

22550 Hall Road
Clinton Township, MI 48036
Phone: (586) 469-5275
Fax: (586) 469-7674
www.mccmh.net

News

Macomb County Executive
Mark A. Hackel



Community Mental Health Services

For Immediate Release

Media Contact: Kevin Sadaj, (248) 417-0545, kevinsadaj@mccmh.net

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Macomb County Community Mental Health Expands Specialized Services for Children

Macomb County Community Mental Health (MCCMH) has received acceptance from the University of Michigan Department of Psychiatry and Michigan Department of Health and Human Services (MDHHS) to participate in their Child-Parent Psychotherapy (CPP) Learning Collaborative.

CPP is an intervention model for children ages 0-5 who have experienced at least one traumatic event (e.g. maltreatment, the sudden or traumatic death of someone close, a serious accident, sexual abuse, exposure to domestic violence) and/or are experiencing mental health, attachment and/or behavioral problems, including post-traumatic stress disorder (PTSD).

Following the completion of some internal pre-training, MCCMH mental health clinicians will receive training, coaching and consultation support that will allow them to provide trauma-specific assessment and treatment.

The type of trauma experienced and the child's age or development stage determines the structure of CPP sessions. For example, with infants, the child is present but treatment focuses on helping the parent to understand how the child's and parent's experience may affect the child's functioning and development. Toddlers and preschoolers are more active participants in treatment, which usually includes play as a vehicle for facilitating communication between the child and parent. The caregiver and child are guided over the course of treatment to create a joint narrative of the traumatic event and to identify and address traumatic triggers that cause mood swings or other similar behaviors.

"With the addition of CPP to our other services, such as our parent-child interaction therapy, we will be able to provide evidence-based practices or services to children through the age of 6," said John Kinch, executive director of MCCMH.

Macomb County Community Mental Health is the public manager and provider of mental health, substance use and developmental disability treatment services in Macomb County. MCCMH programs and services are supported and funded, in part, by the Michigan Department of Community Health and the Macomb County Board of Commissioners and are administered by the Macomb County Community Mental Health Board. Visit www.mccmh.net or [Facebook](https://www.facebook.com/mccmh) for more information.

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For media inquiries only, please contact John Cwikla at (586) 463-3523