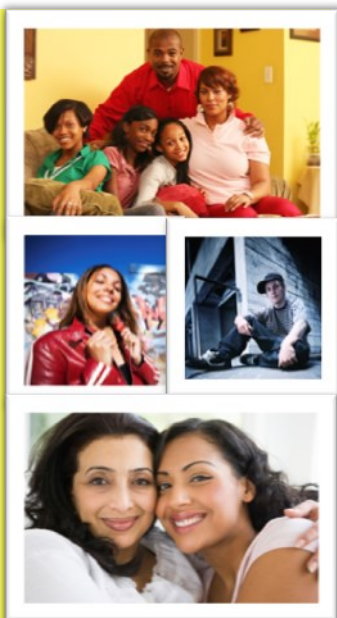
Target Population:

I-CARE is designed for 13-17 year olds who are having difficulties regulating emotions resulting from traumatic experiences and environmental stress and who are also having problems with substance abuse.

Training and Program Materials:

All of the TST interventions used in I-CARE have been adapted for use with adolescents. Program materials developed specifically for I-CARE include an adolescent and parent workbook that illustrate points covered in treatment and provide opportunities for in-session and home practice and self evaluation. Facilitator guides for individual, family, and group sessions are included.

If you are interested in learning more about I-CARE and/or participating in the upcoming training opportunities, contact Liza Suarez (lsuarez@psych.uic.edu/312-413-4628).



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