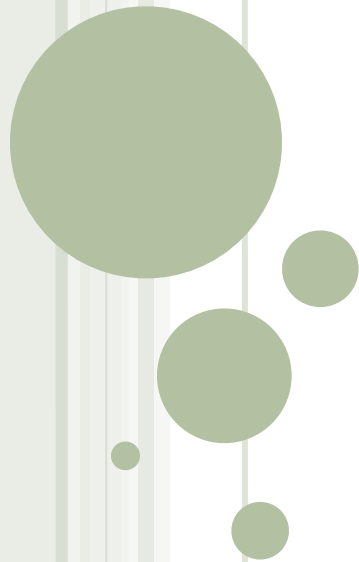




**PIMA PREVENTION PARTNERSHIP
SIN PUERTAS ADOLESCENT OUTPATIENT SERVICES**

**INTEGRATING SITCAP-ART:
A TRAUMA-FOCUSED
INTERVENTION**



OVERVIEW

- ❖ Orientation to the SITCAP-ART Model
- ❖ Achieving Accreditation as Certified Trauma Specialty site
- ❖ Integrating SITCAP-ART into Sin Puertas



ORIENTATION TO SITCAP-ART

- *Structured Sensory Intervention for Traumatized Children, Adolescents, and Parents- Adjudicated, At-Risk Treatment Program*
 - Evidence-based model for addressing Post-Traumatic Stress Disorder (PTSD) in youths
 - Delivered in 10-11 individual and group sessions
 - Transforms youths from victims to survivors
 - Proven outcomes include reduction of PTSD symptoms including:
 - Anger
 - Anxiety
 - Depression
 - Dissociation



SITCAP-ART: GUIDING PRINCIPLES

- Guiding Principles:
 - Trauma is experienced and stored at a sensory level




- People experiencing PTSD are “frozen” in a state of abnormal arousal leading to chronic stress, inappropriate survival responses and decreased cognitive processing



SITCAP-ART: SESSION TOPICS & OBJECTIVES

- 1) Adolescent/Parent Intake Assessment (Group)
 - PTSD Assessment
 - Education about trauma

 - 2) Debriefing (Individual)
 - Revisit trauma with supportive and reassuring adult and using sensory strategies (drawing and sensory questions)
 - Restore teen's trauma sensory experience into safe experience
 - Assess adolescent's coping skills

 - 3) This Is Me (Group)
 - Identify self-image after trauma
 - Educate teen about trauma's impact on their life
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SITCAP-ART: SESSION TOPICS & OBJECTIVES

- 4) Relief from Hurt or Fear (Group)
 - Normalize reactions of hurt and fear
 - Teach skills to relieve feelings of hurt and fear
 - * *You will never forget your trauma experience, however, you can gain control over your reactions to the memories.*

- 5) Surviving & Managing Traumatic Anger (Group)
 - Normalize reactions of anger
 - Identify anger triggers and rationale for managing anger
 - Teach and reinforce the use of physiological management skills to relieve feelings of anger

- 6) Thoughts that Weigh Me Down (Group)
 - Reinforce anxiety management techniques
 - Reinforce survivor thinking



SYNOPSIS: SESSION TOPICS & OBJECTIVES

- 7) Family & Worry (Group)
 - Prepare for parent interview
 - Identify areas of worry/anxiety

- 8) Problem Solving Worry (Group)
 - Problem solve biggest worry
 - Reconnect to the future

- 9) Individual Processing (Individual)
 - Identify issues and drawings to share with parents
 - Support confidence and self-efficacy for teen

- 10) Parent Session (Family)
 - Encourage support and understanding from parent
 - Re-establish trust between adolescent and parent



INTEGRATING SITCAP-ART AT SIN PUERTAS

- PPP is an Accredited Trauma-Focused Care Agency
 - Twelve Certified Trauma Specialists (CTS)
 - Completed 16 hours of live training and 24 hours of coursework
 - ALL Sin Puertas direct care staff are CTS



**THE NATIONAL INSTITUTE
FOR TRAUMA AND LOSS
IN CHILDREN**



SITCAP-ART: IMPLEMENTATION PLAN

- Sin Puertas has begun screening all youths for traumatic experiences and traumatic stress
 - Using the Post Traumatic Stress Disorder- Child and Adolescent Questionnaire (PTSD-CAQ)
- Sin Puertas has integrated SITCAP-ART into existing substance abuse treatment services
 - Gender-specific male co-occurring disorders program
 - Gender-specific female trauma program
 - Will serve as a strategy supplement to A-CRA



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