

Of Southern Arizona

**Press Release
For Immediate Release**

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JFCS Provides Trauma Related Expertise for Children

Southern Arizona's only Child & Adolescent Traumatic Stress Service (CATSS) Center, a program of Jewish Family & Children's Service of Southern Arizona (JFCS), is currently hosting the Western Collaboration Meeting of the National Child Traumatic Stress Network. The meeting, held February 22 & 23, brings together trauma specialists from around the Western US to increase knowledge and awareness as related to traumatic events, particularly to children.

When events such as sudden or unexpected death occur among children, the after effects can be devastating. A \$1,600,000.00 grant from the Department of Health and Human Services Substance Abuse and Mental Health Services Administration created a community treatment and service center that expands access to trauma services for children and adolescents ages 3 to 18 and their families in Tucson and Pima County.

Particularly important, CATSS provides a specially trained trauma team to respond to traumatic events around the community. "CATSS responds directly to the needs of children who are exposed to trauma", stated CATSS Program Director Barbra Quade. "This center fills an important local need, broadening our definition of trauma to include interpersonal & environmental trauma." Traumatic events that happen throughout our community are often witnessed by children or occur to children; CATSS is expertly trained to address these complex issues. According to Ms. Quade, there are a number of techniques that you can use to help a child who has witnessed or experienced a traumatic event:

- Talk to your child. Talking will not make it worse.
- Help your child express emotions. All feelings are ok.

- Help your child name their feelings. For example, Does that make you feel sad? That makes me feel sad.
- Find ways to help your child relax such as a warm bath, slow breathing or a back massage.

The **CATSS** center is located at 1200 N. El Dorado Place, Bldg. A Suite 100 & 130. For additional information about CATSS or trauma-counseling, please contact Barbra Quade at 886-5111 x 429. For more information on how to prevent child abuse, please visit: www.nccanch.acf.hhs.gov.

Since 1941, JFCS has been providing a variety of social services to the community; serving people of all races, religions and ethnic origins. JFCS programs include Counseling & Support Services, Services for Older and Disabled Persons, Home Services, Refugee Services, and Community and Volunteer Services. JFCS also operates the Tucson Loan Chest and provides continuing education classes for people working in human services.

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For more media-related information or to set up an interview, please call Barbra Quade at 520-906-1275.