

SEXUAL ABUSE TREATMENT PROGRAM

Since its inception in 1987, the Sexual Abuse Treatment Program has helped children and non-offending family members in Schenectady County heal from the damaging effects of child sexual abuse. The program's goal is to reduce the trauma experienced by each family member and to help the family adjust and reorganize in a manner to help ensure the healthy development and ongoing protection of the child. There is no cost to families for Sexual Abuse Treatment Program services.

AVAILABLE SERVICES

- Evaluations to assist with a determination of child sexual abuse
- Professional staff available to testify to findings in Family Court and provide consultation to service providers
- Ongoing therapy for child victims of sexual abuse and their non-offending family members which can include:
 - Individual therapy for the child victim
 - Family therapy
 - Parent education and support sessions/support group
 - Play therapy and therapeutic games
 - Psycho-educational sessions regarding the dynamics of sexual abuse, personal safety, and the common impact issues associated with sexual abuse and trauma
 - Skill building for both the child and parents (anger management, coping/affect regulation, social skills, parenting skills, communication skills, and assertiveness skills)
- Trauma informed care (particularly through the attachment, self-regulation, and competency/ARC Model)

All clinical services within the program are provided by master's level Clinicians. The family and Clinician develop a flexible treatment schedule of individual, group, and/or family therapy determined by the needs of each child and non-offending family member.

BENEFITS

- The child is sufficiently empowered to keep themselves safe to the best of his or her ability
- The child develops an understanding of what has happened and does not blame themselves for the abuse
- The degree of trauma is significantly decreased as evidenced by a cessation of symptoms, emotional concerns, or behavioral concerns
- The non-offending parent is able to support the child and demonstrate an ability to protect the child from further abuse
- Parents and siblings also receive therapeutic services when necessary
- Complimentary taxi service to the program office, where all treatment and evaluation occurs
- Some evening appointments available

Who can access services? Child residents of Schenectady County ages 3–17 who have disclosed sexual abuse or where there is evidence of trauma usually expressed in symptomology or behaviors. The family must be involved with the Schenectady County Department of Social Services in order to be eligible for services.

How are services accessed? For additional information, contact:

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Sexual Abuse Treatment Program
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Or the Schenectady County Department of Social Services

When are services available? The program operates Monday through Friday from 8:30 a.m. to 5:00 p.m. Some evening appointments are available.