



CENTER FOR **PEDIATRIC TRAUMATIC STRESS**





HELPING HEALTHCARE WORKERS AND PATIENTS FOR 20 YEARS

We are excited and honored to present highlights of the first 20 years of CPTS. In this report, you will learn about key milestones across two decades, the tools we've produced and integrated into our toolbox website (HealthCareToolbox.org), how we train and teach providers, and how we've partnered with families and organizations. Our work has reached world-wide and we are proud to have helped so many patients, families and providers cope with trauma.

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THE CENTER FOR PEDIATRIC TRAUMATIC STRESS

The Center for Pediatric Traumatic Stress (CPTS; www.HealthCareToolbox.org) has provided national leadership on medical traumatic stress and trauma-informed pediatric care since 2002.

CPTS is part of the National Child Traumatic Stress Network (NCTSN), and brings together a unique multi-disciplinary team headquartered at three institutions: Children's Hospital of Philadelphia, Nemours Children's Health, and University of Kentucky HealthCare. We work closely with family advocates and frontline healthcare providers around the United States and internationally.

Our mission is to reduce pediatric medical traumatic stress by promoting trauma-informed healthcare. **We reach healthcare providers and systems** - disseminating evidence-based practices and screening tools and training providers to recognize and address traumatic stress in children.

We provide resources for pediatric patients and their families in English and Spanish.

Read on to discover how CPTS has addressed health-related trauma in the lives of children and families as we look back on 20 years of promoting trauma-informed healthcare and look forward to the future.

KEY MILESTONES: CENTER FOR PEDIATRIC TRAUMATIC STRESS

Center for Pediatric Traumatic Stress is founded at the Children's Hospital of Philadelphia and joins NCTSN.

2002

CPTS launches library of tipsheets and workbooks to help children and parents understand and cope with health-related traumatic stress

2004

Launch of **AfterTheInjury.org** website for parents.
CPTS creates Spanish-language child and parent tipsheets

2008

CPTS publishes library of interactive online courses and free continuing education for nurses and other healthcare providers

2011

CPTS expands to Nemours Children's Health (Delaware)
CPTS establishes National Family Advisory Committee

2013

Launch of Psychosocial Assessment Tool's website: **PsychosocialAssessmentTool.org**, making PAT more easily available internationally

Milestone CPTS Publication: "Standards for Psychosocial Care of Children with Cancer and Their Families". CPTS staff played key role in systematic reviews and development of Standards

2015

CPTS expands to University of Kentucky
CPTS establishes National Nursing Advisory Committee

2018

New and improved **HealthCareToolbox.org** website with expanded content and features

2021

2003

CPTS leads NCTSN Medical Trauma Workgroup in developing the first Pediatric Medical Traumatic Stress Hospital Toolkit for Healthcare Providers

2006

Milestone CPTS Publication: "Integrative Model of Pediatric Medical Traumatic Stress"

2009

Launch of **HealthCareToolbox.org** website providing easy access to information and tools for trauma-informed pediatric care for healthcare systems and families nationally

2012

CPTS patient and family resources translated / adapted into Spanish

2014

Milestone CPTS Publication: Childress Summit of the Pediatric Trauma Society report cites CPTS and HealthCareToolbox.org as resources for addressing psychological stress in injured children

2016

Milestone CPTS Publication: "Updated Integrated Trajectory Model of Pediatric Medical Traumatic Stress"

2020

CPTS responds to COVID-19 pandemic with timely parent & provider resources in multiple languages
CPTS received the Compassionate Champion Award from the state of Delaware for its support of trauma-informed services

MEET THE CPTS TEAM

Our multi-disciplinary team includes psychology, social work, medicine, nursing, and public health professionals. We include our national advisory committees of family members and nurses as key voices in everything we do.

CO-DIRECTORS & CO-FOUNDERS



Nancy Kassam-Adams, PhD (Left)
Anne E. Kazak, PhD, ABPP (Right)



ASSOCIATE DIRECTOR

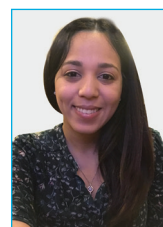


Meghan L. Marsac, PhD

PROGRAM COORDINATORS



Caitlin Axtmayer, LSW, MPH (Left)
Gabriela Vega, MS (Right)



MULTI-DISCIPLINARY TEAM

- Dana Berger, MPH
- Kimberly Canter, PhD
- Joel Fein, MD, MPH
- Leila Graham, BA
- Annie Marcinko, MSN
- Katherine Okonak, MSW
- Julia Price, PhD
- Michele Scialla, MSN

NATIONAL FAMILY ADVISORY COMMITTEE

- Jen Aspengren, Founder and CEO, Alongside Network
- Sue Badeau, Parent, Author, Speaker, National Director of Training, Justice for Families
- Darlene Barkman, MA, Family Advisor
- Katie Holcomb, Communications & PMTS Program Manager, Ryan's Case for Smiles
- Richard James, Conquering CHD, Fontan Outcomes Network, Medical Librarian, Nemours Children's Health
- Mary Anne Meskis, Executive Director, Dravet Syndrome Foundation
- Francis Muzio, LCSW
- Victoria Sardi-Brown, Ph.D., LPC, President and Co-Founder, Mattie Miracle Cancer Foundation
- Dominique Viel, Founder and Executive Director, InvisiYouth Charity

NATIONAL NURSING ADVISORY COMMITTEE

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- Mary Ann Zimmer RN, MSN, CPN, Assistant Clinical Professor Drexel University, College of Nursing and Health Professions

REDUCING MEDICAL TRAUMATIC STRESS & PROMOTING TRAUMA-INFORMED HEALTHCARE

CPTS WORKS WITH HEALTHCARE PROVIDERS AND HEALTHCARE SYSTEMS

To promote trauma-informed pediatric care, CPTS engages directly with healthcare providers and organizations nationwide to raise awareness and change practice. We create and disseminate online resources, provide virtual and in-person training, provide consultation to healthcare teams, and partner with national provider organizations.



HEALTHCARE TOOLBOX

| HealthCareToolbox.org |

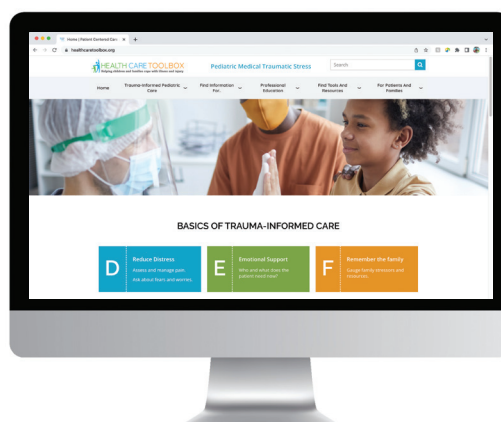
Our HealthCare Toolbox is an easy resource for trauma-informed pediatric care tools and training for patients and providers, alike.

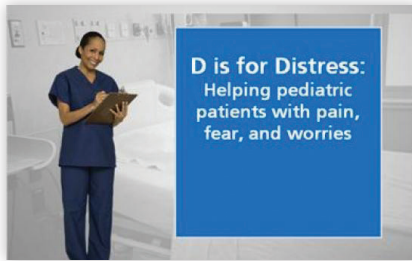
HealthCareToolbox.org is a comprehensive online resource for health care providers, providing information and downloadable tools to enable medical trauma screening, assessment and intervention, as well as provider self-care information and an extensive set of downloadable patient education materials. **In the last five years, more than 320,000 professionals** have used the website.

BEFORE RE-LAUNCH



AFTER RE-LAUNCH





ONLINE RESOURCES FOR PROVIDERS

TRAINING PROVIDERS TO RECOGNIZE AND ADDRESS TRAUMATIC STRESS IN CHILDREN

CPTS has trained over 21,000 health and mental health providers in trauma-informed care.

Our HealthCareToolbox website offers a library of engaging interactive online training programs for nurses and other providers - with free continuing education (CE) credits. About 1000 healthcare providers each year complete our online courses in trauma-informed pediatric care.

CPTS also trains providers to deliver the Surviving Cancer Competently Intervention Program (SCCIP). The SCCIP intervention is evidence-based, integrating cognitive behavioral and family therapy approaches to reduce symptoms of traumatic stress in patients and family members. SCCIP for adolescent survivors of cancer and their families is listed in the National Registry of Evidence-Based Practices. SCCIP-ND is for caregivers of children newly diagnosed or in treatment with cancer. To increase access, an internet-based version, eSCCIP, was developed in English and Spanish.

DISSEMINATING EVIDENCE-BASED PRACTICES AND TOOLS

CPTS develops and disseminates tools and resources that enable trauma-informed and trauma-sensitive pediatric medical care, with a particular focus on children in hospital settings.

Our tools provide an easy-to-understand framework. They provide concise feedback about psychosocial needs to help busy healthcare providers teams deliver trauma informed care. For example, CPTS offers brief assessment tools that can be implemented within a child's (often short) hospital admission or outpatient visits by the multi-disciplinary healthcare team.

Selected tools and resources for trauma-informed care, screening, and assessment are highlighted in the following pages.

TRAUMA-INFORMED CARE TOOLS FOR ASSESSMENT AND SCREENING

Healthcare Providers' Guide to Traumatic Stress in Ill or Injured Children <small>...AFTER THE ABCs, CONSIDER THE DEFS</small>	
D	DISTRESS <ul style="list-style-type: none"> • Assess and manage pain. • Ask about fears and worries. • Consider grief and loss.
E	EMOTIONAL SUPPORT <ul style="list-style-type: none"> • Who and what does the patient need now? • Barriers to mobilizing existing supports?
F	FAMILY <ul style="list-style-type: none"> • Assess parents' or siblings' and others' distress. • Gauge family stressors and resources. • Address other needs (beyond medical).

D-E-F Framework

The D-E-F framework helps healthcare providers learn, remember, and implement key aspects of trauma-informed pediatric healthcare: Distress (pain, fear, worries), Emotional support for their pediatric patient, and Family needs and strengths. D-E-F framework is grounded in research evidence on risk and protective factors for medical traumatic stress.



TRAUMA-INFORMED CARE PROVIDER SURVEY

| HealthCareToolbox.org/TIC-Provider-Survey |

Trauma-Informed Care Provider Survey (TIC Provider Survey) is designed to assess knowledge, opinions, and practices relevant to trauma-informed healthcare amongst healthcare providers caring for children. CPTS also offers a version for providers caring for adult patients or providers working with patients of any age.

"Just as care of the visible wounds has advanced, so too has care of the less evident stress exhibited by the patients and their families impacted by trauma. From recognition of the benefit of family presence in the resuscitation rooms, to a greater focus on managing the acute forms of stress, to true trauma-informed care, [CPTS] has pioneered the way. But the work is far from over."

— Michael L. Nance, MD, *Templeton Professor of Surgery, Director, Pediatric Trauma Program at Children's Hospital of Philadelphia, President, Pediatric Trauma Society*



PSYCHOSOCIAL ASSESSMENT TOOL

| HealthCareToolbox.org/PAT |

The Psychosocial Assessment Tool (PAT) is a brief caregiver-report screener of family psychosocial risk in pediatric health, validated in English and Spanish. Using a social ecological framework, PAT allows for identification of a family's areas of risk and resiliency across multiple domains (e.g., family structure and resources, family problems, social support, child problems, acute stress, sibling problems), and provides an overall score for level of risk. Over 16,000 families, at more than 350 healthcare institutions have been screened with the PAT.

ACUTE STRESS CHECKLIST FOR CHILDREN

| HealthCareToolbox.org/ASC-Kids |

The Acute Stress Checklist for Children (ASC-Kids) is a brief, self-report measure of acute traumatic stress reactions in children and adolescents aged 8 to 17 who have experienced a potentially traumatic event. Full-length (29 item, taking 5-10 minutes to complete) and brief (3 or 6 item, taking 1-2 minutes to complete) screener versions are available and validated in both English and Spanish.

PARTNERING WITH NATIONAL ORGANIZATIONS

In addition to our collaborative work as part of the National Child Traumatic Stress Network, CPTS partners with many national health and mental health professional organizations to facilitate training, policy, and practice changes.



PARTNERING WITH FAMILIES

CPTS values the voices of children and families to inform all of our work. We partner with numerous family-led organizations to create and share resources that meet the needs of families facing a range of medical conditions and treatment experiences. We reach children and families facing illness, injury, and medical treatment experiences through easily accessible online resources – more than 15,000 parent tipsheets and workbooks have been downloaded. CPTS also provides information and referral services to help connect families to knowledgeable resources in their region. Selected tools for families are highlighted below.



AFTER THE INJURY

| AfterTheInjury.org |

The After The Injury website is an evidence-based comprehensive resource that helps parents help their children after injury. Its information and interactive guidance have been shown to increase parent knowledge and confidence in assisting child recovery. In the last five years, nearly 200,000 parents have visited the site.



CELLIE COPING KIT

| HealthCareToolbox.org/Cellie |

The Cellie Coping Kits support parents or other caregivers in helping their ill or injured child (and siblings) manage the medical experience. This evidence-based coping tool is designed to increase positive coping strategies utilizing evidence-based, cognitive-behavioral strategies for a range of challenges such as medical procedures, treatment and recovery, treatment side effects, and challenges related to school and peers.

RESPONDING TO THE PANDEMIC

COVID-19 COPING TOOLS

[| HealthCareToolbox.org/Covid19 |](https://HealthCareToolbox.org/Covid19)

When the COVID-19 pandemic hit the US in early 2020, CPTS was quick to respond. Building on our expertise in trauma-informed responses, and our years of experience in creating accessible resources, in the first months of the pandemic the Center launched several new resources and made these accessible to providers and families across the US (and beyond).

TIPSHEETS FOR PARENTS ON COPING WITH COVID

Accessible guidance (in English, Spanish, and Brazilian Portuguese) for parents whose children with existing health conditions were facing the new challenges of the COVID-19 pandemic.



COVID-19 EXPOSURE AND FAMILY IMPACT SCALES

[| HealthCareToolbox.org/CEFIS |](https://HealthCareToolbox.org/CEFIS)

The COVID-19 Exposure and Family Impact Scales (CEFIS) assess family members' exposure to potentially traumatic aspects of the COVID-19 pandemic, and how much they perceive these exposures as challenging or beneficial. CEFIS is available for children (parent-report) and adolescents / young adults (AYA – self-report) in both English and Spanish. In the first two years of the pandemic, 12,000 families in 180 healthcare institutions were screened with the CEFIS.



TOOLKIT FOR EMOTIONAL COPING FOR HEALTHCARE STAFF

[| HealthCareToolbox.org/TECHS |](https://HealthCareToolbox.org/TECHS)

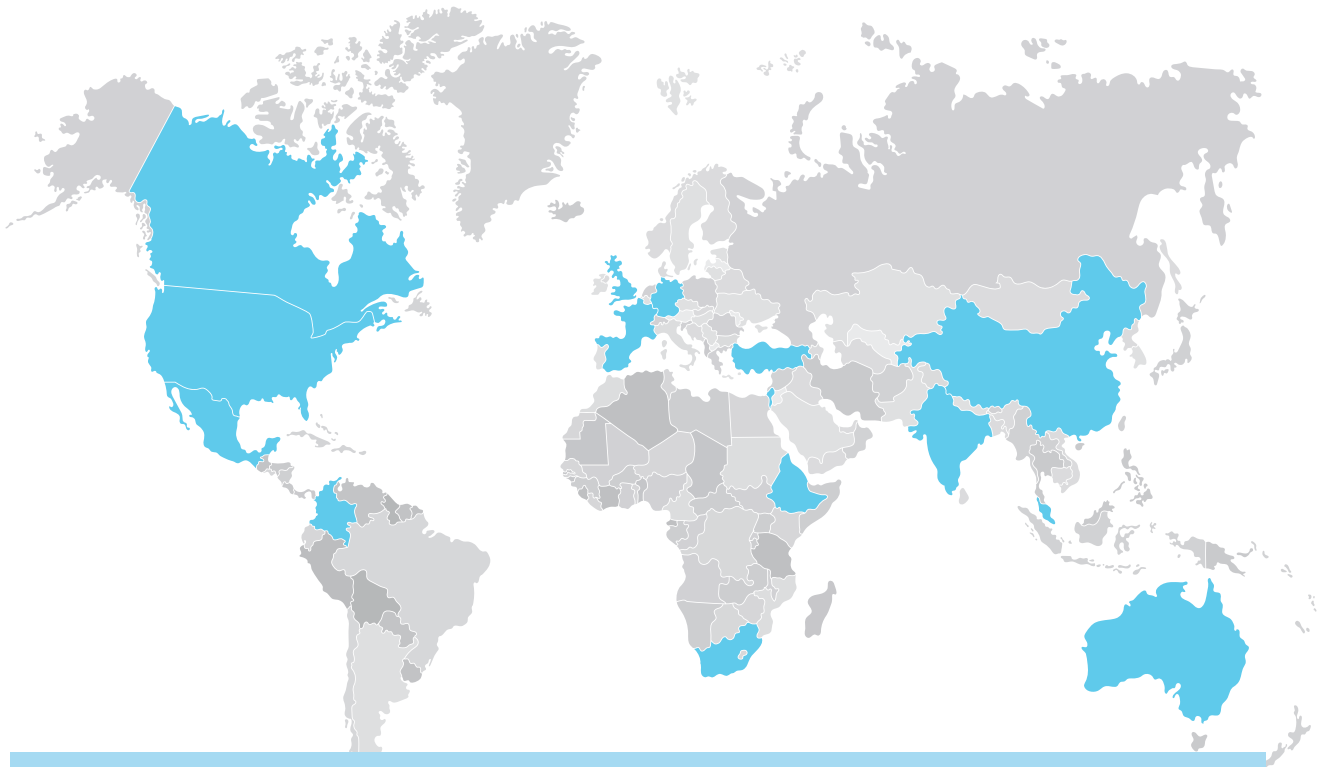
Frontline healthcare staff face unprecedented stressors in the continuing COVID-19 pandemic. The Toolkit for Emotional Coping for Healthcare Staff (TECHS) is a set of concrete, easy-to-use tools and coping skills (in English, Spanish, and Japanese). The freely accessible TECHS webinar, presented in partnership with the International Society for Traumatic Stress Studies, provides practical tips for supporting colleagues; it can be viewed by groups or individuals as a basis for working through the tools on their own. In the first two years of the pandemic, nearly 5000 professionals viewed the TECHS webinar.



THE REACH OF OUR WORK

OUR TOOLS HELPING PROVIDERS AND PATIENTS ACROSS THE GLOBE

CPTS tools such as the ASC-Kids, CEFIS, PAT, and TIC Provider Survey are used world-wide and we've tracked and mapped the wide reach of these resources.



"My work on the nurse advisory committee with CPTS allows me one more avenue to be an advocate for the rare disease community. As a nurse, and the mom of a child with epidermolysis bullosa, I find myself in a unique position, with the academic training to put words to the many traumas experienced by our kids... and the lived experience to share a perspective on the trauma (and beauty) of living rare, that most clinicians couldn't possibly understand. In short, it is a gift to have a 'seat at the table' with CPTS, and for that I will be forever grateful."

– Rebecca Bodan, *Healthcare Provider and Parent*



PARTNERING WITH FAMILY-LED ORGANIZATIONS

CPTS partners with many family-led organizations to facilitate awareness of medical traumatic stress and co-create tools and resources that speak to the needs of pediatric patients and their family members. Over our 20-year history, we have worked with organizations focusing on childhood cancer, serious illness, rare diseases, chronic illness, and many others.

Current members of our National Family Advisory Committee represent a range of patient- and family-led advocacy organizations, including: Case for Smiles, Mattie Miracle Foundation, InvisiYouth, Dravet Syndrome Foundation, CHD Delaware, and Alongside Network.



Conquering CHD



Dravet Syndrome
Foundation





VOICES OF FAMILY AND HEALTHCARE PROVIDERS

"This assists in recognizing when I am being affected by trauma."

– Provider, Recipient of TIC training

"Over time, the principles of trauma-informed care have become embedded in the everyday approach to families by all members of our teams and have truly impacted the experiences of our patients and families."

– Anne Reilly, Medical Director at Children's Hospital of Philadelphia Cancer Center

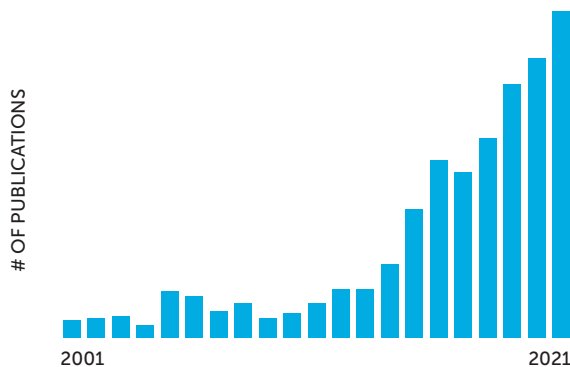
"I have had the fortunate opportunity to sit on the CPTS advisory committee and have been amazed by the breadth of important and timely work that this organization has accomplished. I am impressed by diverse experiences that the committee members bring to the cause."

– Kristine Welsh, Provider

"My role as an advisory member has helped me to continue to broaden my own level of knowledge and understanding of trauma. As a parent of a cancer survivor, I have used the tools/strategies shared by CPTS to help my family navigate this journey."

– Darlene Barkman, MA, Parent

**Publications on "Pediatric Medical Traumatic Stress"
Over 20 Years (Source: PubMed)**



PUBLICATIONS

The past 20 years have seen an enormous surge of research and publication about pediatric medical traumatic stress and trauma-informed care. Our CPTS team is at the forefront of scholarship in this area, providing national thought-leadership and impacting policy and practice.

SELECTED KEY PUBLICATIONS FROM THE CPTS TEAM

2006: Pediatric Psychosocial Preventative Health Model (PPPHM): Research, practice, and collaboration in pediatric family systems medicine - Kazak, A. in *Families, Systems, & Health*, 24(4), 381–395.

2006: An integrative model of pediatric medical traumatic stress - Kazak, A., Kassam-Adams, N., Schneider, S., Zelikovsky, N., Alderfer, M., & Rourke, M. in *Journal of Pediatric Psychology*, 44, 343-355.

2015: Nurses' views and current practice of trauma-informed pediatric nursing care - Kassam-Adams, N., Rzucidlo, S., Campbell, M., Good, G., Bonifacio, E., Slouf, K., Schneider, S., McKenna, C., Hanson, C., & Grather, D. in *Journal of Pediatric Nursing*, 30, 478-484.

2016: Implementing a trauma-informed approach in pediatric health care networks - Marsac, M., Kassam-Adams, N., Hildenbrand, A., Nicholls, E., Winston, F., & Leff, S. in *JAMA Pediatrics* 170(1), 70-77.

2016: Systematic review: A reevaluation and update of the Integrative (Trajectory) Model of Pediatric Medical Traumatic Stress - Price, J., Kassam-Adams, N., Alderfer, M., Christofferson, J., & Kazak, A. in *Journal of Pediatric Psychology*, 41, 86-97.

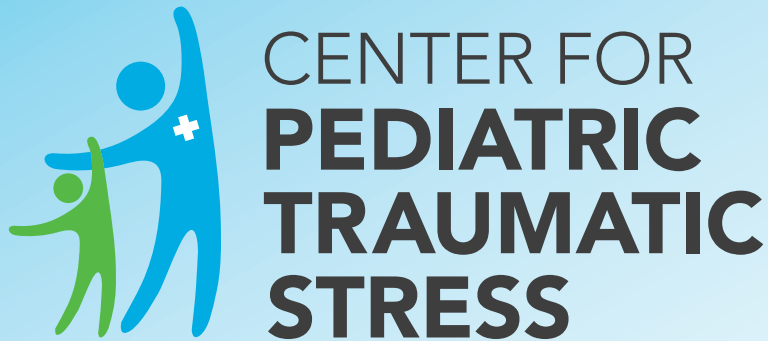
2018: Delivery of care consistent with the psychosocial standards in pediatric cancer: Current practices in the United States - Scialla, M.A., Canter, K.S., Chen, F.F., Kolb, E.A., Sandler, E., Wiener, L., & Kazak, A. in *Pediatric Blood & Cancer*, 65(3), e26869.

2019: eSCCIP: A psychosocial ehealth intervention for parents of children with cancer. - Canter K.S., Deatrick J.A., Hilgart M.M., Myers J., Vega, G., Ritterband L.M., & Kazak, A. in *Clinical Practice in Pediatric Psychology*, 7(1):44

2021: Matched emotional supports in health care (MESH) framework: A stepped care model for health care workers - Price, J., Becker-Haimes, E. M., & Benjamin Wolk, C. in *Families, Systems, & Health*, 39(3), 493.

"Medical professionals need trauma-informed support across many domains of the services they deliver....This program is my go-to program for considerations in this area."

– Lisa Amaya-Jackson, MD, MPH, Co-Director,
UCLA-Duke National Center for Child Traumatic Stress



LOOKING TO THE FUTURE

Over the past two decades, CPTS has become the go-to resource for evidence-based information and tools to help healthcare teams implement trauma-informed pediatric care. As CPTS celebrates 20 years, we continue to expand our reach and develop new resources. We are committed to addressing health inequities and to reaching a broad range of patients, families, and healthcare providers. Initiatives currently underway include expanding our partnerships with the pediatric rare disease community and with medical interpreters, collaborating with nursing school faculty to expand teaching of trauma-informed care, developing new online tools to teach trauma-informed interventions, and consulting with healthcare teams to improve and evaluate their trauma-informed practices. **In all that we do, we are honored and grateful to partner with patients and families and with the frontline healthcare providers who make trauma-informed care a reality every day.**

If you have any questions about CPTS, please contact: CPTS@chop.edu.

OUR PARTNERS

