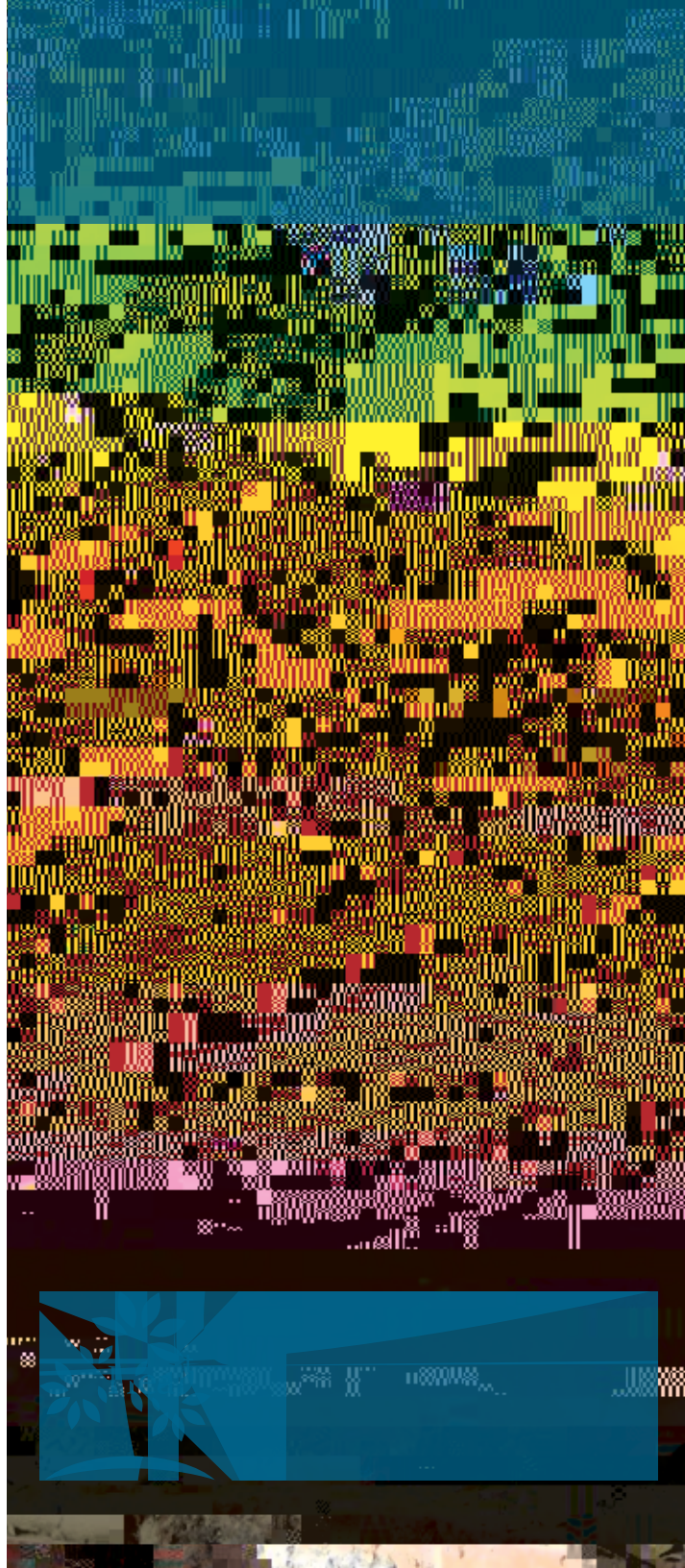




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Preventing early trauma to improve adult health

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. ACEs are linked to chronic health problems, mental illness, and substance use problems in adulthood. Adverse Childhood Experiences can also negatively impact education, job opportunities, and earning potential. However, ACEs can be prevented.

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TF-CBT is an evidence-based treatment that

The Mental Health Center of Greater Manchester offers a number of evidenced based practices to support children, adolescents and families with recovery from trauma and ACE's. These practices are proven to be effective in the reduction of symptoms associated with trauma and ACE's. Our goal is to help youth feel better, improve social and emotional development, and increase mental well-being.