

Jan Waters



Senior Director of Clinical Services at Chicago Children's Advocacy Center, Ms. Waters manages the mental health services and the PATHH collaboration (a network of treatment providers seeking to improve service delivery for children needing mental health services in Chicago) at ChicagoCAC. She has 20 years of clinical and managerial experience and working with children and adults who have experienced abuse and other types of trauma with a subspecialty in working with individuals with intellectual and developmental disabilities. She has extensive training and experience providing clinical interventions, as well as volunteer services, to children and adults who have experienced child sexual abuse and sexual assault.

Prior to working at ChicagoCAC, Ms. Waters managed the community mental health programs for the Canadian Mental Health Association Kawartha Lakes Branch, where services focused on chronically and severely mentally ill individuals as well as building community mental health for the broader community. Prior to that, she was Director of Clinical Services for Little City Foundation, an agency specializing in services for individuals with intellectual and developmental disabilities. Ms. Waters has presented and offered trainings internationally on topics such as developmental psychotherapy, trauma, autism, and mindfulness. She is a Licensed Clinical Professional Counselor in Illinois and holds a Master in Counseling Psychology from Benedictine University

Rhiannon Reaves



Rhiannon Reaves, MS LCPC, is the Assistant Director of Clinical Services at Chicago Children's Advocacy Center. She earned a Master of Science in Clinical Psychology/Community Mental Health from Western Illinois University[®] is a Licensed Clinical Professional Counselor in Illinois.

Rhiannon has over 15 years of experience in the mental health field and has expertise in working with children and adolescents who have experienced trauma. Rhiannon has extensive experience providing therapy to individuals involved in the child welfare system as well as to individuals with intellectual and developmental disabilities. Rhiannon has conducted trainings on working with children who have experienced trauma and on conducting therapy with individuals with intellectual and developmental disabilities.

Strategies for Providing Trauma Treatment to Kids with Disabilities

Data demonstrates that children with developmental disabilities are highly vulnerable to sexual abuse and experience sexual abuse in much higher numbers than the general population. Mental health treatment is demonstrated to be effective in ameliorating problematic emotional, behavioral, and physical symptoms that can result from the abuse in all populations, including kids with disabilities. However, many trauma therapists lack experience and training in working with this population. This session will review the underlying theories and introduce treatment strategies and specific interventions that can be used with kids with developmental disabilities and their families.