



## Learning Objectives

Describe the core elements of a sexually problematic behavior program in line with current treatment trends.

Discuss the needs of a program that encourages growth and progress while also maintaining the rights of persons supported, and professional liability.

Evaluate the integration of these components into an effective program structure on multiple levels of accountability.

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## Common Pitfalls

- SPB is just regular programming with sex stuff
- Fear based programming
- Restrictive programming
- Lack of Clinical basis/Support
- Lack of Risk Assessment
- Lack of Program Markers

*What gets in the way?*

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## Obstacles

- Time/Resources
- Changing Culture
- Buy-in
- Misunderstanding disability
- Worst First Thinking
  - Administrative Concerns
  - DSP Concerns
  - Parent Concerns
  - Community Concerns
  - Partner Agency Concerns



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## Many Perspectives, Many Problems



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## Results from Lack of Structure

- Reduced quality of care
- Tough to map progress
- No treatment focus
- Increased liability
- No direction
- Recidivism/re-offending

Impacted lives are the end result

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## Core Elements of Successful Programs

- Capacity
- Risk Assessment
- Treatment System/Approach
- Training
- Policy and Procedure
- Progress Markers

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## Capacity (Our major lens)

- Every other point must be seen through this lens
- What is the program's **purpose**?
- Who will do **what** and **how** and **why**
- Can you **implement** a program?
- Resources
  - Expertise
  - Time
- The cost of risk – no 0% risk program




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## Risk Assessment

- Primary importance – measures level of risk
- Helps target interventions to level of risk
  - Rather than global sanctions or levels
- **Trains staff on what is important**
- Done annually measures progress
- Helps clients see goals/what they need to do
- *ARMIDILO-S*
- *RRASOR*




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## Risk Assessment (at a glance)

- Screen documents
- Interview team members
- Develop a Risk Screening Report
- Develop a Risk Management Plan
- Guides treatment and future evaluations




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## Treatment Framework

- What are you offering?
  - How you view/teach about SPB?
  - Individualized treatment
  - Groups
- Strengths-based frameworks
- No disclosure/guilt or shame based
- Change culture around offending
- *Old Me/New Me*
- *Risk-Needs-Responsivity*




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## Treatment Program Best Practices

- Use skill based cognitive-behavioral approaches.
- Match intensity of treatment programming to risk level.
- Ensure treatment programs target problem areas most related to offending.
- Individualize treatment plans to the specific criminogenic needs of the client.
- Increase motivation through attention to responsivity.
- Intervene in offending patterns.
- Focus on personal identity, increasing self-efficacy and approach goals.
- Develop compensatory strategies specific to offending pathways.
- Address environmental influences and concerns.
- Increase basic skills for community engagement.
- Develop wrap-around risk management supports within the community.




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## Training

- Starts with DSP
  - Boots on the ground
- Clinicians/Behavior Specialists
- Regular trainings
- ATSA/MARATSA Trainings
- Supervisors
- Secondary support team members




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## Policy and Procedure

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- Follows and guides treatment
- Gives a road map for accountability
- Administration must know how it works
  - Not just at a glance
- Program Components
  - Safety Plans
  - Assessments
  - Supervision Review
- Interaction with other supports/shared vision



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## Program Markers

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- Client and agency/program progress
- Use for agency reporting
- Use for program improvement



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## Program Markers

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- Recidivism
- Relationships
- Treatment Compliance
- Supervision Reduction
- Restriction Reduction



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## To find me... to connect...

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## References

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