

## **Trauma Focused Services in Cabarrus County**

Trauma Focused Therapy (TFT) uses a range of techniques to help the child or teen cope with the difficult feelings experienced by a trauma. The principals are exposure, cognitive restructuring and coping skills for emotional and physical adjustment to their experiences.

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**Alexander Youth Network** AYN offers the following Evidence-Based Treatments in Cabarrus County: Eye Movement Desensitization and Reprocessing (EMDR), Multi-systemic Therapy, Multisystemic Therapy – Problem Sexual Behavior, Neurosequential Model of Therapeutics (NMT), and Trauma-Focused Cognitive Behavior Therapy.

Available services include: Day Treatment Services (Carl A. Furr Day Treatment – Carl A. Furr Elementary School, 2725 Clover Road NW, Concord, NC 28027, Phone: 704.788.4300), Multi-Systemic Therapy, Multi-systemic Therapy for Problem Sexual Behavior (MST-PSB), Therapeutic Foster Care, and Psychiatric Residential Treatment Facility services (facility located in Charlotte, NC).

Contact: Intake Department, 855.362.8470, [intake@alexanderyouthnetwork.org](mailto:intake@alexanderyouthnetwork.org)

5855 Executive Center Drive, Suite 111, Charlotte, NC 28212 | Phone: 704.537.1202

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**Amazing Grace Advocacy** "Individualized Family Service" (case management) provided to families in Cabarrus County that have a child that has been exposed to trauma (ages 3-21). This is a fee based service (has a cap to not exceed \$125.00 per month); it is not billed to any insurance or Medicaid so it is open to all families. Navigation assistance is provided to families through the following domains: Therapeutic, Psychiatric, Medical, Educational, Recreational, Family/Sibling support, Parent Self Care and long term transition planning. Triple P is included with the service as well.

Contact: Contact: Gwen Bartley 980-229-3423, [connect@amazgraceadvocacy.com](mailto:connect@amazgraceadvocacy.com)

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**Carolina Counseling Inc.** Carolina Counseling provides services for children and adolescents who have experienced trauma through services including outpatient therapy, EMDR, play therapy, and group therapy. [www.carolinacounseling.vpweb.com](http://www.carolinacounseling.vpweb.com)

Contact: 704-721-0000, 900 Copperfield Blvd., Concord, NC 28027

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**Creative Counseling and Learning Solutions** Trauma informed and focused therapies are provided through the following services: Parent Child Interaction (PCIT), Play therapy, Family Therapy Activity-based therapy, Horse-assisted therapy, Art Therapy, Trauma-Focused CBT, EMDR, Desensitization and more.

We have 20 therapists on staff with various certifications to enhance the therapy options we can provide.

Contact: [www.creativecounselingandlearningsolutions.com](http://www.creativecounselingandlearningsolutions.com), Appointment request available on website, [laura@creativecounselingandlearningsolutions.com](mailto:laura@creativecounselingandlearningsolutions.com), 704-422-5964

Serving children, teens and adults. Hours: 8:00am-5:00pm



**Monarch** Monarch is a trauma-informed agency and provides training on a trauma-informed approach to every employee. Additionally, we employ the LEC-5 questionnaire in all of our outpatient offices as part of our Comprehensive Clinical Assessment protocol and for each unscheduled walk-in.

We can serve Cabarrus County residents at any of the following Monarch locations:

Stanly County, 350 Pee Dee Ave., Ste. A, Albemarle, NC 28001, (866) 272-7826

Davidson County, 820 Grimes Blvd., Lexington, NC 27293, (866) 272-7826

Trauma-Focused CBT services offered – ages 6-18, Trauma-Informed Comprehensive Clinical Assessments – ages 4-18, and Trauma rostered clinicians: Sarah O'Horo-Nash & Amy Dellinger

Mecklenburg County, 5700 Executive Center Dr., Suite 110, Charlotte, NC 28212, (866) 272-7826

Hours of operation: Monday –Thursday 8 a.m.-6 p.m. and Friday 8 a.m. - 5 p.m.

The last Open Access walk-in will be taken at 3 p.m. each day and 1 p.m. on Fridays

**SECU Youth Crisis Center**, a Monarch Program, 1810 Back Creek Road, Charlotte, NC 28213, (844) 263-0050

The SECU Youth Crisis Center provides access to timely, age-appropriate, inpatient mental health care for children and adolescents, ages 6-17, both during a time of mental health crisis and beyond.

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**Nazareth Child and Family Connection** Nazareth Child and Family Connection provides Trauma Focused Level II Residential Services, Trauma Focused Cognitive Behavioral Therapy and Assessments, Substance Abuse Treatment, and the Focus program. The Focus Program uses the Sanctuary Model and is designed for children who have been removed from family and placed in the state's care for an indefinite period of time. These children are likely to have been removed from their homes as a result of emotional, physical or sexual abuse or neglect. These children have experienced some form of trauma. The Sanctuary Model recognizes that "hurt people hurt people" and that therefore, creating and sustaining a just environment is vital to everyone's safety and well-being.

Contact: Nazareth Child & Family Connection, 704-787-8966, Fax 704-960-441, Concord Office, 936 Copperfield Blvd. NE, Concord, NC 28025

Concord Office Hours: Thursday and Friday: 9:00am to 5:00pm

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**RHA Health Services** RHA has one I/H Team that has a Team Leader (Brandi Stone) currently being rostered for TFCBT and an OPT/Program Manager (Victoria Spencer) who is being rostered in TFCBT as well.

Contact: Intake Department, RHA, 219 Le Phillips Court, Concord, N.C. 28056, 704-721-5551

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**Turning Point Family Services** All agency services have basic trauma informed training for staff. Agency provides outpatient therapy with therapists certified in Trauma Focused Cognitive Behavioral Treatment, CPT, EMDR, DBT, Seeking Safety, Triple P, and Parent Child Interaction Therapy. All are trauma focused and/or informed EBP modalities.

-Residential program staff are trainers for Resource Parent Curriculum, a trauma informed curriculum. All Therapeutic Foster Care and Intensive Alternative Family Treatment parents are getting trained in this model.

Contact: 1000 Copperfield Blvd Suite 112, Concord, NC 28025, 980-781-5346