

We Believe...

- ✚ People who have experienced psychological trauma are not “sick” or “mentally ill.” Rather, their symptoms reflect the body’s natural response to threat. Through education, consistent support, and trauma-specific, strengths-based interventions, our clients can learn how to keep themselves safe, recognize their *triggers* (traumatic reminders), find protection from future victimization, and heal from trauma.
- ✚ Parents and caregivers are their children’s greatest teachers. We directly involve them and educate them throughout the treatment process.
- ✚ Providers need to work together to help coordinate all resources clients are receiving, reduce duplication of services, and promote positive communication among all parties. This process increases the efficiency of the treatment provided.
- ✚ With assistance from today’s technology, we maximize the amount of time devoted to client care, case management services, and effective treatment.

Referrals

To make a referral for mental health counseling or parenting support services, please visit our website: **mvtraumaservices.com** and click on the *Make a Referral for Therapy* link on the home page or the *Parenting Support Services* tab on the home page menu.

We currently accept the following insurances:

- Absolute Total Care (Medicaid)
- First Choice by Select Health
- Medicaid Fee-For-Service

We also offer a private pay option for clients who do not have insurance.

We can arrange both short and long-term contracts with other agencies for any of our services, including consultation and training. Please contact Executive Director Dianne Corbin at 843-400-3040 for more information.



Merrimack Valley Trauma Services

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mvtraumaservices.com

Our Mission

Merrimack Valley Trauma Services provides exceptional mental health services, consultation, evaluation, and training services for and on behalf of children, adolescents, adults, and families who have been impacted by psychological trauma.



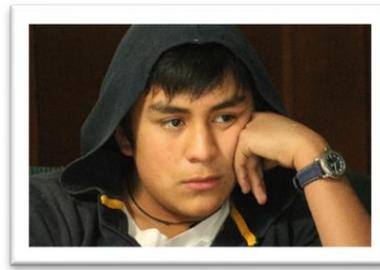
What is Trauma?

Psychological trauma can occur when a person, of any age, witnesses or experiences an event, or events, that involve death or serious injury or threat (perceived or actual) to oneself or someone else. Traumatic events include:

- Physical, emotional, and/or sexual abuse,
- A child witnessing domestic violence within their home,
- Rape and sexual assault,
- A soldier in combat,
- Natural disasters (floods, fire, hurricane, etc.),
- A child being removed from their home and placed in foster care,
- Multiple foster care placements,

- Gang or community violence,
- Substance abuse by a parent or family member, and
- The death of someone close.

Because the memory of the trauma becomes “imprinted” within the brain, people suffering from the aftereffects of trauma become automatically on guard against perceived or actual danger. And so they fail to notice or integrate new information from the present that tells them the danger is over. The person begins to experience symptoms, which often impact their mood, behavior, personal and social relationships, and physical health. Trauma may impact a child’s overall development, and, if left untreated, symptoms may carry into adulthood.



Counseling Services

MVTS offers trauma-focused counseling for children three years and older, adolescents, adults, and families, using the most effective, evidenced-based treatment approaches:

- Alternatives for Families, A Cognitive Behavioral Therapy (AF-CBT)

- Attachment, Self-Regulation, and Competence (ARC) model
- Child-Parent Psychotherapy (CPP)
- Cognitive-Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Directive Play Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Other mind/body strategies

Please see “Types of Therapy Offered” flier for additional information.

Parenting Supports

We believe parents and caregivers are the most important sources of comfort, safety, and guidance in their children’s lives. Because we recognize that when one member of a family experiences trauma the entire family is affected, we have developed specific programs to support caregivers, so they are better equipped to guide their family through the healing process. These programs include:

- **Parenting support and education groups** using the “Nurturing Families Affected by Substance Abuse, Mental Illness, and Trauma” curriculum,
- The **Safe Kids-Healthy Families Program** for caregivers of children who have experienced sexual abuse, and
- **One-on-one coaching sessions** for parents who have their own trauma histories.

Please see “Parenting Support Services” brochure for additional information.