



# Center for Children and Families

Mental Health Services for Children and Adolescents

**FIU**

Center for  
Children and Families

FLORIDA INTERNATIONAL UNIVERSITY



Helping thousands of children and families every year



<https://ccf.fiu.edu/>

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# Expertise in a wide range of common concerns

- ADHD
- Anxiety and fears
- Conduct and behavioral problems
- Family stress and parenting support
- Mood problems and depression
- Problems with academics and social skills
- Trauma





# Variety of Services and Opportunities





# The Incredible Years

Raising kids is one of the toughest and most rewarding jobs in the world - and the one for which you might feel the least prepared.

**The Incredible Years®** is a FREE 12-week evidence-based program providing interactive, skill-based support for parents and caregivers of children with behavioral issues. We will help you navigate tough challenges and provide you with effective strategies to promote positive changes. The program is now offered via telehealth and includes key parenting strategies for remote learning.



<https://ccf.fiu.edu/research/the-incredible-years>

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# ATLAS Project

The **ATLAS Project** provides **free** substance use prevention counseling for adolescents (ages 12-16) with ADHD. It is part of a study that aims to find the best way to support youth with ADHD as they navigate some of the common challenges of adolescents and also to prevent problems with alcohol and other drugs.

**Telehealth options available.**



<https://ccf.fiu.edu/research/atlas-project>

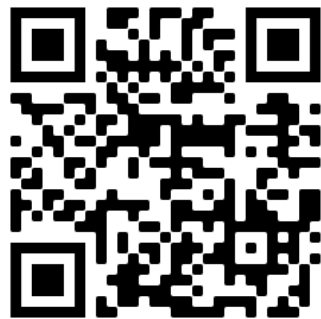




# Parent Club

The Center for Children and Families has partnered with [The Children's Trust](#) to offer **free, online** workshops on raising children (0-12 years old) to be successful, healthy and happy. Our goal is to share information and advice based on the latest research.

Online workshops are available in English, Spanish and Creole.



<https://ccf.fiu.edu/families/parent-club>





# Summer Treatment Program

Nationally acclaimed, our Summer Treatment Program is an eight-week comprehensive summer camp program for children ages 6-12 with ADHD and related behavioral, emotional and learning challenges.

The program also encourages parent involvement with weekly parent training sessions to develop the skills needed to change their child's behavior at home and assist in their progress and success.

Due to the generous support of the Children's Trust, we are able to offer scholarships to families on a sliding scale based on family size/income.

We plan to run an in-person program during Summer 2021!



<https://ccf.fiu.edu/summer-programs/summer-treatment-program>

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# Trauma-Informed Screening and Treatment Program

**Free** evidence-based treatment program where youth (ages 3-17) learn healthy ways of coping with their feelings, while caregivers learn stress management, parenting and behavior management skills, and communication skills. As a result, caregivers are better able to manage their own emotional distress and support their child more effectively.

**Telehealth** and **in-person** options available.



[https://ccf.fiu.edu/research/\\_assets/tfcbt\\_flyer\\_caregiversproviders-31.pdf](https://ccf.fiu.edu/research/_assets/tfcbt_flyer_caregiversproviders-31.pdf)

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# TEENS Hope

Evidence-based intervention targeting **youth displaying unipolar depression and/or anxiety symptoms** in a group format.

**Services offered on a sliding scale, via telehealth.**

For more information, call 305-348-0477.



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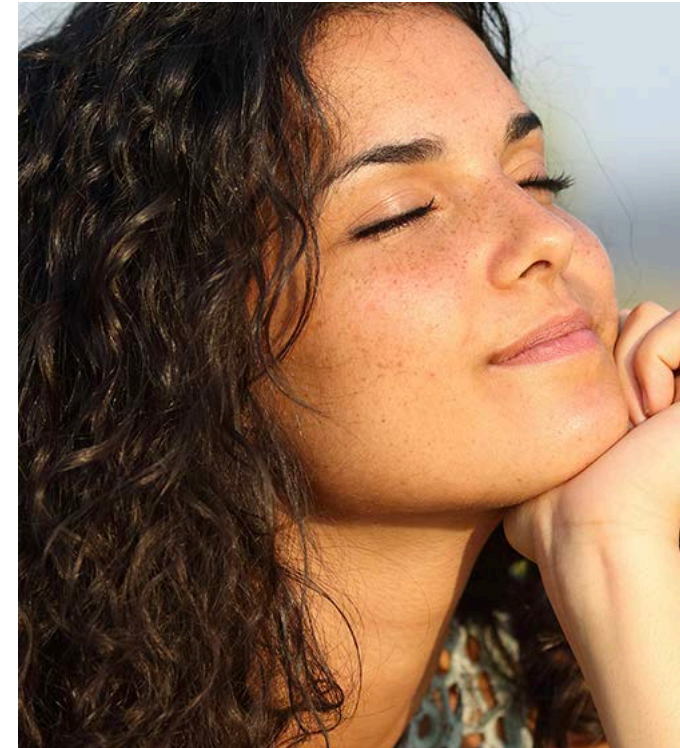


# TEENS Power

Helps teens ages 12-17 with **effective communication skills** to build and sustain peer relationships through group social skill instruction and reinforcement.

**Services offered on a sliding scale, via telehealth.**

For more information, call 305-348-0477.



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# STAND

Weekly group sessions for middle and high school students with **attention deficits and executive functioning difficulties**.

**Services offered on a sliding scale, via telehealth.**

For more information, call 305-348-0477.





# Telehealth Parent-Child Interaction Therapy

Program run by **Dr. Paulo Graziano**,  
Director, S.E.L.F.-Regulation Lab

## WHO IS ELIGIBLE?

Children **ages 2 to 7** who are experiencing behavioral difficulties.

## HOW DOES IT WORK?

Parents may choose either **traditional PCIT** (once a week treatment) or an **intensive version** (every day Monday-Friday for 2 consecutive weeks).



If you are interested in our program, please call the Center for Children and Families at FIU: **(305) 348-0477**



\*Services offered on a sliding scale

<https://self-regulationlab.fiu.edu/programs-and-projects/parenting-programs>

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# M-DCPS Contracted Services

## Eligibility:

- Traditional home schools and magnet programs
- Charter schools and private schools are **not eligible** for services under this program

## Services covered:

- Mental health screening
- Assessments
- Case management
- Individual and group counseling
- Family Counseling
- Parent/Teacher Consultation

## Referral process:

- Referrals are generated by the school counselor or mental health counselor and approved by the school site administrator
- Required forms for referrals are: FM# 2128 and FM# 7740
- Contact your school's Mental Health Coordinator for assistance: <http://mentalhealthservices.dadeschools.net/#!/fullWidth/1051>



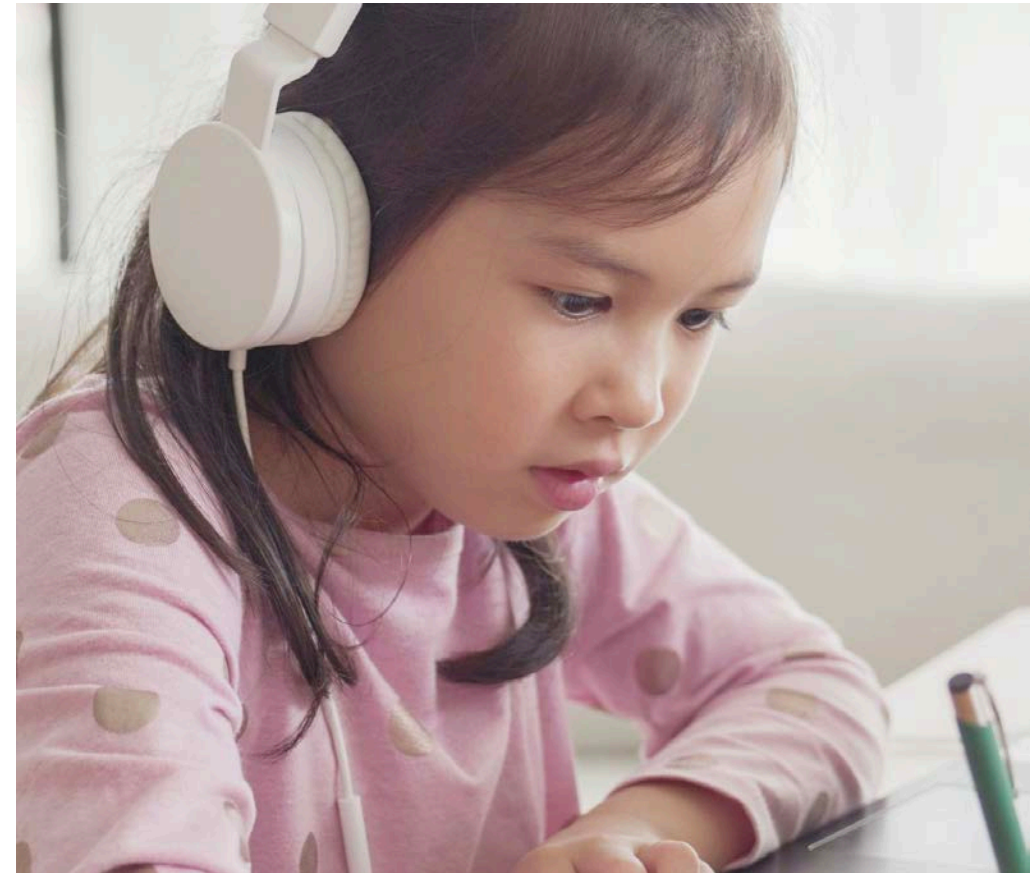


# COVID-19: Back-to-School Resources

Many families continue adjusting to balancing work, parenting, homeschooling and more due to the COVID-19 pandemic. This page provides some helpful resources during this challenging time.



<https://ccf.fiu.edu/coronavirus-resources>



# myGoalPal



- Free home-school communication tool
- Tracks specific, individualized behavioral targets (e.g., stays on task, completes assignments) on a **daily basis**
- Shares **daily behavioral feedback** and teacher comments with parents
- Reminds users when **rewards** have been earned for meeting behavioral goals
- Graphs student progress and helps users **adjust** behavioral goals over time
- Coming soon to Web ([mygoalpal.com](http://mygoalpal.com)) and App Store (iOS & Android)

## Science

2:00PM - 3:00PM

Scores Submitted

Number Of Goals: 2

### Completes Assignments With At Least 80% Accuracy

Today's Percentage

90

Met Goal?

Yes

No

N/A

### Follows Class/School Rules With 3 Or Fewer Rule Violati...

Today's Number:

2

Met Goal?

Yes

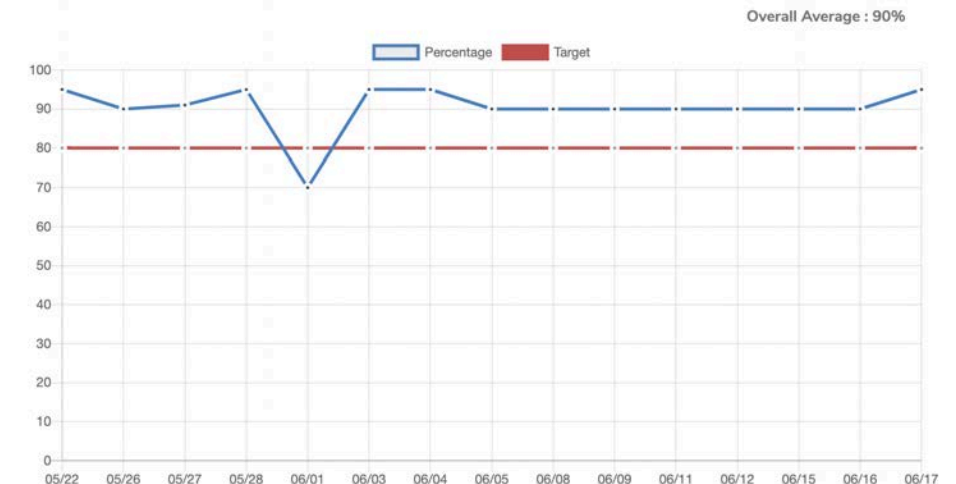
No

N/A

teachergoalpal@gmail.com (Admin): Great day today!

Your Comment: Thanks!

Daily frequencies for "Completes assignments with at least 80% accuracy"







# Sign up for our newsletter



## Sign up to receive our monthly newsletter!

Thanks for your interest in our monthly e-newsletter. By signing up, you will receive important news, information about local community events and workshops, as well as research opportunities.

\* Email Address

\* First Name

By submitting this form, you are consenting to receive marketing emails from: Center for Children and Families, 11200 SW 8th Street, AHC 1, Miami, FL, 33199 United States, <http://ccf.fiu.edu>. You can revoke your consent to receive emails at any time by using the  [SafeUnsubscribe@](#) link, found at the bottom of every email. [Emails are serviced by Constant Contact.](#)

Sign Up



Or text **CCF** to **42828** to sign up!

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