A Virtual Treatment Program for Families of Children with Problematic Sexual Behavior

ALEXANDER YOUTH NETWORK

Currently, PSB-CBT assessment and treatment are conducted through a secure telehealth platform (online).

There isn't one type of teen who engages in problematic or illegal sexual behavior. Most often there are many factors that lead to this behavior. Each teen is different and each family is different. What's important now is for you and your teen to work with your treatment provider to understand which factors are most relevant for your teen and how to overcome them. The majority of teens with problematic or illegal sexual behavior do not go on to become adult sex offenders. With treatment and good parental supervision and support, most teens will never engage in another problematic or illegal sexual behavior. Research shows that the sexual reoffense rate for teens who receive treatment is low, from 3 to 14 percent. Teens who complete treatment can lead happy and successful lives.



Problematic Sexual Behavior –Cognitive Behavioral Therapy™ (PSB-CBT)

Adolescents with problematic or illegal sexual behavior can be helped with outpatient treatment. Treatment is typically 40 to 52 weeks in length with active caregiver involvement. Youth can live at home and attend school and other activities without jeopardizing the safety of other youth. Most of these youth do not continue to have sexual behavior problems into adolescence and adulthood.

PSB-CBT™ is available for youth **ages 13 to 18** and their caregivers. Youth are referred for behaviors including:

- Repeatedly exposing themselves to others
- Excessive masturbation
- Failure to recognize socially acceptable physical boundaries
- Preoccupation with pornography and other sexualized content
- Generation and/or dissemination of sexualized images of self or others
- Aggressive sexual acts

Group and Family Treatment

The first step is an assessment to determine if the child or youth is appropriate for PSB-CBT™. Once accepted into the program, most youth will be referred to the group-based modality. During PSB-CBT™, youth will learn:

- Principles of healthy sexual behavior
- Privacy and boundary rules
- Coping skills and impulse control skills
- Social skills

Caregivers must participate in PSB-CBT™ weekly. They learn:

- Strategies for improved parent-teen communication
- Appropriate supervision and monitoring strategies
- Ways to prevent problematic sexual behavior

Throughout treatment, youth and their caregivers meet once a week in separate groups, with occasional combined sessions.

Our staff will assist with referrals for youth who do not meet criteria for inclusion in our current program.

Serving Guilford, Forsyth, and Surrounding Counties

Contact us if you know a teen who might benefit from this program. We accept referrals from:

Parents and guardians • NC Department of Social Services • Mental health, medical, school, and other professionals • NC Department of Public Safety • Juvenile Justice

Services are provided virtually

For more info or to refer a teen:

Email intake@aynkids.org or NWalker@aynkids.org

Resources: **www.NCSBY.org**, **www.icctc.org**, *and* **www.nctsn.org.**