

STEVENS TREATMENT PROGRAMS



Adolescents who act out sexually present a serious problem. Adults in their lives often feel helpless and uncertain of how best to address the problem. That's where the Stevens Treatment Program can help. We offer a comprehensive treatment program that addresses a range of sexualized behavior problems, from trauma reactive to sexual offending.

How the Program Works

When an adolescent first enters the program he undergoes a comprehensive risk assessment, unless one has recently been completed. The assessment examines patterns of behaviors, contributing factors to the patterns, and indicators for risk. We use the assessment as a guide to tailor a treatment program best suited to the adolescent's needs.

Treatment then focuses on a cognitive behavioral therapy approach, exploring patterns of behavior and their root causes. Some major components of treatment include relapse prevention, trauma history, if applicable, and development of victim empathy.

All residents receive weekly individual therapy from a clinician who has been specially trained to treat adolescents with sexual behavior problems. In individual therapy, we encourage the adolescent to examine his life honestly and to explore the origins of his sexual acting out. We ask him to complete a series of specially designed therapeutic assignments that address the underlying issues driving the behavior. By the end of treatment, the adolescent will have an arsenal of therapy "tools" at his disposal that he can use to stop unwanted thoughts and behaviors, thus lowering risk.

Group therapy is a major focus of treatment at Stevens. Residents will participate in a minimum of three therapy groups per week designed to help him process his behaviors, examine underlying issues, learn and practice relapse prevention techniques (including thought blocking for deviant fantasies and interruption of the deviant cycle), identify and appropriately express his feelings, and develop victim empathy. Other group topics include anger management, healthy human sexuality, social skills, communication skills, problem solving skills, values clarification, appreciating diversity, and substance-abuse prevention.

Since his family's support and involvement can be an effective motivator, family therapy is another important part of the youth's treatment program. The Stevens family therapist will assist the family in examining family dynamics and strengthening healthy family functioning.

Toward the end of treatment, Stevens provides a risk re-assessment to evaluate the adolescent's level of success within the program and to make future treatment recommendations.

This staff-secure program offers an extremely safe, highly structured environment for adolescents who have acted out sexually. Their histories have often involved covert behaviors, therefore the following systems are in place to keep the program safe for our residents and the community:

- **24-hour awake supervision**
- **Individual bedrooms**
- **State-of-the-art electronic monitoring and surveillance**

Stevens offers each adolescent a comprehensive accredited educational program designed to provide him with the best possible academic experience. We offer small class size, high staff-to-student ratios, and specially trained teachers and aides.

Stevens Treatment Program is committed to providing state-of-the-art treatment to residents with the overall goal of lowering their risk of further sexual acting out and increasing their prospects for a successful adult life. Because we are committed to community protection, community safety takes precedence over any conflicting considerations, and is ultimately in the best interests of the adolescent and society.



Parent Education Workshop

To help support the adolescent's recovery, we provide parents and guardians with an informative, educational day-long workshop to help prepare them to effectively supervise their child when he returns to the community. The curriculum, developed by Stevens and provided in workshop format, covers guardian-specific topics such as understanding why some children act out sexually, understanding how best to support their positive change, and proper supervision. Parents complete this workshop before taking their child off-campus.

Conclusion and Integration

Whether the next step is enrollment in a follow-up program or integration into the community, Stevens prepares the adolescent and family for a successful transition.



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Specialized Treatment for the ADOLESCENT WITH SEXUAL BEHAVIOR PROBLEMS



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