

# Southern Peaks

## The Haven Program

The goal of The Haven Program at Southern Peaks is to provide treatment to youth who have been sexually exploited. This program is designed for male and female adolescents between the ages of 10-21 in need of treatment services in a safe, staff secure, highly structured residential program.

### ***Intake assessments that include:***

- Mental status evaluation
- Initial suicide assessment
- Initial health screening
- Complex PTSD assessment
- Comprehensive client interview/biopsychosocial
- Family assessment
- Mental health evaluation
- Psychiatric evaluation
- Health and physical examination
- Dental Screening
- Drug and alcohol assessment
- Wide Range Achievement Testing (WRAT)
- Ansell-Casey Life Skills Assessments (ACLSA) from Casey Family Programming
- Career scope

### ***Comprehensive treatment plan which includes:***

- Primary diagnoses
- Treatment objectives, goals and action steps
- Summary of services to be rendered
- Transition and discharge planning

### ***Drug and Alcohol Treatment:***

- Individual and group counseling tailored to the needs of the client

### ***Discharge planning beginning at intake:***

- Work with referring agents and families to determine placement after treatment has been completed at SPRTC.
- Preparing youth for less structured environments (Step down programming, or wrap around services in the community)

### ***Stabilizing behaviors by providing:***

- Highly structured and safe environment
- Medication review / assessment with psychiatrist within 7 days
- Education, training and practice developing and utilizing coping skills

### ***Individual, family and group therapy sessions:***

- Individual sessions for at least 1 hour per week
- Family sessions for at least 1 hour per week
- Therapeutic groups for 3 hours per week in addition to twice daily milieu group

The **Exploited Children's Program** consists of all participants meeting once per week for 1.5 hours in a structured setting and consists of 4 steps:

**Step 1: Assessment and Education:** What is trauma? Different types of trauma; PTSD questionnaire; begin Story of Life; PTSD Traumatic cognitions inventory; PTSD vs. Trauma; Kubler Ross Grief Cycle physiological symptoms of trauma.

**Step 2: Engagement Strategies:** Functional and dysfunctional beliefs; triggers and problem context; coping strategies-adaptive and maladaptive; working hypothesis; treatment goals-interventions; treatment obstacles-potential solutions; emotional regulation exercises; applied relaxation; mastery and pleasure activities.

**Step 3: Acceptance and Skills Building:** Controlling the affects of our trauma. Identify cognitive distortions associated with PTSD; thinking errors; challenging our thoughts-identification of dysfunctional beliefs; controlling ruminative thinking and controlling worry; grounding techniques; acceptance strategies.

**Step 4: Relapse Prevention:** Share story of life; reducing risk of re-traumatization; assertiveness training; dealing with lapses and relapses.