Pima County Evidence-Based Trauma-Specific Treatment and Trauma Therapy by AGE GROUP

updated 8.26.2024

Age Group	Trauma-Specific Treatment	Agency/Private Practitioner	Specialized	Level of Care	Intake Contact Info
Birth to 5	CPP (Child-Parent Psychotherapy)	Casa de los Ninos	Child age 0-5, parents	OP	520-624-5600
	EMDR (Eye Movement Desensitization and Reprocessing)	Arizona's Children Association (AzCA)	age 3+	OP	520-622-7611
		Casa de los Ninos	age 2+	OP	520-624-5600
		Grossman & Grossman		OP	602-468-2077
	Individual Trauma Therapy	Casa de los Ninos	with caregiver involvement	OP	520-624-5600
		Grossman & Grossman		OP	602-468-2077
		Jewish Family & Children Services		OP	520-795-0300
		Pathways of AZ		OP	520-748-7108
	Neurosequential Model of Therapeutics (NMT)	Arizona's Children Association (AzCA)	at home/in agency	OP	520-622-7611
	TF-CBT (Trauma-Focused Cognitive Behavioral Therapy)	Arizona's Children Association (AzCA)	age 3+ at home/in agency	OP	520-622-7611
		Pathways of AZ	age 3+	OP	520-748-7108
6 to 12	EMDR (Eye Movement Desensitization and Reprocessing)	Arizona's Children Association (AzCA)		OP	520-622-7611
		Casa de los Ninos		OP	520-624-5600
		Easter Seals Blake Foundation		OP	520-449-8555
		Grossman & Grossman		OP	602-468-2077
		Jewish Family & Children Services		OP	520-795-0300
		La Frontera		OP	520-884-9920
		Mingus Mountain Youth Treatment Center (girls only)	age 12+	BHRF	602-335-2000
	Individual Trauma Therapy	Casa de los Ninos		OP	520-624-5600
		Easter Seals Blake Foundation		OP	520-449-8555
		Grossman & Grossman		OP	602-468-2077
		Jewish Family & Children Services		OP	520-795-0300
		La Frontera		OP	520-884-9920
		Sequel Care of Arizona	age 12+	OP, Level II BHRF	928-777-3280 x317
	Neurosequential Model of Therapeutics (NMT)	Arizona's Children Association (AzCA)	at home/in agency	OP	520-622-7611
	Seeking Safety	CODAC	age 12+	OP, IOP	520-327-4505
	Somatic Experiencing®(SE®) Model	Casa de los Ninos		OP	520-624-5600
		Easter Seals Blake Foundation		OP	520-449-8555
		Jewish Family & Children Services		OP	520-795-0300
	TF-CBT (Trauma-Focused Cognitive Behavioral Therapy)	Arizona's Children Association (AzCA)	at home/in agency	OP	520-622-7611
		CODAC		OP	520-327-4505
		La Frontera		OP	520-884-9920
		Pathways of AZ		OP	520-748-7108

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Age Group	Trauma-Specific Treatment	Agency/Private Practitioner	Specialized	Level of Care	Intake Contact Info
13 to 17	EMDR (Eye Movement Desensitization and Reprocessing)	Arizona's Children Association (AzCA)		OP	520-622-7611
		Casa de los Ninos		OP	520-624-5600
		CODAC		OP, IOP	520-327-4505
		Easter Seals Blake Foundation		OP	520-449-8555
		Grossman & Grossman		OP	602-468-2077
		La Frontera		OP	520-884-9920
		Mingus Mountain Youth Treatment Center(girls only)		BHRF	602-335-2000
		Pathways of AZ		OP	520-748-7108
	Individual Trauma Therapy	Casa de los Ninos		OP	520-624-5600
		CODAC		OP, IOP	520-327-4505
		Easter Seals Blake Foundation		OP	520-449-8555
		Grossman & Grossman		OP	602-468-2077
		Jewish Family & Children Services		OP	520-795-0300
		La Frontera		OP	520-884-9920
		Sequel Care of Arizona		OP, Level II BHRF	928-777-3280 x317
		Sin Puertas		IOP	520-624-5806
	Neurosequential Model of Therapeutics (NMT)	Arizona's Children Association (AzCA)	at home/in agency	OP	520-622-7611
	Seeking Safety	Casa de los Ninos		OP	520-624-5600
		CODAC		OP, IOP	520-327-4505
		La Frontera		OP	520-884-9920
	Somatic Experiencing®(SE®) Model	Casa de los Ninos		OP	520-624-5600
		Easter Seals Blake Foundation		OP	520-449-8555
		Jewish Family & Children Services		OP	520-795-0300
	TARGET (Trauma Affect Regulation Guide for	Centurion @Pima County Juvenile Court	Detention		n/a
	TF-CBT (Trauma-Focused Cognitive Behavioral Therapy)	Arizona's Children Association (AzCA)	at home/in agency	OP	520-622-7611
		CODAC		OP	520-327-4505
		La Frontera		OP	520-884-9920
		Pathways of AZ		OP	520-748-7108
18 to 25	Acceptance and Commitment Therapy (ACT)	CODAC		OP, IOP, BHRF	520-327-4505
		La Frontera		OP, BHRF	520-884-9920
	Cognitive Processing Therapy (CPT)	La Frontera		OP	520-884-9920
	EMDR (Eye Movement Desensitization and Reprocessing)	Arizona's Children Association (AzCA)		OP	520-622-7611
		Casa de los Ninos		OP	520-624-5600
		CODAC		OP, IOP	520-327-4505
		COPE		OP, IOP	520-205-4732
		Easter Seals Blake Foundation		OP	520-449-8555
		Grossman & Grossman		OP	602-468-2077
		HOPE, Inc.		OP	520-770-1197
		Jewish Family & Children Services		OP	520-795-0300
		La Frontera		OP	520-884-9920
		Marana Health Center		OP	520-682-1091
		Mingus Mountain Youth Treatment Center (girls only)	age 18 & younger	BHRF	602-335-2000

Pima County Evidence-Based Trauma-Specific Treatment and Trauma Therapy by AGE GROUP

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Age Group	Trauma-Specific Treatment	Agency/Private Practitioner	Specialized	Level of Care	Intake Contact Info
		Pathways of AZ	age 18 & younger	OP	520-748-7108
		The Haven Behavioral Health		OP, IOP, BHRF	520-623-4590
	Individual Trauma Therapy	Casa de los Ninos		OP	520-624-5600
		CODAC		OP, IOP	520-327-4505
		Easter Seals Blake Foundation		OP	520-449-8555
		Grossman & Grossman		OP	602-468-2077
		La Frontera		OP	520-884-9920
		Sequel Care of Arizona		OP, Level II BHRF	928-777-3280 x317
		Sin Puertas	age 20 & younger	IOP	520-624-5806
		The Haven Behavioral Health		OP, IOP, BHRF	520-623-4590
	Neurosequential Model of Therapeutics (NMT)	Arizona's Children Association (AzCA)	age 18 & younger	OP	520-622-7611
	Seeking Safety	CODAC		OP, IOP	520-327-4505
		COPE		OP, IOP	520-205-4732
		La Frontera		OP	520-884-9920
		PPEP		IOP	520-792-5704
		The Haven Behavioral Health		OP, IOP, BHRF	520-623-4590
	Somatic Experiencing®(SE®) Model	Easter Seals Blake Foundation		OP	520-449-8555
		Jewish Family & Children Services		OP	520-795-0300
	TF-CBT (Trauma-Focused Cognitive Behavioral Therapy)	Arizona's Children Association (AzCA)	age 18 & younger at home/in agency	OP	520-622-7611
		CODAC		OP	520-327-4505
		La Frontera		OP, BHRF	520-884-9920
		Marana Health Center		OP	520-682-1091
		Pathways of AZ	age 18 & younger	OP	520-748-7108
Adult	Acceptance and Commitment Therapy (ACT)	CODAC		OP, IOP	520-327-4505
		La Frontera		OP	520-884-9920
	Cognitive Processing Therapy (CPT)	La Frontera		OP	520-884-9920
	EMDR (Eye Movement Desensitization and Reprocessing)	Arizona's Children Association (AzCA)		OP	520-795-0300
		Casa de los Ninos		OP	520-624-5600
		CODAC		OP, IOP	520-327-4505
		COPE		OP, IOP	520-205-4732
		Easter Seals Blake Foundation		OP	520-449-8555
		Grossman & Grossman		OP	602-468-2077
		HOPE, Inc.		OP	520-770-1197
		Jewish Family & Children Services		OP	520-795-0300
		La Frontera		OP	520-884-9920
		Marana Health Center		OP	520-682-1091
		The Haven Behavioral Health		OP, IOP, BHRF	520-623-4590

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Age Group	Trauma-Specific Treatment	Agency/Private Practitioner	Specialized	Level of Care	Intake Contact Info
	Individual Trauma Therapy	Casa de los Ninos		OP	520-624-5600
		CODAC		OP, IOP	520-327-4505
		Easter Seals Blake Foundation		OP	520-449-8555
		Grossman & Grossman		OP	602-468-2077
		La Frontera		OP	520-884-9920
		Sequel Care of Arizona		OP, Level II BHRF	928-777-3280 x317
		The Haven Behavioral Health		OP, IOP, BHRF	520-623-4590
	Seeking Safety	CODAC		OP, IOP	520-327-4505
		COPE		OP, IOP	520-205-4732
		La Frontera		OP	520-884-9920
		PPEP		IOP	520-792-5704
		The Haven Behavioral Health		OP, IOP, BHRF	520-623-4590
	Somatic Experiencing®(SE®) Model	Easter Seals Blake Foundation		OP	520-449-8555
		Jewish Family & Children Services		OP	520-795-0300
	TF-CBT (Trauma-Focused Cognitive Behavioral Therapy)	CODAC		CODAC	520-327-4505
		La Frontera		OP, BHRF	520-884-9920
		Marana Health Center		OP	520-682-1091