

# Sierra Sage Treatment Center

## Therapeutic Services

Sierra Sage Treatment Center values delivering the right services at the right time. Our clinical services address the young woman's risks and needs, providing the necessary support and connections, which enable our clients to successfully transition back into their home community. Assessments calibrate services to each youth so treatment plans are individualized based on need. Therapeutic services are delivered within a strengths-based, cognitive-behavioral and trauma-responsive environment by qualified clinical staff.

Sierra Sage provides the following core groups based on the young woman's primary risks/needs:

- ***Trauma Focused Cognitive Behavioral Therapy (TF-CBT)*** is an evidence-based treatment for youth impacted by trauma. TF-CBT is a short-term treatment model that improves a range of trauma-related outcomes with the youth and caregiver. TF-CBT effectively addresses Post-Traumatic Stress Disorder (PTSD) and many other trauma impacts, including affective symptoms (e.g., depression, anxiety), cognitive distortions and behavioral problems, as well as improving the participating parent or caregiver's personal distress about the child's traumatic experience, effective parenting skills, and supportive interactions.
- ***Eye Movement Desensitization and Reprocessing (EMDR)*** is a unique, nontraditional form of psychotherapy designed to diminish negative feelings associated with memories of traumatic events.
- ***ROP CSEC Curriculum (2019)*** is an evidence-based processing group led by a qualified and licensed therapist to assist youth in increasing skills in the areas of emotion regulation, mindfulness, distress tolerance and interpersonal effectiveness.
- ***Dialectical Behavioral Therapy*** is for adolescents who have difficulty managing emotions or who display self-harm or suicidal ideation (Linehan, 1993).
- ***Seeking Safety: A Treatment Manual for PTSD and Substance Abuse, 1st Edition (Najavits, 2002)*** is an integrative treatment approach developed for youth presenting with traumatic stress and/or substance use disorders. Efficacy is supported by the Psychotherapy Division of the American Psychological Association and the International Society for Traumatic Stress Studies.

- ***Aggression Replacement Training, 3rd Edition (Glick & Gibbs, 2010)*** curricula includes: Social Skills Training, Anger Control Training and Moral Reasoning. OJJDP and research (Landenberger and Lipsey, 2005) conclude ART curriculum is correlated to a reduction in recidivism.
- ***iEmpathize*** is a five-session introduction to CSEC. The iEmpathize content addresses issues of child exploitation without sensationalizing the concepts.
- ***Thinking for a Change, version 3.1 (Bush, Glick & Taymans, 2011)*** is a cognitive-behavioral curriculum that concentrates on changing criminogenic thinking. An extensive body of research shows cognitive-behavioral programming reduces recidivism of offenders (Landenberger and Lipsey, 2005).
- ***Cognitive Behavioral Intervention for Substance Abuse (University of Cincinnati, 2012)*** follows current research and best practices in substance abuse programming. Cognitive Behavioral Intervention for Substance Abuse is a curriculum designed for adolescents that are moderate to high need in the area of substance abuse.
- ***Positive Skill Development Groups*** developed from *The Prepare Curriculum (Goldstein, 1999)*, targets social and thinking skills. Youth are guided through learning activities in which they rehearse, practice and role-play skills. Discussion on skill application reinforces the new knowledge.
- ***Mindfulness*** is the balance of mind-body skills, including yoga, dance and meditation, which have a demonstrated positive effect on reducing the symptoms of PTSD, anger, quality of sleep, depression and anxiety.
- ***Equine Therapy*** is a form of experiential therapy that involves interactions between clients and horses. Equine Therapy improves the young woman's mental, physical, social and emotional functioning, and helps the youth develop skills and attributes, such as accountability, responsibility, self-confidence, problem-solving skills, and self-control. PATH certified staff work with the clients and horses.
- ***Family Therapy*** is delivered by the clinical staff to repair harm, restore relationships and reintegrate youth with their family and community. Open communication between the youth and her family is the cornerstone of our Family Therapy model, which is designed to address three goals: (1) prevent, reduce and treat adolescent behavior problems such as drug use, conduct problems, delinquency, risky sexual behaviors, aggressive/violent behavior, and association with antisocial peers; (2) improve pro-social behaviors such as school attendance and performance; and (3) improve family functioning, including effective parental leadership and management, positive parenting, and parental involvement with the youth and her peers and school.
- ***Student Resource Guides (Rite of Passage, Inc., 2012)***. ROP created an eight-concept series, which incorporates evidence-based practices and reinforces learning through guided practice, journaling and critical thinking activities. These guides reinforce various social skills and are a complement to the program and the objectives youth learn as they progress from orientation to transition planning. Youth complete these guides during the evenings and weekends.