CONDUCTING FOLLOW-UP AFTER COMPLETION OF CFTSI

RATIONALE FOR CONDUCTING FOLLOW-UP AFTER COMPLETION OF CFTSI

The objective of conducting follow-up with children and families who have completed CFTSI is to ensure optimal clinical care.

FREQUENCY OF CFTSI FOLLOW-UP

- Follow-up after the completion of CFTSI occurs at 3 months following the end of treatment (give or take 2 weeks)
  - The objective of conducting follow-up with children and families who have completed CFTSI is to ensure optimal clinical care. Three months following the completion of CFTSI treatment (give or take two weeks) is an optimal point at which to reassess the status of symptomatology in children and families. At this 3-month follow-up point after the completion of CFTSI, clinical indications for additional treatment can be identified and addressed.

- Where clinically indicated, follow-up can also occur at 1 month following the end of treatment, in addition to the 3-month follow-up:
  - For those families where there is any uncertainty about the immediate trajectory of the child or family’s clinical picture, a 1-month follow-up can be recommended to the family. The following examples present examples of situations in which a clinician may find it useful to schedule a follow-up with a child and caregiver 1 month after completion of CFTSI treatment (this would be in addition to the 3-month follow up):
    - When a clinician feels uncertain about whether symptoms will remain down, and the clinician would like additional information sooner than 3 months about the maintenance of symptom reduction
    - When there has been uncertainty expressed by a child and/or caregiver about whether symptoms will remain down
    - When a clinician is uncertain about whether further treatment may be indicated and is concerned enough that a follow-up assessment sooner rather than later appears indicated
    - When a clinician has made a recommendation for further treatment and the child and/or caregiver is experiencing ambivalence or lack of interest in accepting a referral for further treatment

- As is typical in all clinical work, the family can be reminded that if they have any concerns or questions following the completion of CFTSI, they can contact either their CFTSI provider or the program in which they were seen.
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CONTENT OF CFTSI FOLLOW-UP

- Child PTSD Symptom Scale (CPSS), conducted in-person with the child, alone: to measure level of child’s trauma symptoms
- Child PTSD Symptom Scale (CPSS), conducted in-person with caregiver, alone: to measure level of child’s trauma symptoms
- PTSD Check List (PCL), conducted in-person with caregiver, alone: to measure caregiver’s level of trauma symptoms

OPERATIONALIZING CFTSI FOLLOW-UP

- If a clinician has determined that a 1-month follow-up appointment is clinically indicated, this should be conducted in-person with the child and caregiver.
- The 3-month follow-up appointment is ideally conducted in-person with the child and caregiver. However, if this is impossible, the 3-month follow-up can be conducted over the telephone.
- During your final CFTSI meeting with the family, schedule the 3-month follow-up appointment (or the 1-month follow-up appointment, if deemed necessary, as well as the 3-month follow-up appointment) and let the family know that you will be contacting them as the appointment date approaches. It can be helpful to call the family to remind them about the appointment as the date approaches.