

Mental Health and Trauma Resources

By ECHO Complex Behavior HUB Team Member: Neesha Roarke, MS, LPN, AAC, MHP, IFA

Navigating mental health and trauma often takes a community. For too long mental health and trauma were put to the side by medical providers. At WA INCLUDE, we believe all cases should consider closely the emotional and mental wellbeing of the youth and their family members. Similarly, we take seriously experiences of trauma both individually and as well as trauma experiences as a family or community and throughout generations.

To support these endeavors, we suggest the following resources:

A. All families

- **Wraparound Intensive Services (WISe)**

WISe is a voluntary program that helps individuals who need intensive behavioral support in their home and community. WISe teams build care that is individualized and designed to support the needs of the family as well. Learn more here:

<https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/wraparound-intensive-services-wise>

- **Play Therapy**

Play therapy offers a developmentally appropriate and strengths-based approach for children with Autism Spectrum Disorder (ASD) and Intellectual and Developmental Disabilities (IDD). Through play, children can express thoughts, emotions, and experiences that may be difficult to communicate verbally. Play-based interventions can support social communication, emotional regulation, problem-solving, relationship building, symbolic thinking, and adaptive skill development while honoring each child's developmental level, interests, and sensory needs.

Find certified play therapists: <https://www.a4pt.org/search/custom.asp?id=3571>

Learn more about the benefits of play therapy with IDD, ASD and other complex behaviors: <https://ftm.aamft.org/the-integration-of-play-therapy-for-children-diagnosed-with-an-intellectual-or-developmental-disability/>

- **Learning about Trauma from a child's eyes**

It can be difficult to understand trauma and how it is experienced by children. Here is a great video resource produced by Sesame street that does a great job tackling the topic:

<https://youtu.be/KgSJom5f2Qc?is=aU5gOR9fv5qUn4c7>

B. Families with children 0-5

- **Child Parent Psychotherapy (CPP)**

CPP is an evidence-based, relationship-focused intervention for children ages 0–5 and their caregivers who have experienced trauma, adversity, attachment disruptions, or significant stress. Through joint caregiver-child sessions, CPP strengthens attachment, supports emotional regulation, and promotes healing and resilience. Learn more here:

<https://childparentpsychotherapy.com/about-cpp/>

- **Washington START (WA START)**

Washington START supports the development of the early childhood workforce through training, consultation, and implementation support for evidence-based practices that strengthen outcomes for young children and families. Learn more here:

<https://startearly.org/where-we-work/washington/>

C. Other

- **CBT Notebook for Clinicians** <https://depts.washington.edu/uwhatc/cbt-notebook/>