

Mid-Ohio Psychological Services
Adolescent Sexual Aggression Treatment Contract
Rev. 08/06/09

1. Attendance: Juveniles are expected to attend 100% of their scheduled sessions. This level of attendance contributes to a timely and effective completion of treatment goals. If attendance falls below a rate of 90%, a meeting will be arranged to address and resolve the factors contributing to the attendance problems. This meeting will include the juvenile client, the client's parent or caretaker, counselor, and the client's probation officer and Children's Services case worker when these agencies are involved with the juvenile. Program participants are required to attend group counseling sessions weekly. The frequency of individual counseling sessions will be determined by the juvenile client's participation in sessions, homework quality, and counselor recommendations.

Caretaker

Client

2. Cancellation Policy: Juveniles are required to attend all scheduled sessions. If they need to cancel a session, they must speak to their primary therapist. If their therapist is not available they need to speak with the other group therapist in their group. If neither is available, they need to leave a message with contact information. In addition, juveniles need to contact their probation officer to inform them of their anticipated absence. Failure to comply with this policy may result in an unexcused absence. There may be occasions when our agency cancels sessions due to inclement weather, therapist illness, or holiday schedules. If in the event that sessions are cancelled by the agency, juveniles or their caretakers will be contacted by Mid-Ohio Psychological Services based on the current contact information on file.

Caretaker

Client

3. Homework: Homework assignments are required to be turned in weekly. If there are problems completing assignments, we expect clients to bring their questions to group sessions and to schedule individual counseling sessions with their individual counselor as necessary. If a client is working with their individual counselor to address homework assignments, we require clients to make efforts to complete homework assignment outside of sessions. Attending individual counseling sessions to address homework does not excuse a client from making efforts to complete assignments outside of sessions.

There are four core written homework packets as follows: Autobiography, “Why Did I Do It”, Victim Impact, and Relapse Prevention Workbook. However, therapists may give additional written and behavioral assignments to foster meeting treatment goals.

Caretaker Client

4. Treatment Participation: Juvenile clients are required to actively participate in the counseling process. Active participation is defined as talking about treatment issues, and sharing with and challenging group members where appropriate. Participation also includes listening to others while they share with the group and following group rules. Disrupting the group can result in being removed from the group for the session. Being removed from group results in probation officers and/or Children’s Services caseworkers being informed of this removal and is considered non-compliance with treatment. It is not a “get out of group early” trick; participants who are removed from group must sit in the lobby doing homework for the remainder of the session and turn that work in to the counselors at the end of group. Probation officers will be informed of all disruptive behaviors and their consequences. Continued disruptions resulting in removal from group may result in permanent removal from the group and possible termination from treatment.

Caretaker Client

5. Parent/Caretaker Participation: Parents or caretakers are required to attend individual counseling session with the client at a rate determined by the therapist and client in session. However, the minimum requirement is that they attend no less than one time per month.

Caretaker Client

6. Sexual Behavior: The development of healthy sexual behavior while extinguishing pathological sexual behavior is the stated purpose of the Adolescent Sexual Aggression program and the Sexually Aggressive Youth program. Program participants are to communicate with treatment providers about all sexual behavior that they engage in, and are to work with treatment providers to ensure that their behavior is appropriate.

Caretaker Client

7. Supervision: We require parents/caretakers to provide eyes-on supervision for group participants unless otherwise specifically arranged with the juvenile's counselor and probation office where appropriate. Alternative chaperones or supervisors can be arranged through counselors and probation officers when the chaperone has been made aware of the juvenile's supervision needs. Supervision is a major component of intervention for juvenile sexual aggression. It provides an external monitoring system for the youth who has not developed an adequate internal monitoring system. Although the nature of this external monitoring system may change over the course of treatment based on the juvenile's progress, it begins with close supervision and monitoring.

Caretaker Client

8. Safety Planning: Creating and maintaining safety within the community is a primary goal of this program. Therefore, a safety plan must be completed before any change in supervision or change in daily routine is required. This includes changes such including but not limited to: changes in living arrangements/school, visiting friends/family, participation in extracurricular activities, or other disruptions to daily activities.

Caretaker Client

9. Duty To Register: As a juvenile sexual aggressor, if you are required to register under the Juvenile Sex Offender Registry you must adhere to these rules as it will be considered non-compliance with treatment if you do not.

Caretaker Client

10. Failure to Comply with Treatment: Failure to comply with all components of this contract will result in probation officers/ case managers being contacted to report non-compliance and/or a meeting will be scheduled with the juvenile, their caretakers, therapist, probation officer, and Children's Services caseworkers when these agencies are involved.

Caretaker Client

11. Youth/Family Refusal: Refusal to sign this contract represents non-compliance with treatment recommendations and results in termination for the Adolescent Sexual Aggression Treatment Program. Probation officers and Children Services will be notified of this refusal.

Caretaker Client

I agree that I have received a copy of the Adolescent Sexual Aggression Treatment Program Contract. I agree that I have read these rules and that I will follow them. I understand that not following these expectations means that I am not being compliant with treatment.

Client

Date

Parent/Guardian

Date

Primary Therapist

Date