

NEUROSEQUENTIAL MODEL OF THERAPEUTICS®

AN ASSESSMENT SERVICE OFFERED BY AMPERSAND FAMILIES

WHAT IS IT?

The NMT® is a developmentally sensitive, neurobiology-informed approach to clinical problem solving. Developed by the ChildTrauma Academy (www.childtrauma.org), it provides a comprehensive assessment model that will help identify the impact childhood trauma may have had on a child's brain development and make concrete suggestions for future interventions. NMT® meets the criteria for Level II evidence-based practice, and plans for randomized controlled trials are underway.

WHO IS IT FOR?

Youth you know *want* to excel, but can only do it sometimes, or seem to bump up against an invisible wall no matter what they or others try. An NMT® assessment provides information on how developmental trauma may have affected a youth, and recommendations for interventions that target areas of the brain most affected, so interventions are matched to the needs and abilities of a youth. Interventions are focused on creating long-term, sustainable improvements over time, so the assessment is best used when adults have time and energy to try something new that may not have immediate results.

HOW CAN I USE IT?

The NMT® assessment provides concrete strategies that can be implemented by those currently in a youth's life, with input from professionals when helpful. Ampersand Families maintains a list of mind-body practitioners who can help make a plan for integrating healing strategies into a youth's daily routines. Financial assistance may be available to pay for initial consultation and small equipment or supplies (e.g. mini trampoline, drums, weighted blankets, etc.)

HOW MUCH DOES IT COST?

Youth 10 and above who are in foster care, kinship care, or who have been adopted (from foster care, internationally, or by kin) may be provided assessments at no cost to counties or parents. Health insurance is not required.

Initial training and program development was generously funded by sponsor donations. In 2018, the MN Department of Human Services provided funding that allowed Ampersand Families to train an additional assessor, and offer assessments to more individuals.

HOW DO I MAKE A REFERRAL?

Fill out the referral form on Ampersand's Website: [NMT Referral Form](#)

WHAT DOES THE PROCESS LOOK LIKE?

Referral

A referral must be made by whoever is legally authorized to make decisions on behalf of a youth (usually a finalized adoptive parent or county worker). They will be asked to sign releases for the case file and for collateral contacts.

Information Gathering

The assessment requires reviewing some pieces of the case file, when available, and 30-60 minute collateral interviews with adults who either know a youth's family/child welfare history well, or are familiar with a youth's current day-to-day functioning. Youth and birth family can also be interviewed as part of the assessment, on cases where this might be helpful and appropriate. Information gathering will usually take 1-2 months.

Sample information from metric report

Client (8 years, 0 months) Report Date: 4/26/2018

6	8	8	5	8	5
10	10	10	8	8	9
6	7	6	7	9	11
	9	6	7	11	
	10	10	10	9	
		10	9		
		10	12		
		9	12		

Assessment & Debriefing

The assessor will provide an NMT[®] metric report and recommendations. The NMT[®] assessor will also offer the opportunity for a debriefing session, by phone or in-person, to explain the results and answer questions. The debriefing session can include current team members, service providers, and the youth.

WHO IS THE ASSESSOR?



Vanessa Monahan-Rial (MSW, LICSW) has been a Permanency Specialist with Ampersand Families since 2018, and has previously worked with individuals experiencing homelessness and mental health crises. She was acknowledged to have completed Phase I NMT[®] Training Certification in September 2019.

THANK YOU TO MN DHS & OUR GENEROUS SPONSORS!

