Dr. Matt Buckman is a Licensed Clinical Psychologist and the Executive Director of the Stress & Trauma Treatment Center, which operates multiple locations across southern Illinois. Dr. Buckman also contributes his expertise to regional and statewide initiatives through various part-time leadership and consultative roles to advance quality mental health services and resiliency development. Most recent service appointments include serving on the Healing Centered Illinois Task Force and Co-Chairing the Resilience Supportive Schools Illinois Advisory Council.

Dr. Buckman’s multifaceted career exemplifies a deep commitment to advancing mental health practices and fostering resilience in individuals and communities. His awards, such as the Community Champion for Behavioral Health and multiple SAMHSA Excellence in Community Communications and Outreach Awards, reflect his impact and dedication to community resilience and mental health wellness.

Dr. Buckman currently leads several innovative projects as Principal Investigator, including the Southern Illinois Underserved Victim Project, the Southern Illinois Adversity & Resiliency Project, the Southern Illinois Youth Standing Up for Others Project, the Southern Illinois Safe from the Start Planning Initiative, the HFS Expanding Medicaid Services project, and the Southern Illinois Community Outreach and Recovery Services Project. As Co-Principal Investigator, he contributes to the implementation of the School-Based Mental Health Services Grants funded by the U.S. Department of Education through the Illinois State Board of Education. Additionally, he serves as the Clinical Director of the Trauma-Based Behavioral Health Fellowship at Southern Illinois University’s School of Medicine and as the Southern Illinois Managing Program Partner for the REACH (Resilience Education to Advance Community Healing) initiative through ISBE, IDPH, and Lurie Children’s Hospital.

With a career dedicated to improving the quality of emotional and behavioral health for youth and families, Dr. Buckman provides clinical supervision, consultation, training, and direct services. His expertise impacts multiple sectors including education, juvenile justice, primary care, and behavioral health with a specialization in childhood resiliency and trauma informed care. He holds certifications in Trauma-Focused Cognitive Behavioral Therapy (TFCBT), Managing & Adapting Practices (MAP), Parent-Child Interaction Therapy (PCIT), Eye Movement Desensitization & Reprocessing (EMDR), and the Neurosequential Model of Therapeutics (NMT). Dr. Buckman has extensive experience helping victims of abuse and their families recover and heal from significant adversities, a mission he considers his life's calling.