



Family
OUTREACH
Center
INC.

Reaching Out To Strengthen Family Life



TFCBT

Trauma Focused Cognitive Behavior Therapy

Our History

Family Outreach Center was formed in 1979 as a solution to community leaders concerns about the deterioration of family life in the 'urban core' of Grand Rapids.

Our Mission

'Leading the way in promoting healthy family living by reaching out to underserved populations and those who are low-income in our community.'

Our Services

We have quality outpatient mental health, substance use disorders, education, prevention and support services for children, youth and families. We provide the support individuals and families need to be successful through all phases of life.

Our Staff

Family Outreach Center is committed to maintaining a culturally diverse and experienced staff.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment that addresses the past traumatic events that are often the underlying root of the harmful thoughts, feelings, and behaviors.

How it works:

- components-based treatment with beginning, middle, and end stages.
- weekly individual and family therapy lasting up to six months in duration.
- attachment-based treatment model– the caregiver plays an integral role
- Teaching of skills to help process and manage harmful thoughts, feelings, and behaviors related to traumatic life events.
- Development of a Trauma Narrative to process the past trauma, and correct thought distortions and harmful feelings of shame and guilt associated with the traumatic event.

The TF-CBT program also includes services to address trauma-related mental health issues to promote normal development and healthy family functioning, support and preserves families, reunite families who have been separated, and reduce the usage of, or shorten the length of stay in psychiatric hospitals and other substitute settings. Including, but not limited to:

- Community Living Supports
- Respite
- Psychiatric Services
- Treatment Groups

Eligibility: Children, Adolescents and families residing in Kent County who have experienced one or more traumatic events leading to or exacerbating emotional, behavioral, and mental health symptoms.

For more information please contact us by phone at (616) 247-3815 or e-mail: info@facgr.org

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