

MOCOSA

Metropolitan Organization to Counter Sexual Assault

Youth with Sexual Behavior Problems:

A Practical Guide for Working with Youth and their Families

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Mission Statement

MOCSA's mission is to improve the lives of those impacted by sexual abuse and assault and to prevent sexual violence in our community

Adults who have experienced sexual abuse/assault receive evidence based and best practice treatments including CPT, EMDR, IFS, Trauma Sensitive Yoga, Art Therapy and Sand Tray Therapy

All services free of charge

Adult Sex Offenders are private pay

Children who have experienced sexual abuse/assault receive evidence based and best practice treatments including TF-CBT, EMDR, Trauma Sensitive Yoga, IFS, Play Therapy, Art Therapy and Sand Tray Therapy

PCL-5 and GAD-7 used to measure treatment progress

Results of this evaluation system are still in progress with promising preliminary results

Advocacy

900 people received advocacy services

Education

63,000 individuals received prevention education

Counseling

17 Therapists providing counseling to 1,250 clients

UCLA PTSD Inventory used to measure treatment progress

Results of the inventory have been excellent

Youth with Problematic Sexual Behaviors (YPSB) receive the OU-PSB-CBT model of care in addition to a model developed by MOCSA staff

Youth with Illegal Sexual Behaviors receive treatment informed by both the Pathways model and the Good Lives Model

The Adult Sex Offender Program is under the supervision of the Missouri Department of Corrections

Office and MOCSA therapists

Five Primary Initiatives

- Develop a research based treatment protocol
- Train and create a culture of change in the KC metro
- Organize an MDT
- Change the law-Senate Bill 341
- Implement an evidence based program (OU-PSB or MST)

What's the difference that makes a difference?

Meta-analysis of Treatment for Child Sexual Behavior Problems. (2008) Armand, Bard, Silovsky
Children ages 3-12

Parent/Behavior Management

Rules about sexual behaviors

Sex Education

Abuse prevention skills

Self control skills

2002 Survey by Safer Society

Found the majority of child programs reported using treatment elements commonly found in adolescent and adult programming, including.....

Relapse Prevention

Victim Empathy

Clinical Report-The Evaluation of Sexual Behaviors in Children

Pediatrics. Vol 124 No 3 September 1,2009.pp.992-998

- Most situations that involve sexual behaviors in young children do not require child protective services intervention
- Sexual behaviors are more likely to occur in families where children have access to pornography, there is poor supervision, family nudity, open access to the bathroom or bathing. Also, in families where there is illness or hospitalization of a caregiver, criminal behavior or domestic violence, where there is a culture of neglect.

“Right Sized Treatment”

- Not too much- not too little
- Existing evidence based treatments for this population are intensive, expensive to implement and most communities do not have access to these treatments.
- *Youth with Sexual Behavior Problems: A Practical Approach to Working with Youth and their Families* - is a research based option

A Practical Guide for Working with Youth and their Families

Research Based

Strengths Based

Fun

Pornography

Last things first

Focus on creating a culture of conversation as opposed to monitoring and limiting

Of course monitoring and limiting are important too 😊

Do you know what the first three apps your children look at when they go to their phone?

Assessment and Safety Planning

- Making the most of your time together
- This may be the only time you work with the family
- You are working for the next mental health provider behind you
Be kind
- Make the time together useful
- Notice what the family is doing well and give at least one useful tool. (Sexual behavior rules)

Assessment and Safety Planning

When?

Who?

Where?

Boundaries

Family Blueprint

Family Schedule

Feelings Identification

- Feelings are a blend
- Glove box questions
- Research supporting that when families ate together at the table they made better grades.

Distress Tolerance

I can have this feeling and not become it

If you can keep your head, when all about your losing theirs

Rudyard Kipling

Cognitive Distortions

Identifying

Labeling

Re-writing

Impulse Control

Research suggests there is a high likelihood that impulsivity is a significant contributing factor to sexual behavior problems.

Impulsivity is also a condition of youth

Practice can help

Family Team Building

Focus is not on acting out - but on acting together

Three ideas about how each family member can be a helper this week.

Sexuality

That's interesting.

I didn't know you thought that.

Can you tell me more?

**Thanks for sharing your idea/ feeling/
opinions about that.**

Sexuality

MTV Parental Controls- Parents choose either dating companion

What are your family expectations about dating?

Time for Questions

