

# Sexual Misconduct Treatment Program for Juveniles

Since 1985, Child Guidance Center has provided an outpatient assessment and treatment program for juveniles who have engaged in sexual misconduct.

The underlying philosophy of the program is that early intervention in a community based setting offers a viable approach in addressing the juvenile's disruptive behaviors. The program philosophy also holds that sex offense specific assessment and therapy with juveniles entails different methods and approaches than those used with adults.

The cooperation of the juvenile's caretakers, coupled with the involvement of other agencies, is essential in reducing the likelihood of future sexual misconduct and additional victims.

The fundamental purpose of the program is to help youth reduce their chances of engaging in future sexual misconduct by facilitating more adaptive ways to meet their developmental needs for social relationships, independence, and personal competence.

Treatment is a collaborative effort among all involved parties, and progress and goals are reviewed regularly with colleagues who have specific training and experience in the area.



## Sexual Misconduct (Risk) Assessment

The agency provides specialized, comprehensive assessments for youth with sexual behavior problems. Assessments, which are often court-ordered or required by other parties, are conducted to identify treatment needs, placement alternatives, and supervision guidelines. They include clinical interviews with the youth and family, psychological testing, contact with collateral sources, and a review of investigation documents. A report with recommendations is developed and shared with the youth and family, as well as the referral source. Although the evaluation includes the use of an empirically guided risk assessment instrument, it must be noted that the prediction of juvenile reoffense risk is not yet a scientifically validated process. Nor can the assessment determine whether a sexual offense has occurred in cases where the information or evidence is uncertain. When the Court system is involved, the assessment is generally conducted after the youth has been adjudicated for the offense. Assessment services are an independent component of the program, and can be provided regardless of the youth's involvement in treatment at the agency.

## Treatment Components

The Sexual Misconduct Program is designed for youth ages 12 to 18, and involves several therapy modalities, including peer group therapy, individual and family therapy, and case management and consultation. Several groups, accommodating different age and maturity levels, are available, and a group for youth with developmental disabilities is also offered.

A family-based, developmental approach guides counseling interventions that are tailored to each juvenile's unique needs and strengths. It is believed that the sexual misconduct can best be understood in the context of the juvenile's personality and developmental history, as well as his/her social and cultural background. The juvenile's own trauma or abuse issues, when present, are integrated into the treatment process.

## Referral Process

To make a referral for assessment or treatment, contact the Child Guidance Center's

**Sexual Misconduct Treatment Program  
Coordinator: 402-475-7666**

Intake information will be gathered and the youth will be assigned to an evaluator or therapist as soon as possible. There may be a waiting period depending upon the volume of referrals at any given time.

## Therapeutic Goals for Youth

- Increase the youth's sense of responsibility for the sexual offense(s)
- Become aware of the impact of their behavior on their victim(s) and others
- Develop an understanding of the motivation for the offenses
- Learn to recognize and alter thinking patterns that "justify" sexual offending
- Identify risk factors and develop an approach for managing sexual thoughts and feelings
- Develop impulse control and emotional regulation strategies
- Develop healthy interpersonal relationships and support systems
- Improve family and peer relationships
- Resolve trauma and attachment issues that may have contributed to sexual misconduct
- Clarify their role/responsibility for the abuse with victims (if possible)



## About Child Guidance Center

Child Guidance Center is a private non-profit agency providing mental health services to children, adolescents, and their families.

Founded in 1949 by Lincoln's Junior League, Child Guidance Center has been making a difference in the community by supporting families in their efforts to raise emotionally healthy kids.

Child Guidance Center provides a continuum of prevention, early intervention, and treatment options to meet every individual's needs.

Services are provided by licensed mental health professionals with training and experience in the areas of psychiatry, psychology, social work, psychiatric nursing, relationship and family therapy, art therapy, play therapy, and counseling.

Services are offered on a sliding-fee, ability to pay basis. Medicaid and insurance accepted.

For more information or to arrange for services call 402-475-7666

### Agency Hours

Monday-Thursday 8:00 a.m. - 8:00 p.m.  
Friday 8:00 a.m. - 5:00 p.m.



Helping kids find hope and healing

2444 "O" Street  
Lincoln, NE 68510  
402-475-7666

Fax: 402-476-9623

[www.child-guidance.org](http://www.child-guidance.org)



Accredited by  
The Joint Commission



Funded in part by the  
Dept. of Health and Human Services  
& Region V Systems



CHILD  
GUIDANCE  
CENTER

Helping kids find hope and healing



## Sexual Misconduct Treatment Program

Assessment & Treatment  
Services for Juveniles