

# Learning Collaborative for Clinical Training in the University of Oklahoma Problematic Sexual Behavior – Cognitive-Behavioral Therapy for Adolescents

## Information Call



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Jenny Almanzar



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Kristen Starr



Sara Bacon



# PSB-CBT Learning Collaborative Training and Technical Assistance Providers

## Clinical Trainers

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Sara Bacon, MPA

## New Jersey Children's Alliance (NJCA)

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# Information Call Agenda

- Overview of PSB in adolescents
- Introduction to the Problematic Sexual Behavior – Cognitive-Behavioral Therapy (PSB-CBT) Program
- PSB-CBT-A Learning Collaborative information
- Key project dates



# PROBLEMATIC SEXUAL BEHAVIOR IN ADOLESCENTS

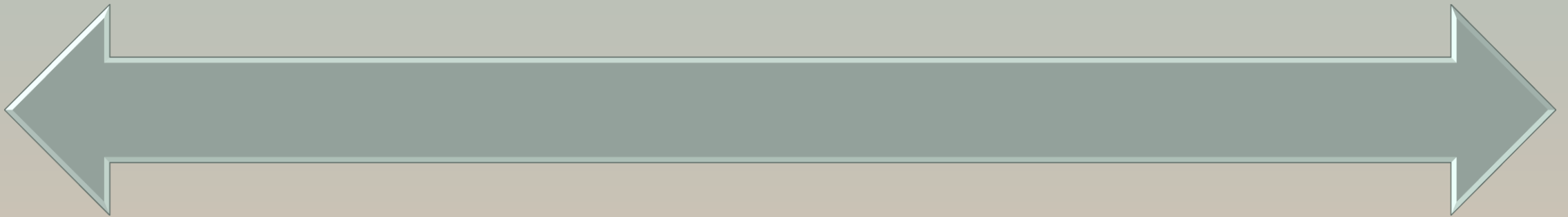
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# What is Normal Adolescent Sexual Behavior?

Typical-----Concerning-----Problematic



# Adolescent Sexual Behavior Continuum

Developmentally Expected

Risky to Self or Others

Problematic



## Common Characteristics:

- Age-appropriate
- Exploratory, curiosity driven “consensual” behavior
- In the context of sexual attraction and romantic interests/relationships
- Does not interfere with other life activities

## Common Characteristics:

- Puts teen at risk for consequences (e.g., pregnancy, STDs)
- May be driven by peer comparison
- May include some elements of coercion
- May increase teen’s risk of own victimization (e.g., online technology use)

## Common Characteristics:

- Illegal
- Coercive
- Aggressive
- Non-responsive to caregiver intervention

## Sexual Behavior in the Context of Personal Victimization

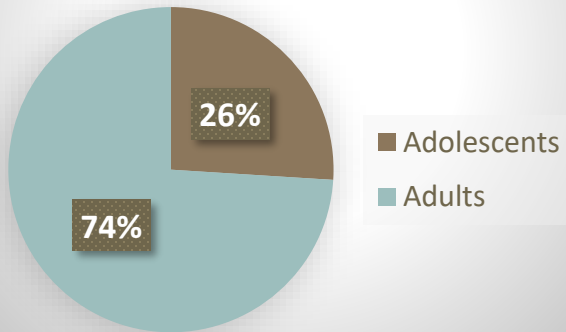
- External influence(s) directing/influencing youth’s sexual behavior
- Online Exploitation
- Commercially Sexually Exploited Youth



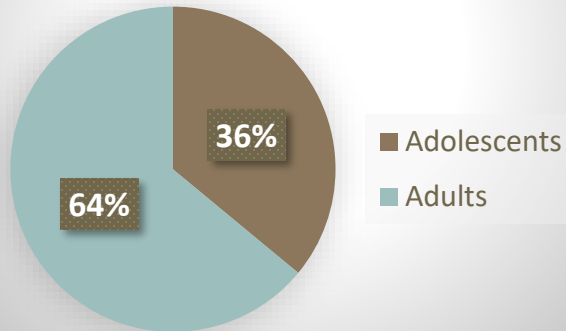
# How Common is Adolescent PSB?

(Finkelhor, Ormond, Chaffin; 2009)

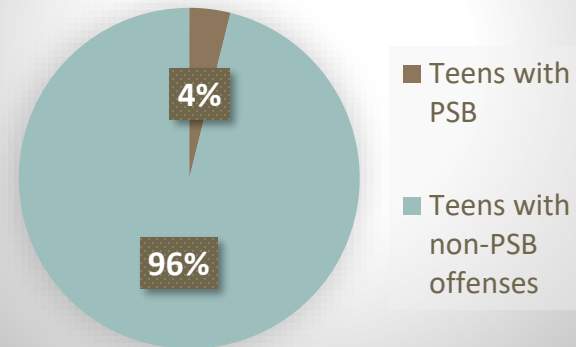
Individuals who engage in illegal sexual behavior



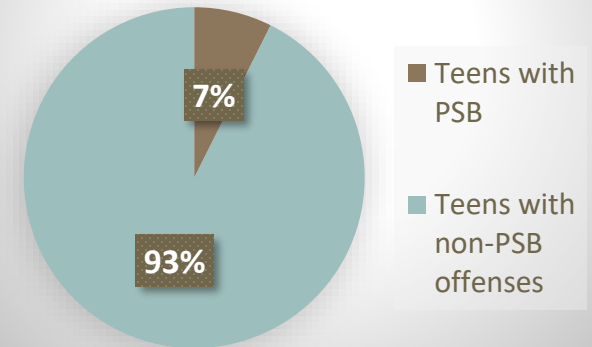
Individuals who engage in PSB against juveniles



Teens who engage in juvenile offenses



Teens who engage in violent juvenile offenses

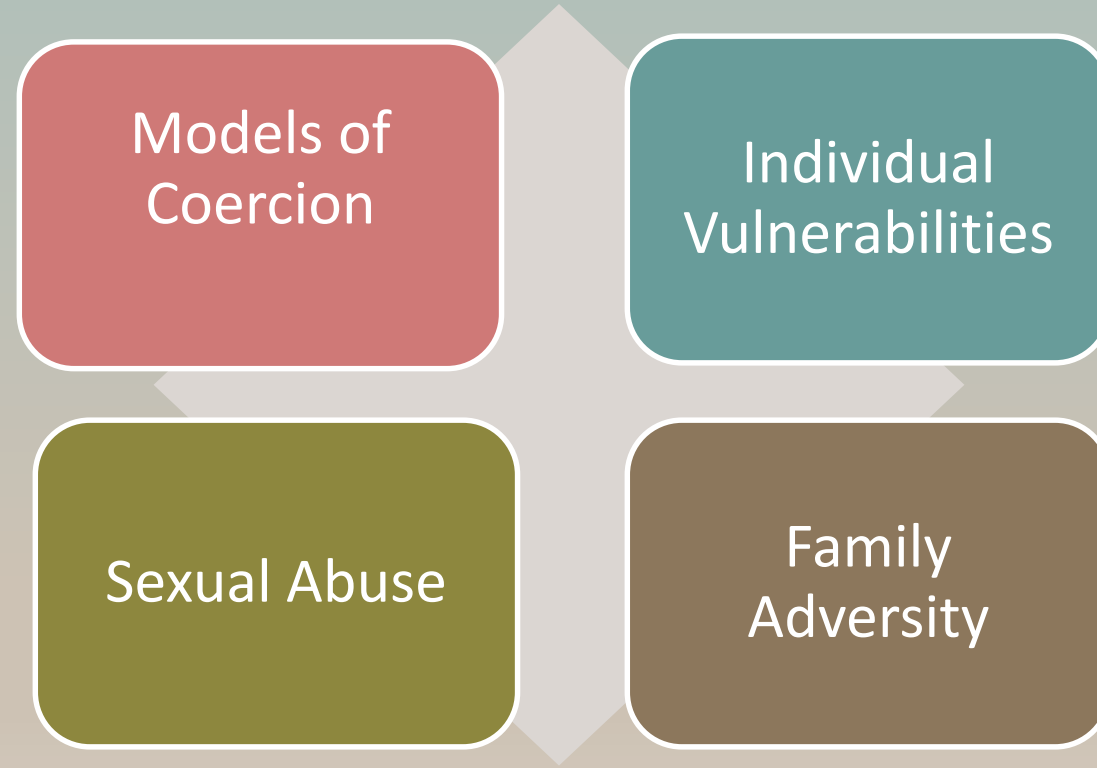


# Teens who engage in PSB are a diverse population.

- Sexual behavior
- Cultural and socio-economic factors
- Family characteristics
- Exposure to adverse childhood experiences
- Psychological functioning
- NOT mini-adults



# Origins to adolescent PSB are varied and often complex.



# Adolescent Problematic Sexual Behavior

- **Serious problem**
  - Impact on other children and family members
  - Need to address safety and well-being
  
- **And there is hope...**
  - Effective intervention
  - Safety planning



**Treat a man as he is, and  
he will remain as he is.  
Treat a man as he could  
be, and he will become  
what he should be.**

**- Ralph Waldo Emerson  
(1803 - 1882)**

# Treatment for Adolescents with PSB

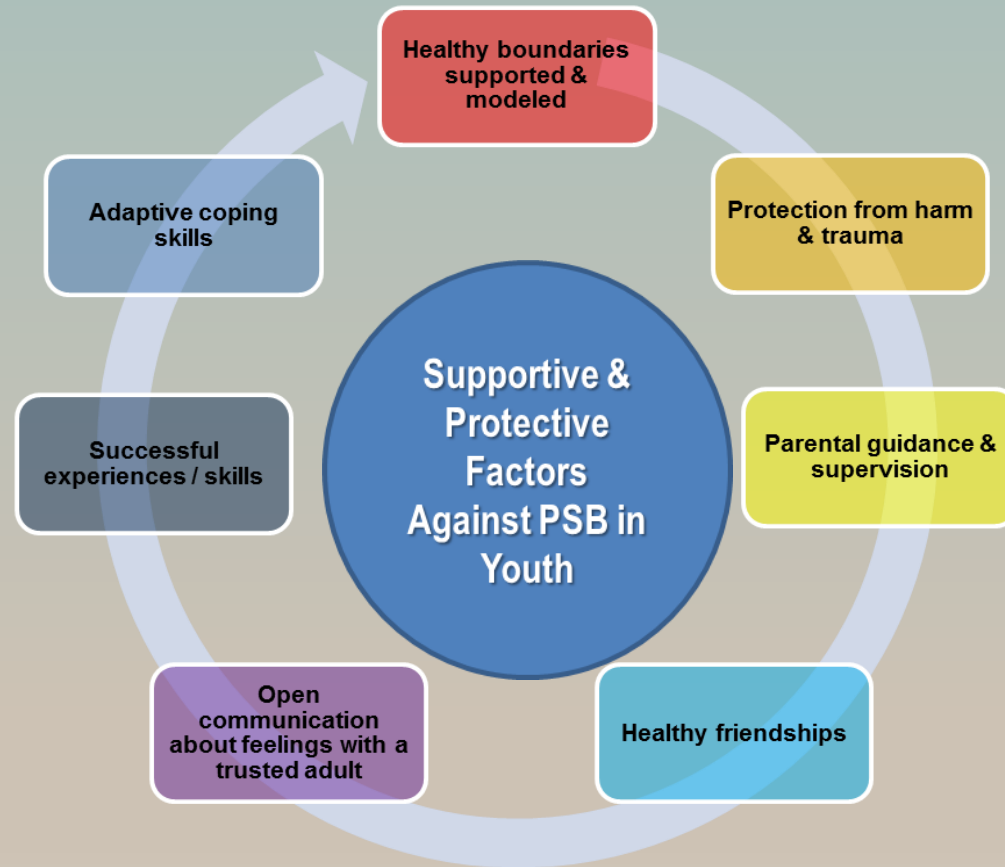


# Moving Toward Developmentally Appropriate Models of Care

- A “one size fits all” approach to treatment of harmful sexual behavior in adults and adolescents is not appropriate.
- A developmental, habilitative perspective is critical in our approach to treating teens with PSB.



# A Social-Ecological Treatment Approach Addresses and Bolsters Key Protective Factors



Silovsky, 2015



# Association for the Treatment and Prevention of Sexual Abuse

Practice Guidelines for Assessment, Treatment, and  
Intervention with Adolescents Who Have Engaged  
in Sexually Abusive Behavior (ATSA, 2017)

[www.atsa.org](http://www.atsa.org)

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**UNIVERSITY OF OKLAHOMA**

**PROBLEMATIC SEXUAL BEHAVIOR –  
COGNITIVE-BEHAVIORAL THERAPY FOR  
ADOLESCENTS (PSB-CBT-A)**

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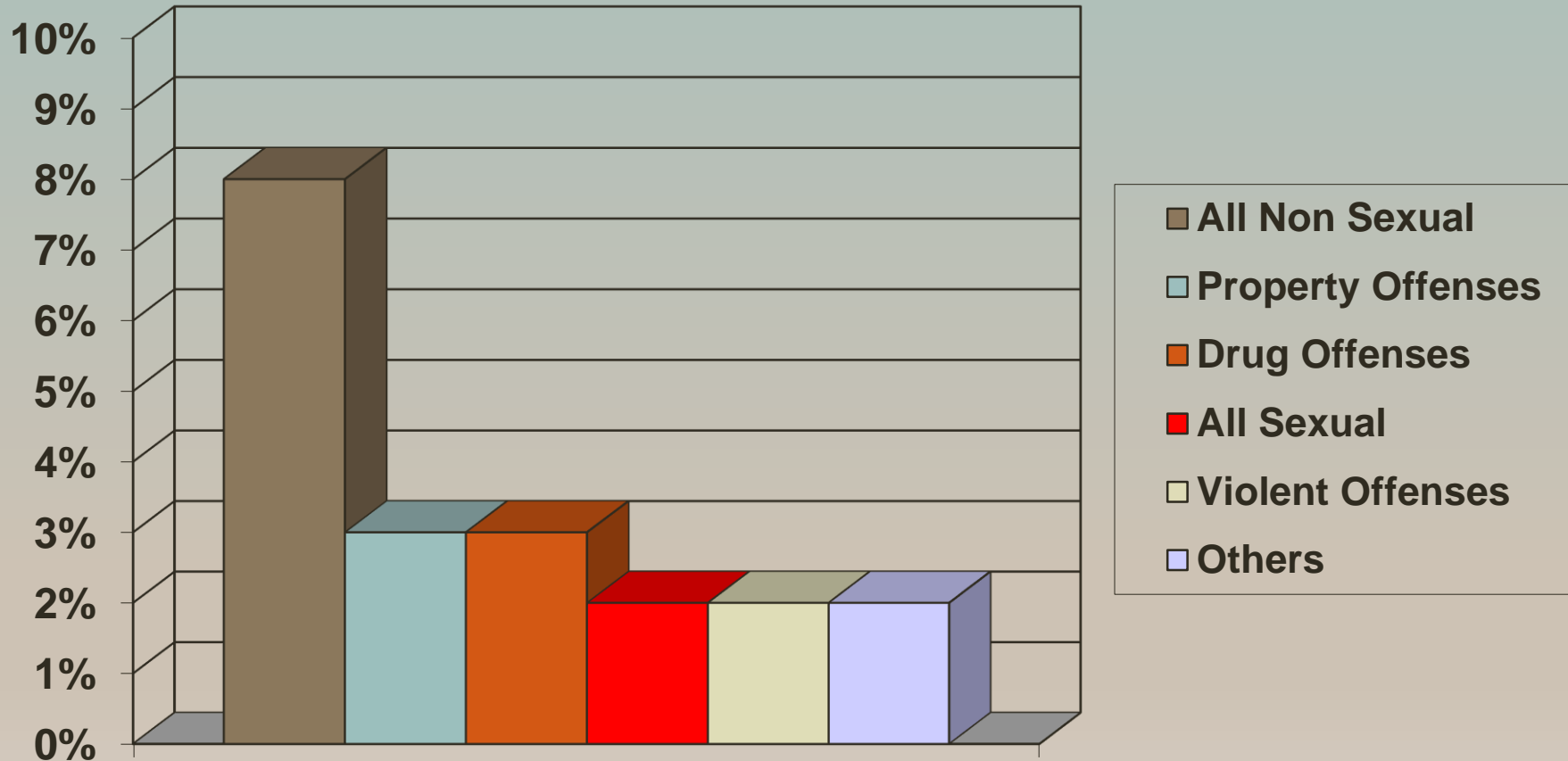
# OU PSB-CBT Model for Adolescents

- Nationally recognized and supported by research
- Cognitive-Behavior Therapy orientation, Conceptualization of Youth and Family
- Teens ages 13-18 and their caregivers
- Outpatient treatment appropriate for most
- Delivered via group or family treatment modalities
- Caregiver participation is required



# Data from the OUHSC PSB-A Treatment Program

Types of Adult Convictions Among Former Adolescents with PSB--OSBI (N = 380, average follow-up = 9 years)



# OUHSC PSB-CBT-A Program

- Based on learning theory
- Therapists are active, directive
- Utilizes positive reinforcement
- Structural, focused program



# PSB-CBT-A Group Modality

- An open group design allows for rolling admissions/graduations.
- Peer focused; mutual support
- Weekly concurrent child and caregiver group sessions of 90 minutes with regular combined session time
- Most teens complete treatment in approximately 48 sessions (around 12 months)
- Teens who previously successfully completed a residential program will participate in this program for approximately 24 sessions (around 6 months).



# PSB-CBT-A Family Modality

- Weekly sessions of 60-90 minutes
- Session structure varies based on modules, with most sessions including individual teen time, individual caregiver time, and combined teen/caregiver time.
- Somewhat shorter timeframe



# OUHSC PSB-CBT-A Treatment Modules

1. Who to Tell and How To Respond
2. Sex Laws/Monitoring Sexual Situations
3. Sexual Health
4. Principles of Healthy Sexual Behavior
5. CBT-ABC's of Behavior
6. Juvenile Justice Guest Speaker
7. What Rules Should Caregivers Set
8. Caregiver-Teen Communication
9. Reasons for Problematic Sexual Behavior
10. Disclosure
11. Restitution and Apology
12. Graduation



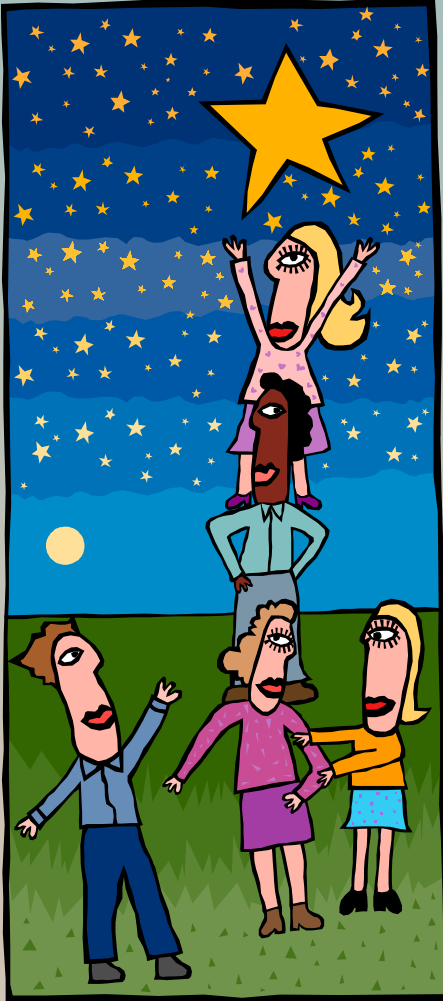
# PSB-CBT LEARNING COLLABORATIVE

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# Learning Collaborative Mission

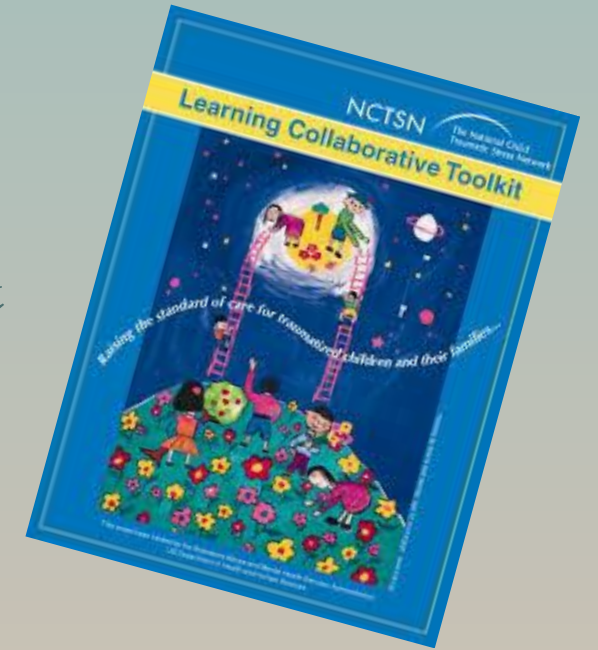


- To improve access for young children and their families to the evidence-based treatment implemented with fidelity.
- To build organizational and community capacity necessary for participating agencies to implement, sustain & continue to improve the delivery of evidence-based practices over time.



# Adaptation for Mental Health

- NCCTS adapted IHI's Breakthrough Series Model for use with community mental health providers in order to bridge the gap between knowledge and practice.
- The resulting NCCTS Learning Collaborative Model for the Adoption & Implementation of Evidence-Based Mental Health Treatment, provides the framework where clinical training and organizational capacity are addressed simultaneously.



Ebert, L., Amaya-Jackson, L., Markiewicz, J., Burroughs, J. (2008). *The NCCTS Learning Collaborative Model for the Adoption & Implementation of Evidence-Based Mental Health Treatment: NCCTS Guidelines for Conducting a Learning Collaborative*. Los Angeles, CA and Durham, NC: National Center for Child Traumatic Stress and Duke University Evidence-Based Practice Implementation Center.



# Successful Implementation of Evidence-Based Practice

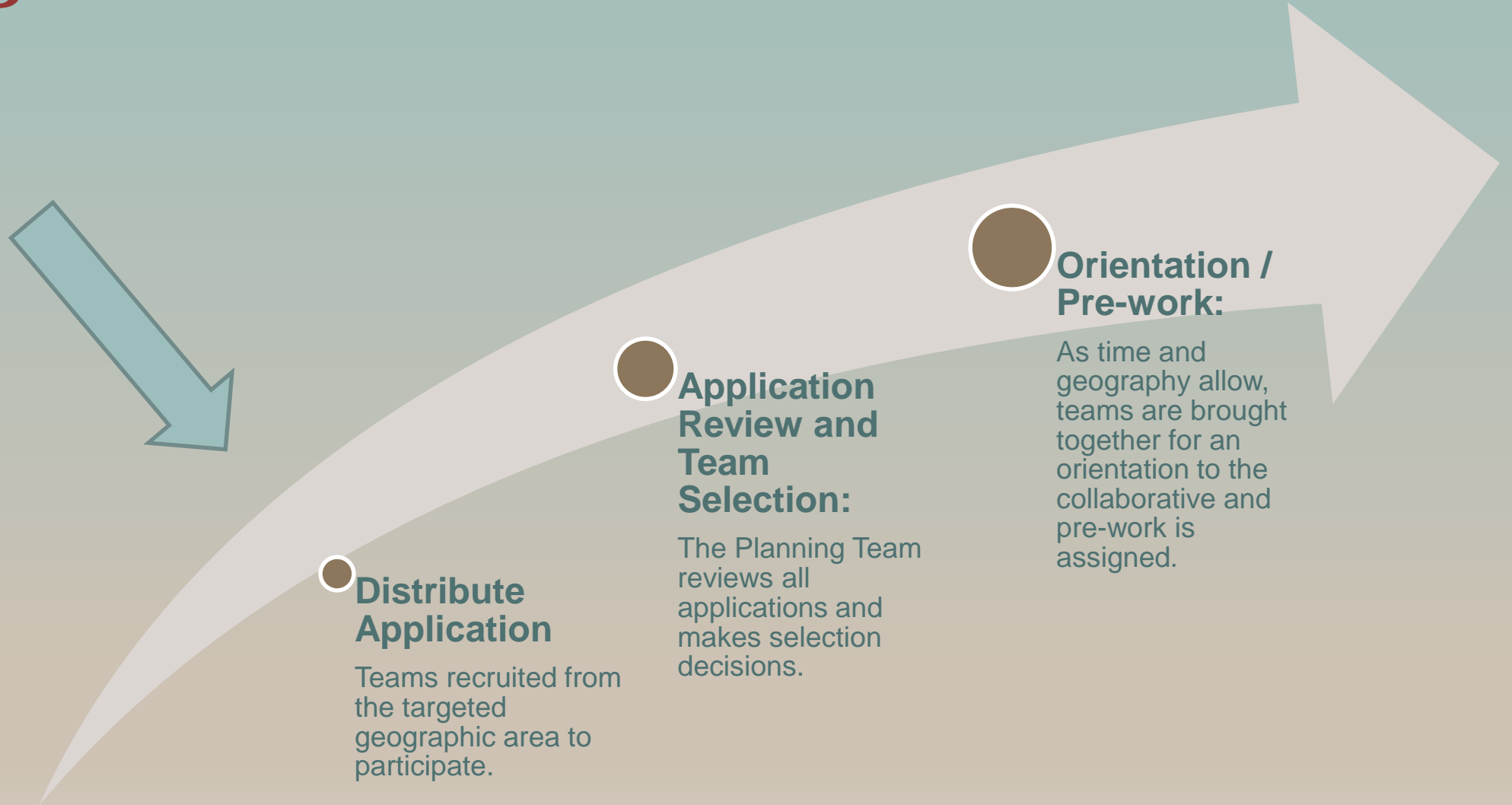
Carefully selected practitioners receive coordinated training, coaching, and frequent performance assessments.



Fixen, Naoom, Blase, Friedman & Wallace (2005)



# Learning Collaborative Launch Period



# Learning Collaborative Phases

## Planning Phase

- Informational call
- Complete applications

## Pework Phase

- Welcome Call
- Self-directed Pre-work

## Learning Phase 1

- Training
- Consultation calls



# Learning Collaborative Phases, Continued

## Learning Phase 2

- Training
- Consultation calls

## Action Phase

- Implement training
- Consultation calls

## Learning Phase 3

- Training
- Consultation calls
- Reach fidelity



# What is included in the OU PSB-CBT-A Model Learning Collaborative?

- Intensive clinical training over 18 months
  - 3 Learning Sessions and twice monthly consultation
  - Assessment and PSB-CBT clinical model
  - Recorded session review and feedback
- Senior (Administrative) Leader support
  - Included in Learning Sessions
  - Monthly consultation
  - Program implementation and sustainability
- Community Stakeholders training and support
  - Promote community support for the identification, referral, and treatment services for youth with PSB, impacted children (when appropriate), and their families.



# What Constitutes a PSB Team?

- Senior Leader
- For agencies with multiple providers:  
Clinical supervisor (can be the same as Senior Leader, Clinician)
- Clinicians



# PSB-CBT Learning Collaborative Information Guide

**The University of Oklahoma  
Health Science Center  
Center on Child Abuse and Neglect**

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

## Problematic Sexual Behavior-Cognitive Behavioral Therapy (PSB-CBT) Learning Collaborative Information Guide

For more information about the treatment for problematic sexual behavior of youth, please contact:

Problematic Sexual Behavior Program at the Center on Child Abuse and Neglect:  
[OU-YPSB@ouhsc.edu](mailto:OU-YPSB@ouhsc.edu)

OU Health Sciences Center,  
PSB Program  
940 NE 13th Street  
Nicholson Tower, Ste 4900  
Oklahoma City, OK 73104  
(405) 271-8858  
(405) 271-2931 (Fax)



[www.oumedicine.com/ccn](http://www.oumedicine.com/ccn)



**Inside:**

- ◆ Useful information about a training opportunity for the Assessment and Treatment of Youth with Problematic Sexual Behaviors, their victims, and their Families.
- ◆ Intervention Details
- ◆ Training Requirements
- ◆ Learning Collaborative and Key Elements
- ◆ Learning Collaborative Participation and Requirements to Consider
- ◆ This opportunity is offered by the University of Oklahoma Health Sciences Center, Center on Child Abuse and Neglect, *PSB-CBT Training Program*.

The University of Oklahoma  
Health Sciences Center



# PSB CBT Program Information for Stakeholders

**Establishing a Treatment Program for Children with Problematic Sexual Behaviors and Their Families** *Information for Community Partners*

**Problematic Sexual Behavior Program at the Center on Child Abuse and Neglect**



For more information about treatment for problematic sexual behavior of youth, please contact:

Problematic Sexual Behavior Program at the Center on Child Abuse and Neglect

[OU-PSB@ouhsc.edu](mailto:OU-PSB@ouhsc.edu)

Department of Pediatrics, OUHSC  
140 NE 13th Street  
Mehner Tower  
Suite 4000  
Oklahoma City, OK  
73104  
(405) 275-8858  
(405) 275-2111 (Fax)

*Children with problematic sexual behavior have made poor choices but with support from family and community, they are capable of making better choices in the future...*

**Problematic Sexual Behavior – Cognitive Behavior Treatment (PSB-CBT)**  
This program is designed to eliminate problematic sexual behaviors and improve prosocial behavior and adjustment in children, while reducing stress in enhancing skills in parents and other caregivers.

While sexual exploration and play are a natural part of childhood sexual development, some children's sexual behavior indicates **more than harmless curiosity**.

In cases where sexual behaviors pose a risk to the safety or well-being of the child and other children, it is imperative for families and communities to step in and intervene through proper identification, support, treatment, and intervention.

**University of Oklahoma's Treatment Model for Problematic Sexual Behavior**

Important facts about the program:

- ◆ Cognitive-behavioral and social ecological approach
- ◆ Group treatment program with 6-8 children in a group



# PSB-CBT Clinical Supervisor & Provider Applications

## Completed in RedCap

**University of Oklahoma Training Program for  
Treatment of Problematic Sexual Behavior**

*Provider Application*

Each clinician that is expected to provide Problematic Sexual Behavior – Cognitive Behavioral Therapy (PSB-CBT) or clinical services to youth with PSB should complete this application in entirety. Completed applications should be submitted as directed by the host agency or to the Training Coordinator at [OU-YPSB@ouhsc.edu](mailto:OU-YPSB@ouhsc.edu) or [fax] (405) 271-2931. Please note that the word "youth" refers to children and adolescents.

SECTION I: Contact Information	
Name:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
Degree(s) / Discipline(s):	
Agency:	
Mailing address:	
Office phone:	Alternate phone: Fax:
Email:	
SECTION II: Employment and Licensure Information	
1. Licensed?	<input type="checkbox"/> Not licensed <input type="checkbox"/> Candidate / Under Supervision – License Type: <input type="checkbox"/> Yes – License Type: Number: Year Obtained: Status: <input type="checkbox"/> Active <input type="checkbox"/> Inactive
2. Employment status:	<input type="checkbox"/> Full-time <input type="checkbox"/> Part-time: Hours per week: <input type="checkbox"/> Contract: Hours per week:
3. How long have you been with this agency?	
4. Do you provide supervision to other professionals?	<input type="checkbox"/> No <input type="checkbox"/> Yes – Complete the following:
A. How many supervisees?	
B. What degrees/licenses do these professionals have (e.g., M.S., LCSW, LPC, etc.)?	



# Model Training and Fidelity Requirements

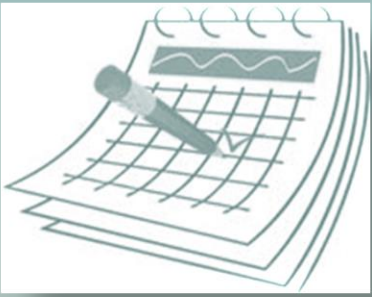
- Completion of Agency, Supervisor and Provider Applications
- Completion of required pre-work assignments
- Attendance and active participation in all scheduled PSB-CBT-A Learning Sessions.
- Clinical experience requirements (PSB-CBT)
  - Family modality: At least six months experience with at least two families through completion.
  - Group modality: One year of experience with a minimum of three families (i.e., caregiver and youth) through completion



# Model Training & Fidelity Requirements

- Active participation (at least 80% attendance) in consultation calls for 18 months.
- Recordings of selected PSB-CBT sessions submitted for review and feedback by PSB-CBT Trainers.
- Demonstrate competence in assessing progress of youth with PSB and their families in treatment and to make appropriate decisions about completion of PSB-CBT treatment services.





# Participant Requirements

- Serve adolescents within the 13-18 year age range and their caregivers for a length of time sufficient to complete treatment
- Dedicate time for trainees to participate in ongoing training and consultation for approximately 18 months



# Time Requirements and Associated Costs

- Funding and support provided through the New Jersey Children's Alliance
- Staff time and technological costs associated with participation in the virtual learning sessions.
  - All team members (Senior Leader, supervisor, clinicians) are required to participate in the Learning Sessions
- Agency resources necessary
  - Conduct assessments
  - Conduct group/family sessions
  - Access internet
  - Record sessions



# Time Requirements and Associated Costs

- Pre-work activities
- Direct training activities
- Clinical consultation activities
- Recording procedures
- Implementation team-based activities including program coordination, pre- and post-group staff meetings and supervision.



# Key Project Dates

- Information Call

June 1, 2023  
9:00- 10:00

- Applications Due

June 28, 2023

- Selection Announced

June 30, 2023  
9:00- 10:00

## Welcome Call

July 11, 2023  
9:00am-10:30am  
CST

- LS1: Introduction to PSB-A Training and Assessment/ Treatment Planning

– September 14, 2023–  
September 15, 2023  
(New Jersey)

- LS2: PSB-CBT Curriculum Training

– October 23, 2023- October 25,  
2023  
(New Jersey)

- LS3: Advanced PSB-CBT-A Training

– May 2- May 3, 2024  
– 9:00am – 4:00pm  
(Virtual)



# Questions about the PSB-CBT Training and Application?

**Kristen Starr**

Training & Technical Assistance  
Coordinator

**[Kristen-Starr@ouhsc.edu](mailto:Kristen-Starr@ouhsc.edu)**

Center on Child Abuse and Neglect

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**Nydia Y. Monagas, Psy.D.**

Director of Training and Statewide  
Initiatives

**[Katherine@njcainc.org](mailto:Katherine@njcainc.org)**

New Jersey Children's Alliance

136 Central Avenue

Clark, NJ 07066

*Office Cell: (908)552-8968*



# Questions?

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# PROFESSIONAL RESOURCES

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A small teal arrow pointing to the left, located at the bottom right corner of the slide.

# National Center on the Sexual Behavior of Youth

- NCSBY provides national training and technical assistance to improve the accessibility and strategic use of accurate information about the nature, incidence, prevalence, prevention, treatment, and management of children and adolescents with problematic sexual behavior.
- Website includes resources and sections designed for caregivers and professionals.
  - Topics include definitions, causes, treatment intervention and efficacy, safety planning, implications for public policy, and more.
  - News, websites, factsheets, bibliography, and other resources are readily available.



[www.NCSBY.org](http://www.NCSBY.org)



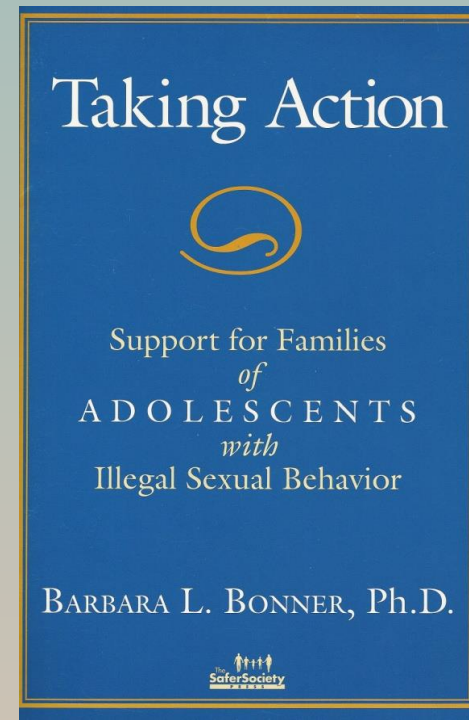
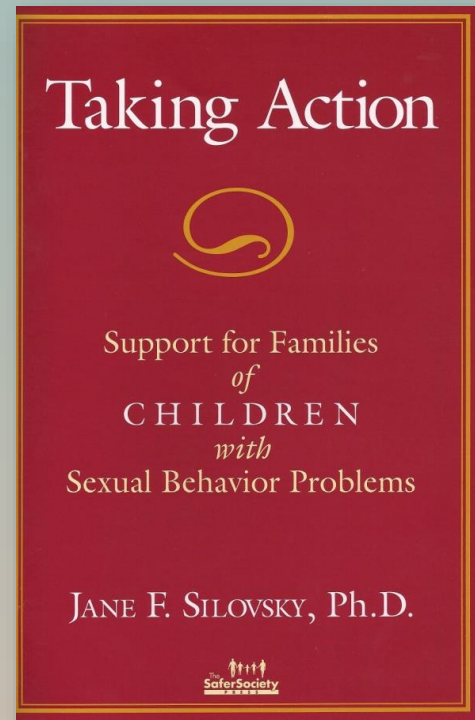
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# Taking Action Booklets



<http://www.saferociety.org/press/>

Cost or free .pdf

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# Association for the Treatment and Prevention of Sexual Abuse

ATSA was founded to foster research, facilitate information exchange, further professional education and provide for the advancement of professional standards and practices in the field of sex offender evaluation and treatment.

[www.atsa.org](http://www.atsa.org)



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# National Children's Alliance

To achieve their goals of healing, justice, and prevention, NCA developed this video training series and fact sheets to support CACs addressing this issue and serving youth with problematic sexual behaviors (PSBs), their victims, and families.

<http://www.nationalchildrensalliance.org/psb>





# Thank You

Susan Schmidt, PhD

Julia Grimm, LISW-CP

