

Urban & Racial Trauma Therapy

Program Overview:

The Urban Trauma Provider Network (UTPN) is a revolutionary program specifically developed to support the mental health of youth within communities of color around racial trauma. The UTPN was created through a collaboration with the State of Connecticut's Department of Children and Families (DCF) to provide more specialized mental health services for youth in Connecticut impacted by racial trauma. The network spent the first year of operation training and preparing mental health providers and organizations to support the launch of the network.

Mental health providers within the network have been educated and trained on the two gold standard and evidence based models for racial trauma support, Dr. Maysa Akbar's Urban Trauma Certification® & Dr. Steven Kniffley's Racial Trauma Therapy Model. With these specific treatment models, providers are equipped with the tools, knowledge, and resources necessary to support change in the communities they serve through the therapeutic process.

Target Population:

Children of color ages 4-18 who are showing signs of trauma and or heightened stress following experience of or exposure to racism, racial bias, discrimination and/or community racist violence. Youth may be struggling in school, showing low self-confidence or negative thoughts about themselves related to racial components.

Length of Service:

16 sessions (provided weekly or biweekly)

Providers:

Geographic Region	Agency & Contact
Bridgeport	<ul style="list-style-type: none">Greater Bridgeport Area Prevention Program - 203-366-8255Life Bridge - 203-368-4291
Hartford	<ul style="list-style-type: none">The Village - 860-236-4511My Peoples Clinical Services - 860-656-0450Phoenix Professional Services 860-206-7144
New Britain	<ul style="list-style-type: none">Klingberg Family Centers - 860-224-9113
New Haven	<ul style="list-style-type: none">Clifford Beers - 203-772-1270Family Centered Services - 203-624-2600Integrated Wellness Group - 203-387-9400
Waterbury	<ul style="list-style-type: none">BAGS Foundation - 203-591-1182CJR Impact - 203-573-9164

DCF Program Contact:

Crystal Williams, LCSW, Program Supervisor, Office of Community Mental Health
Crystal.Williams@ct.gov Tel. 860 381-9635

For Providers interested in training or if you are interested in learning more about this program please contact:
Jessica Mommens, Director of Operations, Urban Trauma, LLC
jmommens@urbantrauma.com Tel. 475-209-7929