



**Instilling Hope...Creating Dreams.**

## **SPECIALTY SERVICES**

Community Treatment Solutions, Specialty Services Program, is a community based program that serves as an alternative to residential treatment. The program addresses the factors associated with traumatized children who are exhibiting complex behaviors, which may include fire setting, violence, or sexual acting out. The program is designed to minimize procedures that are commonly used in residential settings. Instead, the program seeks to provide a home-like setting for youth where services are based on a trauma-informed approach to assessment and treatment that incorporates life skills development and community and biological family engagement.

The therapeutic model developed for the specialty services follows directly from the conceptualizations above. Our approach is to use therapeutic supportive family settings that are similar to, but more intensive than, typically available treatment foster care. This model is highly structured with 24/7 support from dedicated treatment foster parents, therapists, behavior specialists, and case managers that are especially selected and trained to deliver high-quality therapeutic services. Treatment is delivered individually and in a group format. Interventions are aimed at anger management, relationship building, victim empathy, sex education, and personal and social skills development. The primary modality of treatment is Cognitive Behavioral Therapy. Other modalities will be utilized when appropriate, including: play therapy, video and audio diaries, dance and movement therapy.