

Counseling services



Specialized trauma-focused mental health services are offered to the child and family to help them cope with the trauma and to assist them through the healing process. The Children's Advocacy Centers (CACs) believe that child victims of sexual and physical abuse need comprehensive evaluation and treatment, and that these vital specialized services should be accessible regardless of ability to pay. Our mental health services provide assessment and treatment for children and families affected by trauma. The therapist can also provide resources and information.

Making a referral

Caregivers, team members, and other referral agencies are welcome to call your local CAC to make a referral. Appointments will be made for the earliest opening for an intake. Please be prepared to provide demographic information of the child, caregivers and reason for the referral as well as insurance information. Reimbursement for services is accessed through third-party payers, grants, and crime victim's compensation funds. Families are never billed for services. For the safety of the families that we see, convicted and adjudicated sex offenders may be allowed at the CAC after case consultation to determine the appropriateness of their presence.

What counseling services are available?

The CACs utilize evidence-based mental health therapies including Trauma Focused Cognitive Behavioral Therapy along with a variety of expressive techniques (i.e. play, art, yoga) to create a safe, supportive treatment environment. All steps of the therapy process will be thoroughly discussed with the child, the caregiver, and the person making the referral. Once a referral is made, the therapist will set-up an initial meeting with the caregiver, at which time the caregiver will sign consent for services, client rights, and release of information forms as well as provide an in-depth history. Children under the age of 12 should not come to the first session.



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What is therapy?

Therapy is a unique opportunity to meet with a trained professional who will help you establish goals for treatment and develop ways for achieving those goals. For children who are coming to therapy with a history of physical or sexual abuse, this process also uses research-based treatment that has been proven to be effective in coping with trauma. Occasionally, a child may leave a session feeling temporarily worse before realizing the full healing effect. Therap