Kids-TALK therapists treat children and their families in both outpatient and in-home settings. It is not necessary that your child has been through a forensic interview to qualify for the services.

Therapeutic services are for any child who has been affected by trauma.

**Outpatient Therapy Services**

Our outpatient program is funded through the Victims of Crime Act federal grant which ensures that all youth who have experienced any trauma receive counseling services without a cost to the family. The therapist will meet once per week with the child and family, at either our Southgate or Detroit location.

**Home-Based Therapy Services**

Our home-based program requirements include a history of trauma and meeting the funding criteria for the Detroit Wayne County Community Mental Health A (DWCCMA). Our therapists will work with your child and family twice per week in the home until the child and family are stabilized, whereupon the child will be able to transition to our outpatient program.

**How do I contact a Kids-TALK therapist to begin treatment?**

For counseling services call 734-785-7700 x7683. For general information call 313-833-2970.

Kids-TALK is a program of The Guidance Center. We have two convenient locations which offer services for you and your family.

<table>
<thead>
<tr>
<th>Southgate Kids-TALK</th>
<th>Detroit Kids-TALK</th>
</tr>
</thead>
<tbody>
<tr>
<td>13101 Allen Road</td>
<td>40 E. Ferry Street</td>
</tr>
<tr>
<td>Building 400</td>
<td>Detroit, MI 48202</td>
</tr>
<tr>
<td>Southgate, MI 48195</td>
<td></td>
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</tbody>
</table>

**Kids-TALK**

Children's Advocacy Center

**Child & Family Counseling Services**
What you can expect at your first session and beyond

Your therapist will meet with you and your child for an initial intake, a session where information is gathered on your child and family. Through this initial intake, a treatment plan is created and used in all future sessions.

With you and your child’s input, the treatment plan is a list of goals to accomplish or behaviors and beliefs that are not helpful and may need changing. Your therapist is here to help facilitate the change you and your child feel is necessary.

When do I know it’s time to end therapy?

You and your therapist will be in communication along with your child. Communication encompasses discussions on the progress of the treatment plan and each goal, the decrease in negative behaviors in the home and community, and the increase of positive behaviors and communication. Your therapist will discuss a series of 3-4 Termination Sessions, during which you will review the skills learned including coping, communication and creative self expression, along with referrals for supportive services.

If you need your therapist’s services at anytime in the future, you may call the Kids-TALK number and indicate your request for continued services. Your Kids-TALK therapist may refer you to more appropriate services, you may return for sessions, or both. The Kids-TALK program should be a continued resource for you and your child’s therapeutic needs.

Therapy

Your therapist will utilize a host of evidence-based practices, which means treatment that has been evaluated and tested to be successful in the treatment of trauma with children and adolescents.

Play Therapy

If your child is young, play therapy may be a term you hear often. It means that through the use of play a child may creatively express their emotions and their perception of the traumatic event. Play therapy may take the form of puppets, dolls, play dough, puzzles, use of doll houses and other forms of play to create a safe environment for which your child can safely express their thoughts and feelings on how they experienced the traumatic event.

Art Therapy

Art Therapy is another therapeutic practice which allows for the youth to creatively express their feelings and perception on the traumatic event. Expressive Art Therapy can be in the form of drawing, poetry writing, creative writing, journaling, dance, music, painting and other artistic mediums.

Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)

The treatment involves individual sessions with the child and parent (or caregiver) separately, and joint sessions with the child and parent together. Each individual session is designed to build the therapeutic relationship while providing education, skills, and a safe environment in which to address and process traumatic memories. Joint parent-child sessions are designed to help parents and children practice and use the skills they learned, while also fostering more effective parent-child communication about the abuse and related issues.

Outreach and prevention services

The prevention of child abuse and neglect in Wayne County requires a collaborative community response. Kids-TALK provides various outreach and prevention programs and activities to the community, including, but not limited to: trainings, presentations, workshops, and other fun events. These activities are aimed to engage the community in the awareness of child maltreatment and to encourage citizens to become agents of social and political change on the behalf of children. As a survivor of abuse or neglect, or the family member of a survivor, you may choose to participate in these events to aid with the healing process. Additional supportive services for survivors and their families may include non-offending caregiver support groups, survivor support groups, and mentoring groups.