



CPD Intensive Active Treatment for Men General Service Description

CPD provides specialized treatment that is not available through other service providers in the community. CPD services are provided by, highly trained facilitators, experienced in working with individuals who experience intellectual disabilities, co-occurring mental illness, trauma histories, substance abuse histories and high-risk sexual behaviors.

Intensive Active Treatment Service is provided in the context of Psychosocial Educational Groups and Community Based Observation and Training Sessions (CBOTS). During psycho-educational group therapy sessions, individuals learn to identify high-risk situations, emotions, sexually inappropriate behavior and behavior patterns that left untreated put them at risk for incarceration/institutionalization. Participants are taught coping strategies through a variety of curricula and skill building techniques to help them learn to self-manage their high-risk behavior and interrupt harmful behavior patterns.. CPD provides individuals with sexual education and skill building around normal, safe and appropriate social and sexual relationships. Participants are encouraged to discuss and evaluate high risks, use of coping strategies and accountability for behavior. Participants have opportunities to practice skills in controlled, therapeutic settings with a trained facilitator and when appropriate with peers.

CPD provides opportunities to practice and generalize skills under clinical supervision in a community setting on CBOTs. During these sessions, individuals review their High Risk Behavior Management Plan and practice coping strategies they have learned in CPD groups. CBOTS provide CPD clinical staff with opportunities to observe and assess progress in identifying risks and utilizing coping strategies to avoid high-risk behavior. CBOTs also provide individuals receiving service with one-to-one opportunities to ask questions and work through problem areas related to their high-risk inappropriate sexual behaviors.

Through Clinical Case Management and Case Reviews, CPD provides ongoing clinical assessment and treatment planning to minimize behavioral risks and maximize safety. During Case Reviews presenting problems related to high-risk inappropriate social/sexual behavior, and progress are evaluated and adjusted as necessary. Information regarding incidents of high-risk behavior and progress outside the clinical setting and across living environments is shared by family, other clinical, residential, supported employment and community care providers to support the assessment of progress in generalizing knowledge and skills.

CPD conducts Comprehensive Risk Assessments to identify the risk factors that contribute to and maintain the high-risk inappropriate/offending sexual behavior. Through the assessment process, information is collected that relates to: an individual's knowledge and attitudes toward high-risk behavior, emotional status, history of high-risk

behavior and trauma as well as environmental triggers. Completed assessments provide supervision and support recommendations, based on careful analysis of unique risk factors that precipitate individual behavior patterns. Behavior Risk Management Plans are developed with corresponding coping strategies/interventions to address risky behavior. Environmental Assessments assess risks for individuals who are receiving CPD services, in residential, employment and community environments to minimize risks and maximize safety.

Sex Offender Treatment Groups: For men who have been convicted of a sexual offense and are on probation/parole. Sex offender treatment adheres to the Risk-Need-Responsivity Model. Probation officers refer offenders to this program. Assessment tools used are: SOTIPS, STATIC/STABLE and/or ARMIDILO-S. Offenders learn to identify offense patterns, coping strategies and make lifestyle changes to interrupt and intervene in offense patterns. SOTIPS is also used to track progress in treatment. CPD has a collaborative relationship with the Department of Corrections (DOC) and probation officers. Treatment is delivered in weekly group therapy sessions and may also incorporate individual sessions one time per month as needed and/or CBOTS.

Substance Abuse Treatment Groups: For men who have been convicted of a Sexual Offense and are on Probation/Parole and have problems with Substance Abuse. Participants will be screened using MAST or DAST. Treatment is provided in groups that meet at least one time per week and focus on the RPT model. Individuals learn to identify biopsychosocial factors that contribute to their substance use/abuse, provide education to support development of coping strategies, and lifestyle changes to promote recovery. Referrals for medical intervention are also provided. A variety of educational modalities including but not limited to group therapy/education, modeling, peer support, sober recreation and life skill development experiences are used to support recovery.

Trauma Group Therapy: Men who have experienced a high level of trauma may have difficulty managing emotions and impulses, discerning appropriate partners and making safe decisions. Men with severe trauma histories receive support and develop coping strategies to address maladaptive behavior related to trauma. Facilitators trained in the treatment of trauma provide education and encourage peer support as individuals discuss current issues in their life and learn to identify and intervene in maladaptive behavior patterns related to their trauma.

Young Men's Group: Young men who are at risk for committing a sexual offense or display risky social and sexual behavior receive specialized treatment in group therapy sessions to support the development of knowledge related to appropriate social and sexual relationships, communication skills, emotional regulation and impulse control skills, as well as sex/dating education. CBOTs provide opportunities to practice and generalize skills individuals learn in the group.