

What are the expectations of me, as the child's parent or caregiver?

Research demonstrates that parent/caregiver involvement and understanding of children's needs helps to reduce inappropriate sexual and anti-social behavior. Due to the strong component the parent/caregiver adds to the child's development, a requirement of this program is that parents/caregivers attend Parent Education Groups that are held for six weeks, two times a year. Educational in nature, these programs cover many topics including healthy sexuality in adolescents, communicating with teens, the signs of sexual abuse, and the legal system around sexual offending.

What can I do to help my child with this problem?

You are vitally important to the success of your child's treatment. If your child knows that you support him attending treatment, he will be much more likely to participate in therapy in a meaningful way. You can help by making sure your child arrives on time for all appointments. You can help by attending the family sessions, participating in the Parent Education Groups, attending the Parent Support Groups and by meeting with his therapist at least every three months to review your child's progress.

Your child's therapist understands that this is a difficult time for the entire family. You should feel free to discuss your own fears and concerns with his/her therapist.

***Remember this is your child's future.
Your involvement makes a difference.***

JUVENILES STARTING OVER
WJCS Treatment Center for Trauma & Abuse

141 North Central Avenue
Hartsdale, New York 10530

914-949-7699, ext. 363 or 354

Juveniles Starting Over is part of The Treatment Center for Trauma & Abuse, a program of Westchester Jewish Community Services. The program goal is preventing violent and aggressive sexual acts by children and adults and helping to heal the trauma of victims.

JSO Staff

Rhonda Donat, MA, LCSW
Therapist, JSO

Shoshanna Must, PhD
Therapist

Kenneth J. Lau, LCSW
Coordinator

Liane Nelson, PhD
Director, TCTA



A program of
The WJCS Treatment Center for Trauma & Abuse



Strengthening lives... Shaping futures

www.wjcs.com

Your child has been referred to
JUVENILES STARTING OVER

a program of the

WJCS Treatment Center for Trauma & Abuse.

To schedule your first appointment, contact

Rhonda Donat, LCSW
914-949-7699, ext. 363

Juveniles Starting Over (JSO) provides evaluation and treatment for children and adolescents who have been adjudicated for a sexual offense or have demonstrated other concerning and/or problematic sexual behaviors. The treatment philosophy, mission and practice of the JSO program are guided by the standards created by the National Association for the Treatment of Sexual Abusers (ATSA) and the New York State Chapter of ATSA. The treatment team is dedicated to improving the mental health and functioning of the youth and families served and to the safety of the youth, family and community.

What is the difference between normal sexual curiosity and sexual offending?

Normal sexual exploration occurs between same-age peers where neither child feels dominated or intimidated by the other. The greater the age differences between the children, the greater the possibility of problematic sexual behavior. The use of force, coercion, tricks or bribes is never acceptable. Secrecy and threats to maintain secrecy are indicators of sexually inappropriate behavior and are cause for concern.

What does the JSO Program offer?

The program offers a variety of treatment and interventions services designed to encompass the broad spectrum of behavior problems assessed and treated at the clinic:

- Court-Ordered Risk Assessments
- Safety Assessments for Sexually Aggressive Youth
- Intake Assessments to determine appropriateness for the JSO program
- Psychiatric Evaluation/Medication Management
- Targeted Individual, Group and Family Therapy including:
 - Specialized Groups for Youth with Co-existing Cognitive Impairment
 - Parent Education Groups
 - Monthly Parent Support Groups
 - Family Sessions focused on safety planning, unification and reunification issues.

Why is treatment necessary?

The primary goal of treatment is to prevent your child from exhibiting inappropriate sexual behaviors or other problematic sexualized behaviors in the future. Studies have shown that if these behaviors are not addressed during childhood or adolescence, they may continue in the future. Research further indicates that children who commit sexually aggressive acts are more likely to commit other illegal and/or anti-social behaviors in the future. Through education, treatment, intervention and positive family support, this comprehensive program is geared to address multiple areas of need to lessen the likelihood of future problems.

How will this program help my family?

- Your child will learn ways to stop problematic sexual behaviors.
- Your child will learn about appropriate sexual behavior and develop his/her goals to promote healthy emotional and sexual relationships in the future.
- Your child will learn how to understand his/her sexual and non-sexual feelings and act on them in healthy ways.
- Your child will be provided with healthy sexual education.
- Your child will develop better communication skills and learn to respect himself/herself and others.
- You will learn how to help your child meet his/her goals to avoid unhealthy behaviors.

What kind of treatment will my child receive in the JSO program?

The treatment consists of psychotherapy, also known as counseling. All children participate in weekly therapy sessions, which focuses on identifying thoughts and feelings that led to problematic sexual behaviors, and changing them into more healthy thoughts and feelings. Empathy and social skills training, anger management, communication development and problem-solving skills training also are themes of the sessions. Clinicians use a variety of “best practice” treatment models tailored to the strengths and needs of each child and family. There also are group sessions that your child may be expected to join. Group members are encouraged to both support and challenge one another on thinking errors, and develop social skills with similar-aged peers. In most cases your child will be expected to attend therapy twice a week (individual and group sessions).