

PIMA COUNTY JUVENILE COURT CENTER

EVIDENCE-BASED SERVICES SUBCOMMITTEE

Assumptions Behind How We Determine Whether Trauma-Specific Treatment Is Evidence Based

1. This Committee is not going to define trauma. We will accept the definitions provided by the National Child Traumatic Stress Network (NCTSN), the American Psychological Association, and SAMHSA, all of which share similar definitions of what trauma is.
2. A client's presenting problem(s) often masks the underlying trauma. According to SAMHSA: "Research has shown that traumatic experiences are associated with both behavioral health and chronic physical health conditions, especially those traumatic events that occur during childhood. Substance use (such as smoking, excessive alcohol use, and taking drugs), mental health conditions (such as depression, anxiety, or PTSD), and other risky behaviors (such as self-injury and risky sexual encounters) have been linked with traumatic experiences."
3. We are looking at trauma-specific treatment rather than trauma-informed care. It is the expectation that all agencies are trauma-informed, including the Court.
4. Trauma is being professionally and clinically assessed using valid and reliable screening tools and assessments. Therefore, we are not focusing on how trauma is determined.
5. 100% of children, and many adults, in child welfare have exposure to abuse, neglect, and/or abandonment, all of which could be potentially considered traumatic in a child's life.
6. A clinician who is qualified to provide trauma-specific treatment should either be an independently licensed mental health professional with a specialty in the treatment of trauma (LCSW, LPC, LMFT, licensed psychologist), or a mental health professional under the supervision of an independently licensed mental health professional.

Decision-Making Process

This Committee reviewed trauma-specific treatment that was listed as evidence-based on multiple clearinghouses. We also considered promising treatment that had at least one peer-reviewed quantitative study and one peer-reviewed case study.