



## **CPD Intensive Active Treatment for Women**

CPD offers risk management services for males and females with intellectual disabilities who are at risk due to issues related to: vulnerability, problematic socio-sexual expression, and/or offending behavior. Female participants typically present with trauma histories, and tend to display maladaptive coping that jeopardizes their safety and/or increases their risk of social/legal trouble. Behavioral risk management is a wrap-around approach, incorporating both internal and external interventions to increase protective factors and reduce risk of harm. CPD's aim is to promote interpersonal safety and wellness for participants in the community.

Women referred to CPD are assessed for socio-sexual skills, knowledge, and support needs. Participants collaborate in the development of a personalized safety/risk management plan, identifying socio-sexual goals, risk areas, and strategies to help them live in the safest possible manner. CPD is a Home and Community Based Waiver Intensive Active Treatment (IAT) Provider, providing therapeutic services to individuals who meet the federal functional definition of a cognitive disability. CPD's services to clients are supervised by our Clinical Director, Geno Daly, an LCSW, CDCII and SOTPII. CPD's clinical team includes: the Clinic Director, four masters level Clinicians and three bachelor level Clinical Case Managers.

### **Service Description for Women at Risk**

CPD provides Psychoeducational Group Therapy, helping women at risk gain competency in the areas of emotional self-regulation, healthy relationships, and safe sexual decision-making. Strength-based interventions and positive support strategies are employed to facilitate trauma recovery and develop emotional resiliency. Socio-sexual concepts are presented and reinforced using a variety of modalities and curricula adapted to meet the unique needs of the population. Educational activities are designed to promote attitudes, knowledge, and skills that reinforce personal safety and healthy relationship dynamics. The therapeutic group setting provides opportunity for participants to process feelings, to problem-solve challenges, and to actively practice interpersonal skills among their peers.

CPD also provides opportunity for participants to practice skills under clinical supervision on Community Based Observation/Training Sessions (CBOTS). During these sessions, individuals review personal safety plans, and apply concepts learned in group to outside environments. During CBOTS, clinical staff are able to observe and assess situational risk management and progress toward treatment targets in community settings. CBOTS are often designed to give participants opportunities to practice safe socialization with others, e.g. connecting with family, friendship-building outings, or supervised dating assistance. CBOTS also give participants and clinical staff opportunities to follow-up on an individual basis as needed.

Through Case Reviews, CPD provides ongoing clinical assessment, treatment planning and coordination to assist support teams and the individual receiving services to minimize personal safety risks and maximize skill-building opportunities in the community. During Case Reviews, presenting problems, progress, and support strategies are evaluated and adjusted as necessary.

CPD conducts comprehensive Personal Safety Risk Assessments to identify individual risk factors that contribute to vulnerability, risk for victimization and/or problematic sexual behavior. Through the assessment process information is collected that relates to: diagnostic and medical risk factors, cognitive ability, an individual's knowledge and attitudes about sexual behavior, social history, emotional status, history of risky behavior and/or trauma, as well as environmental factors and level of support the individual may need across environments. Completed assessments provide treatment, supervision and support recommendations. Individual wrap-around Personal Safety Plans and skill interventions are based on careful analysis of the unique circumstances of the individual.

CPD conducts informal on-going assessments during group therapy sessions, CBOTS, and team meetings to monitor progress, address high priority issues and adjust treatment as needed. CPD conducts Environmental Assessments as needed to assess risks in residential, employment and community environments and provides recommendations to minimize risks and maximize safety for the individual receiving services.