

CENTENE TRAUMA SCREENING AND ASSESSMENT TOOLKIT

Centene recognizes that children in foster care represent a unique population that requires specialized care to help them achieve success and well-being. As described by the **National Child Traumatic Stress Network**, “Many children with complex trauma histories suffer a variety of traumatic events, such as physical and sexual abuse, witnessing domestic and community violence, separation from family members, and re-victimization by others. **Complex trauma** can have devastating effects on a child’s physiology, emotions, ability to think, learn, and concentrate, impulse control, self-image, and relationships with others. Across the life span, complex trauma is linked to a wide range of problems, including addiction, chronic physical conditions, depression and anxiety, self-harming behaviors, and other psychiatric disorders.

Beyond the consequences for the child and family, these problems carry high costs for society. For example, a child who cannot learn may grow up to be an adult who cannot hold a job. A child with chronic physical problems may grow up to be a chronically ill adult. A child who grows up learning to hate herself may become an adult with an eating disorder or substance addiction.

Children whose families and homes do not provide consistent safety, comfort, and protection may develop ways of coping that allow them to survive and function day-to-day. For instance, they may be overly sensitive to the moods of others, always watching to figure out what the adults around them are feeling and how they will behave. They may withhold their own emotions from others, never letting them see when they are afraid, sad, or angry. These kinds of learned adaptations make sense when physical and/or emotional threats are ever-present. As a child grows up and encounters situations and relationships that are safe, these adaptations are no longer helpful, and may in fact be counterproductive and interfere with the capacity to live, love, and be loved.”⁽¹⁾

Treatment intervention is most effective and provides improved outcomes when it is integrated with appropriate screening and assessment. Centene has spent countless hours over the last several years consulting with agencies and experts in child welfare and trauma related work to evaluate effective treatment measures. Among others who have contributed to this work we want to especially thank the following collaborative partners:

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Centene has compiled this toolkit as a resource to ensure our behavioral health providers are aware of and have access to tools that we believe support best practice approaches for children who have experienced complex trauma. We have also included an additional list of tools that are available at no cost in the public domain as we are aware that many mental health agencies and private practitioners may not have full or affordable access to published and copyrighted tools which may require fees or computer scoring systems. These tools are free to download and use. It should be noted that for some of these tools psychometrics are well established while others are still undergoing development. It is expected and encouraged that clinician’s use good clinical judgment when using any evaluative tool, and that they undergo appropriate assessment training along with supervision or consultation as appropriate.

1.General Information on Complex Trauma, National Child Traumatic Stress Network, <http://www.nctsn.org/trauma-types/complex-trauma>

List of Assessments and Screens

Section 1: Recommended Proprietary Screening and Assessment Tools

(These tools are copyrighted and must be purchased from the publisher)

- Trauma Symptom Checklist (TSCC)
- Trauma Symptom Checklist for Young Children (TSCYC)
- Child Behavior Checklist (CBCL)
- Child Sexual Behavior Inventory (CSBI)
- UCLA Post Traumatic Stress Disorder Reaction Index (UCLA PTSD-RI)
- Child and Adolescent Functional Assessment Scale (CAFAS)
- Preschool and Early Child Childhood Functional Assessment Scale (PECFAS)

Section 2: Recommended Public Domain Screening and Assessment Tools

- Trauma Events Screening Inventory Child Report Form Revised (TESI-CRF-R)
- Childhood Trust Events Survey (CTES)
- Child PTSD Symptom Scale for DSM 5 (CPSS5)
- Mood and Feeling Questionnaire (MFQ)
- Center for Epidemiological Studies Depression Scale for Children (CES-DC)
- Screening for Anxiety and Related Emotional Disorders (SCARED)
- Pediatric Symptom Checklist (PSC) Long and Short (PSC 17) versions
- Strengths and Difficulties Questionnaire (SDQ)
- Child And Adolescent Needs and Strengths -Trauma version (CANS)
- *(Other) NCTSN Child Welfare Referral Tool (CWRT)

Child/ Adolescent Screen Tools Comparisons

PROPRIETARY-MUST HAVE PUBLISHER'S PERMISSION FOR USE

Name of Screen	Appropriate Use	Length /Type	Who Can Complete	Training Required	Source	Costs	Other
Trauma Symptom Checklist for Children (TSCC)	Ages 8-16; Regular TSCC version best for children suspected of maltreatment; has a (TSCC-A) version with no reference to sexual specific concerns	54 items, 2 versions, one with sexual concerns items (TSCC-A) and one without. For kids in care, the version with sexual concerns more likely to be used	Level B -degree from 4 yr MH program, e.g. psych, Couns, Soc Wk or adv trainee, PLUS coursework in test interp, psychometrics, measurement theory, education statistics or related area; or license/certification re: appropriate training in ethical/competent use of	20 min to administer; 20 min to score	Parinc	\$261 intro kit \$98/25 add'l booklets \$52/25 profile forms	Good tool for looking at symptoms; therefore, more of an assessment than a screen; Masters level to administer; widely used and well researched
Trauma Symptom Checklist for Young Children (TSCYC)	Ages 3-12; also has a TSCYC-A , non-sexual content version	Parent report meant to be completed by a full-time caregiver that knows the child vs. new foster parent/caregiver for the child; 90 items	Level B - (same as above) degree from 4 yr program in psych, couns, or related field PLUS coursework in test interpretation, psychometrics, etc., or license/certification	20 min to administer; 20 min to score; <4 hrs to train on instrument	Parinc	\$341 intro kit \$52/25 add'l booklets \$52/25 profile forms	More of an assessment than a screen; needs Masters level preparation; widely used and well researched
Child Behavior Checklist (CBCL) a.k.a. The Achenbach	Two versions: Ages 1.5-5 yrs. and 6-18; both can be completed by caregiver or surrogate (teacher, daycare provider, etc.)	Parent report 99 items; qualitative, includes strengths; young version has language devel items. Avail in many languages; looks at emotions and behaviors and matches DSM scales	Level B - (same as above) degree from 4 yr program in psych, couns, or related field PLUS coursework in test interpretation, psychometrics, etc., or license/certification	15-20 min to administer; has computer scoring; license good for one computer; can be hand scored in 20-30 min	ASEBA	Starter kits with computer scoring and 50 forms: \$430 Preschool \$495 School age Many other pkgs available	Very widely used assessment; well researched; broad age coverage; scores orient to DSM scales; strength based questions; available in many languages

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Child Sexual Behavior Inventory (CSBI)	Ages 2-12; specific for when CSA is suspected, or Sexualized Behavior	38 item questionnaire completed by caregiver	Level B - degree from 4 yr program in psych, couns, or related field PLUS coursework in test interpretation, psychometrics etc. or	10 min to administer; 15 min to score; <4 hrs training on instrument	Parinc	\$230 intro kit \$88/25 addn'l booklets	Widely used, well researched; 3 subscales Development, Sexual Beh, & Sexual Abuse Specific Behavior
UCLA Post Traumatic Stress Reaction Index for DSM 5 (UCLA PTSD-RI)	Ages 8-17; self-report or interview; Also in Parent and Spanish versions	9 pages covers exposure and PTSD Symptoms in DSM 5	Best scored by Level B (noted above) Masters level with some experience with assessments; brief easy to score	If some assess exper need (about 1- 2 hrs) to train instrument, BA level could be trained to do 1st 5 pgs as a screen	Available from UCLA; fee can be per item or for a license for broad use	Fee – requires a licensing agreement for the use of the scale. Contact: Preston Finley Email: preston@reactionindex.com For licensing, go to: www.reactionindex.com	Wide multistate use; revised for DSM5; some states have BA staff do first part as a screen then refer as needed
Child and Adolescent Functional Assessment Scale CAFAS	Ages 5-19 for CAFAS; Child and Caregiver versions; Completed as interview, not self- report	Semi-structured interview; 8 child/ adolescent life-function subscales, 2 caregiver scales; assists w/treatment referral needs	Level A (non- Masters) can be trained to admin and score	10 min to administer. Online training avail with other resources at Multi-Health Systems	MHS	CAFAS Annual fee of \$400 covers multi raters and scoring; Cost for 100 forms = \$319, can hand score; bulk rates possible	Widely used, easy to administer and score; good research and used often as outcome tool; wide function domains, but not trauma specific
Preschool Early Child Functional Assessment Scale (PECFAS)	PECFAS Ages 3-7; caregiver version; not self-report; done as interview	7 child life function area subscales and 2 caregivers scales for PECFAS	Level A (non-Masters) can be trained to admin and score	Online training avail with other resources at Multi-Health Systems	MHS	PECFAS Annual fee of \$400 covers multi raters and scoring; Cost for 100 forms = \$319, can hand score; bulk rates possible	Very widely used, easy to administer and score; good research and used often as outcome tool; wide function domains, but not trauma specific

Child/ Adolescent Screen Tools Comparisons

PUBLIC DOMAIN-FREE TO USE

Name of Screen	Appropriate Use	Length/type	Who can complete	Training required	Source	Costs	Other
Trauma Events Screening Inventory (TESI); TESI- C; TESI-C-SR; TESI-CRF-R	Interview and self- report versions; TESI-C Ages 3-18; TESI-CRF- child report version developmentally sensitive for young kids, revised parent report 0-6	TESI-C is 16 item interview, TESI-C-SR is 24 item self-report but number of questions administered will vary by response; TESI-CRF-R is a revised young child parent report; 20-30 minutes in a semi-structured interview by professional (except self-report version)	Level B -degree from 4 yr MH program, e.g. psych, Couns, Soc Wk or adv trainee PLUS coursework in test interp, psychometrics measurement theory, education statistics or related area; or license/certification re: appropriate training in ethical/competent use of psych tests	no specific scoring number since it is an interview; Training of tool is about 4 hours for a trained clinician	For TESI-CRF-R contact: chandra.gosh@u csf.edu ; Download TESI	Free	Looks at trauma vs. other life events, not trauma symptoms; needs to use an Abuse Dimension Inventory to evaluate severity, widely used; metrics in development
Child Trust Events Survey (CTES)	Ages 8 and up; youth and caregiver versions	General Trauma exposure events tool updated to 30 items; self-or parent report	Best scored by Level B Masters with some assessment and interviewing experience	No specific scoring since is a trauma events exposure survey	Cincinnati Children's Hospital	Free	Youth version lists events and have chronological scale to state age at the time of event; available in Spanish

Child/ Adolescent Screen Tools Comparisons

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Name of Screen	Appropriate	Length/type	Who can complete	Training required	Source	Costs	Other
Child PTSD Symptom Scale updated for DSM 5 (CPSS 5)	Ages 8-18; self-report and version for caregivers report on youth	DSM 5 version assesses for frequency of 20 PTSD Symptoms; plus six functional areas	Best scored by Level B Masters with some assessment and interviewing experience	Yields a total score of frequency of PTSD symptoms	Univ. of Washington	Free	DSMIV version in multiple languages upon request; not certain yet of DSM 5 language versions
Mood and Feelings Questionnaire (MFQ)	Youth ages 8-18; self-report assesses for depression; youth self-report and caregiver versions	33 items on three-point scale; 13 item screener with caregiver or youth versions; 5-10 min to complete	Best scored by Level B Masters with some assessment and interviewing experience	If some assessment experience short time to train instrument	Duke University	Free	Short (13) and longer (33) item versions easy to score, brief easy to use
Center for Epidemiological Studies Depression Scale for Children (CES-DC)	Youth ages 8-17 Self Report assesses for depression	Brief 20 item self-report with a 0-3 Likert scale	Best scored by Level B Masters with some assessment and interviewing experience	Easy to implement, If some assessment experience short time to train instrument	Available on-line American Academy of Pediatrics	Free	Widely used screener; Brief and easy to use

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Name of Screen	Appropriate	Length/type	Who can complete	Training required	Source	Costs	Other
Screen for Anxiety and Related Emotional Disorders (SCARED)	Ages 8-18; self-report; Parent & Child versions; For general, social, separation & phobic anxiety	41 items, 10 min to administer, computer or hand score	Best scored by Level B Masters with some assessment and interviewing experience	If some assessment experience, 1-1.5 hr. to train	University of Pittsburgh	Free	Available in multiple languages; short and easy to use
Pediatric Symptom Checklist (PSC) Long and Short versions	Ages 4-18; has long (35) item or short (PSC 17) 17 item youth self-report and caregiver versions	35 items, approx. 10 min to administer	Level A (non-Masters) can be trained to admin and score	Some experience and training in assessment helpful	Massachusetts General Hospital Dept of Psychiatry	Free	Available in multiple languages; innovative pictorial version also available; widely used in pediatric care settings; general screen for emotional or behavioral issues
Strengths and Difficulties Questionnaire (SDQ)	Various versions available for children 2-17 year old. completed by caregiver, teacher or youth self-report	25 items on three-point scale; available in multiple versions	Level A (non-Masters) can be trained to admin and score	Some experience and training in assessment helpful	American Academy of Pediatrics Bright Futures SDQ	Free	Available in multiple versions and diverse languages; well established; brief emotional and behavioral screener

Child/ Adolescent Screen Tools Comparisons

PUBLIC DOMAIN-FREE TO USE

Name of Screen	Appropriate	Length/type	Who can complete	Training required	Source	Costs	Other
NCTSN Child Assessment of Needs and Strengths Trauma Version (NCTSN CANS); CANS-T-Trauma Version	Ages 0-18; Info integration tool; can obtain info from record or informants (bio or foster parent, etc.)	Gathers info from multi domains, 15-45 min used for treatment planning or quality improvement case review	Recommended to be scored by Level B Masters with experience, but BA level could be trained to gather; training video avail	If some assessment experience, training can be briefer to review instrument; training available online; register at Praed Foundation	Obtain by requesting from Praed Foundation	Free	Few metrics; comprehensive, multi purposes; clinician friendly; multiple versions for different populations; available in Spanish; used in about 25 states
Child Welfare Referral Tool (CWRT) Not a standardized assessment or screen, but a support tool for helping to identify trauma-informed provides	All 18 and under; completed by referring case worker or Child Welfare professional	Five-section checklist tool; takes 20-45 min; covers exposure, severity behavior/function/emotion, aids in deciding if MH referral needed	Completed by BA level CW staff; info from record or informants (such as bio or foster parent, teacher, therapist etc.)	1-2 hrs training on tool; ideally should be part of larger CW Trauma Training Toolkit (an product); typical 13-hr toolkit training can be broken into modules	Manual available on the NCTSN Learning Center Website	Free	In use in multiple states; comprehensive; more of an assessment history; no metrics; note can match DSM 5