



Kristi House Children's Advocacy Center

PROGRAMS & SERVICES

Serving Miami-Dade County children and families since 1995.

ABOUT

Kristi House, Inc. is an independent not-for-profit that serves as the Children's Advocacy Center for Miami-Dade County. The agency coordinates a multi-disciplinary team serving child victims of abuse at no cost to families.

SERVICES

Kristi House operates a highly-integrated system that provides a continuum of trauma-informed care under one roof. Services provided directly by Kristi House or through our multidisciplinary team partners include:

- **Family Advocacy**
- **Therapy**
- **Transportation**
- **Wrap-around Services** (emergency housing and food assistance, toiletries, supplies, etc.)
- **Prosecution** – State Attorney's Office
- **Legal Assistance** – Guardian Ad Litem
- **Medical/Psychiatric Care** – UM Child Protection Team

TRAINING & EDUCATION

Kristi House provides education and training for children and adults. Highlights include:

- **Stewards of Children™**
- **Commercial Sexual Exploitation of Children**
- **Child Traumatic Stress**
- **Children with Problematic Sexual Behavior**
- **LGBTQI: Working with Victims of Sex Trafficking**
- **Child Safety Matters™ & Teen Safety Matters™**
- **Hurricane Trauma Training**

TYPES OF TRAUMA TREATED

Child Sexual Abuse

Ages 3 – 17

TF-CBT

Child Sex Trafficking (Project GOLD)

Ages 10 – 17

TF-CBT & RRFT

Physical Abuse / Family Conflict

Ages 5 – 17

AF-CBT

Problematic Sexual Behavior (Child on Child)

Ages 7 – 12

PSB-CBT

Substance Abuse + Trauma

Ages 10 – 19

RRFT

EVIDENCE-BASED TREATMENTS

TF-CBT:

Trauma-Focused Cognitive Behavioral Therapy

RRFT:

Risk Reduction through Family Therapy

AF-CBT:

Alternatives for Families: A Cognitive Behavioral Therapy

PSB-CBT:

Problematic Sexual Behavior-Cognitive Behavioral Therapy

LOCATIONS

Main Office: 1265 NW 12 Ave, Miami, FL 33136

Miami Gardens: 111 NW 183 ST, Ste. 304, Miami Gardens, FL 33169

Palmetto Bay: 8925 SW 148 Street, Ste. 213, Miami, FL 33176

Homestead: 2008 NE 8 Street, Homestead, FL 33033

Project GOLD Drop-In Centers: 305-547-6850

referrals@kristihouse.org

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Children's Advocacy Center

*Serving Miami-Dade County children
and families since 1995*



Kristi House, Inc. is an independent not-for-profit that serves as the Children's Advocacy Center for Miami-Dade County. The agency coordinates a multi-disciplinary team serving child victims of abuse.

- Wrap-around services for children up to 18, and their families
- 100% no cost to families
- Transportation assistance

Specializing in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and other evidence-based treatments for:

- Child Sexual Abuse
- Child Sex Trafficking
- Physical Abuse & Family Conflict
- Problematic Sexual Behavior
- Substance Abuse & Trauma

Education & Training

Kristi House provides education and training for children and adults.

- Stewards of Children
- Commercial Sexual Exploitation of Children (CSEC 101)
- Children and Traumatic Stress
- Children with Problematic Sexual Behavior
- What Every Adult Needs to Know
- Strategies for Identifying and Assisting Male and LGBTQ Victims of Sex Trafficking
- Child Safety Matters™ & Teen Safety Matters™
- Hurricane Trauma Training
- C-START Project
- Project HeadSTRONG
- Not a #Number

Kristi House operates satellite offices, in addition to its central office at 1265 NW 12th Avenue.

- **Central Office** – 1265 NW 12 Ave, Miami, FL 33136
- **Miami Gardens** – 111 NW 183 St, Ste 304 Miami Gardens, FL 33169
- **Palmetto Bay** – 8925 SW 148 Street, Ste 213, Miami, FL 33176
- **Homestead** – Campbell Shoppes, 2008 NE 8 Street, Homestead, FL 33033
- **Project GOLD Drop-In Centers** – 305-547-6850



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Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Therapy is a critical component for helping children overcome sexual abuse and other trauma. Left untreated, child trauma often manifests itself in health, sexual and social problems throughout life. Kristi House's approach is grounded in **Trauma-Focused Cognitive Behavior Therapy**.



TF-CBT has 25+ years of empirical data proving its effectiveness for child sexual abuse victims, as well as for children exposed to violence, disasters, traumatic grief and other traumatic experiences.

TF-CBT addresses trauma impact for children and their families including but not limited to Posttraumatic Stress Disorder (PTSD), depression, anxiety, externalizing behavior problems, relationship and attachment problems, school problems and cognitive problems. The average length of treatment is 12 to 15 sessions.

Essential Components

TF-CBT focuses on establishing a therapeutic relationship with youth and their caregiver(s), and the use of gradual exposure throughout treatment. Practice components include:

- Psycho-education and parenting skills
- Relaxation skills individualized to youth and parent
- Affective modulation skills
- Cognitive coping and processing
- Trauma narrative
- In vivo mastery of trauma reminders
- Conjoint youth-parent sessions
- Enhancing future safety and development

For more information,
please contact Kristi House's
Clinical Supervisor **Josefina Costa** or
Assistant Clinical Supervisor **Julie Basulto**
at **(305) 547-6800**



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PROJECT GOLD

GIRLS OWNING THEIR LIVES AND DREAMS

Kristi House's Project GOLD provides outreach and services to girls exploited in sex trafficking to help them escape dangerous lives at the hands of traffickers and predators.

Project GOLD operates two Drop-In Centers which use a strengths-based, survivor-advised approach to help girls see a better future for themselves and restore their lives.

Youth Advocates, Therapists, Survivor-Mentors and Career Coaches at the Drop-In Center provide programs weekday afternoons and evenings for enrichment, education, recreation and healing. It operates in the heart of an urban neighborhood close to Midtown Miami, in a beautifully restored and renovated home sitting on a large corner lot.

Evidence-based therapy is provided along with an array of enrichment programs and mentoring. *Bridges to the Future* focuses on educational support, jobs training and career prep.



Drop-In-Center

Girls ages 13 to 18 who have been affected by sexual exploitation are welcome at the Center any time it is open. A counselor is always available to talk, or girls can just relax or study in the home-like setting. Food is always available and casual, family-style suppers where staff and members eat together are provided during evening groups.

The Center is open on weekdays. Special accommodations after hours can be made by calling the 24-hour Project GOLD hotline.

For more information,
please contact **Project GOLD:**

Main: (305) 547-6850



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



AF-CBT is a behavioral family intervention for school-aged children (5-17) and their caregivers that targets concerns with conflict, anger, aggression, or ineffective discipline (see www.afcbt.org). The child and caregiver attend both individual and joint/family sessions across three phases:

- 1) Engagement/psychoeducation,
- 2) Individual skills-building, and
- 3) Family applications.

Participants learn to apply evidence-based coping and interpersonal skills. AF-CBT integrates common intervention techniques to enhance emotion regulation, perspective-taking, positive parenting and behavior management skills, social skill, recovery from traumatic experience, conflict resolution, problem-solving, and healthy family communication.

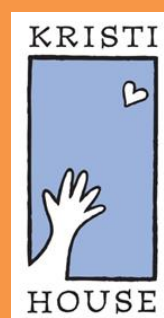
Who is Eligible for AF-CBT? A family with any or all of the following:

- A family or caregiver-child dyad experiencing frequent conflicts, arguments, or angry feelings.
- A caregiver with concerns about using harsh/ineffective physical force/discipline, who has done something that could have injured/hurt a child, or who has an allegation/report of physical or emotional abuse.
- A child (5-17) who exhibits behavioral dysfunction (e.g., aggression; Conduct Disorder, Oppositional Defiant Disorder), or experiences trauma symptoms (e.g., PTSD) secondary to physical abuse/aggression.

Is the Family able to benefit from AF-CBT? Key Criteria:

- Child age 5-17 is able to participate in services now or soon
- At least one caregiver is able to participate in services now or soon
- Child and caregiver could be together in joint family sessions
- Participants could benefit from services (i.e., are not inappropriate due to severe cognitive limitations/mental illness/drug abuse)
- If they are separated, reunification is a possible end goal after addressing conflict

For more information, please contact
Kristi House's Clinical Supervisor
Josefina Costa, LCSW
at: **(305) 547-6800**



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Kristi House's Pathways for Strong Families

Defining and Treating Problematic Sexual Behaviors (PSB) in Children



Sexual behaviors in children are often the result of harmless curiosity, but there are times when these behaviors become harmful to the children or others. Guidelines now exist for those seeking answers to help determine what are normal developmental behaviors in children and which are problematic. Sexual behaviors in youth are considered problematic when they have one or more of the following characteristics:

- Occur frequently;
- Take place between children of widely different ages (e.g., a 12 year old and a 4 year old) or between children of different developmental abilities;
- Involve intrusive interpersonal behavior with other people or animals;
- Are initiated with strong, upset feelings, such as anger or anxiety;
- Cause harm or potential harm (physical or emotional) to any child;
- Do not respond to typical parenting strategies (e.g., discipline); and/or
- Involve coercion, force, threats, bribery, or aggression of any kind.

Treatment Options

Kristi House Children's Advocacy Center, with support from the U.S. Department of Health and Human Services SAMHSA, offers an evidence-based approach for addressing PSB in school age children.

The Kristi House **Pathways for Strong Families** program, based on the Oklahoma University Problematic Sexual Behaviors-Cognitive Behavioral Therapy (OU PSB-CBT) group treatment model, address problematic sexual behavior in school-aged children. These outpatient group treatment programs are recognized and supported by research as being effective in reducing or eliminating problematic sexual behavior in youth. The programs work with caregivers and the youth to increase safety and communication as well as promote healthy, positive choices in youth with PSB.

Groups are open for school-aged children, 7-12 years old, at Kristi House.

There is no cost to families to participate.

Groups are available in both English and Spanish.

For more information please contact:

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(305) 547-6831



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Risk Reduction through Family Therapy (RRFT)

Helping teens and families
recover from trauma



Risk Reduction through Family Therapy (RRFT) is an **integrative, ecologically informed** approach to addressing co-occurring symptoms of PTSD, substance use, depression, and other health risk behaviors often experienced by trauma-exposed adolescents. RRFT is novel in its integration of these components given that standard care for trauma-exposed youth often entails treatment of substance use problems separately from treatment of other trauma-related emotional and behavioral health problems.



An evidence-based intervention

RRFT is individualized to the needs, strengths, developmental factors, and cultural background of each adolescent and family. This tailored approach is incorporated throughout all components of treatment. RRFT involves seven intervention components: **Psychoeducation, Coping, Family Communication, Substance Abuse, Posttraumatic Stress Disorder (PTSD), Healthy Dating & Sexual Decision Making, and Revictimization Risk Reduction.**

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