

# Juvenile Rehabilitation Integrated Treatment for Youth Who Have Sexually Offended

The Juvenile Rehabilitation (JR) residential program for youth who have sexually offended (YSO) is a Cognitive Behavioral Treatment (CBT) approach that aligns with the JR Integrated Treatment Model (ITM). The YSO program is based on several evidence-based treatment assertions drawn from research and best practices around the world. JR utilizes the “Good Lives Model” (Ward, 2003) as a rehabilitative framework that focuses on identifying strengths, encouraging individuals to work towards achieving personally meaningful goals in prosocial ways.



## Therapeutic Goals

- Identify individual vulnerabilities and protective factors in the life of the youth who has sexually offended.
- Help them clarify their personal values, set value-based goals, and take value-guided actions.
- Determine priority treatment targets that will increase the young person’s success in life and have the greatest impact on reducing the risk of sexual and non-sexual recidivism.
- Encourage and consistently reinforce commitment to take responsibility and make changes in the priority treatment target areas.
- Educate about healthy personal boundaries, sexual behavior, and intimate relationships.
- Design creative problem-solving strategies with the youth that draw from individual strengths and skills learned to increase protective factors and reduce risk.
- Provide practice opportunities to apply learnings to new situations and to prepare for situations that may be encountered in the community.

## Individual Therapeutic Intervention

Young people participate in weekly individual counseling sessions with a residential counselor. Together they focus on identifying functions and drivers of behavior and learn skills for solving the behavior. Young people work with their counselor to develop detailed strategies to use in order to avoid high-risk behaviors that could lead to re-offending. Youth outline detailed descriptions of prosocial and value-guided goals to work towards and document these in their JR Healthy Living Plan.

## Group Therapeutic Intervention

While in residence, youth participate in experiential group learning focused on boundaries, legal requirements, CBT skills, and sexual health and relationships, which supports their Healthy Living Plan.

## Risk Management and Aftercare Service Obligations

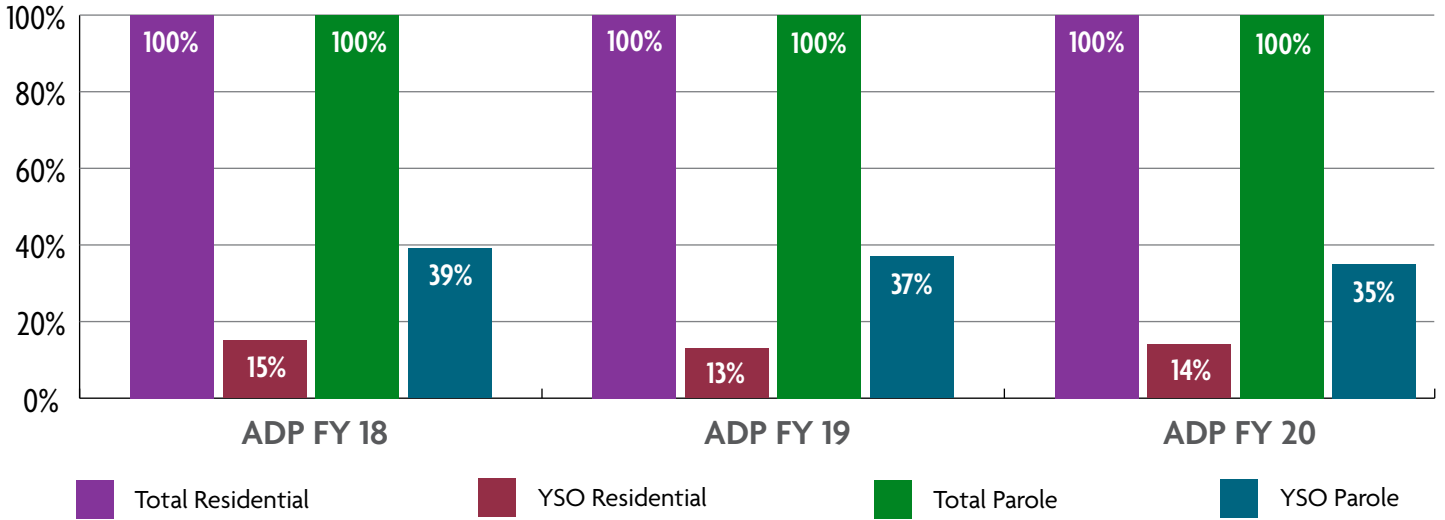
- End of Sentence Review Committee for Community Risk Level Classification (RCW 72.09.345).
- Parole Aftercare (RCW 13.40.210).
- Community YSO Registration and Notification (RCW 9A.44.130, RCW 4.24.550).
- Victim Witness Notification (RCW 13.40.215).
- Civil Commitment Review (RCW 71.09).

## Community Treatment Supports

Youth who have been committed to JR with a specific sexual offense may receive parole aftercare services (RCW 13.40.210) upon release from a residential facility. The length of parole aftercare services and supervision can range from 24 to 36 months. During this time, the young person participates in treatment services with a certified community treatment provider.

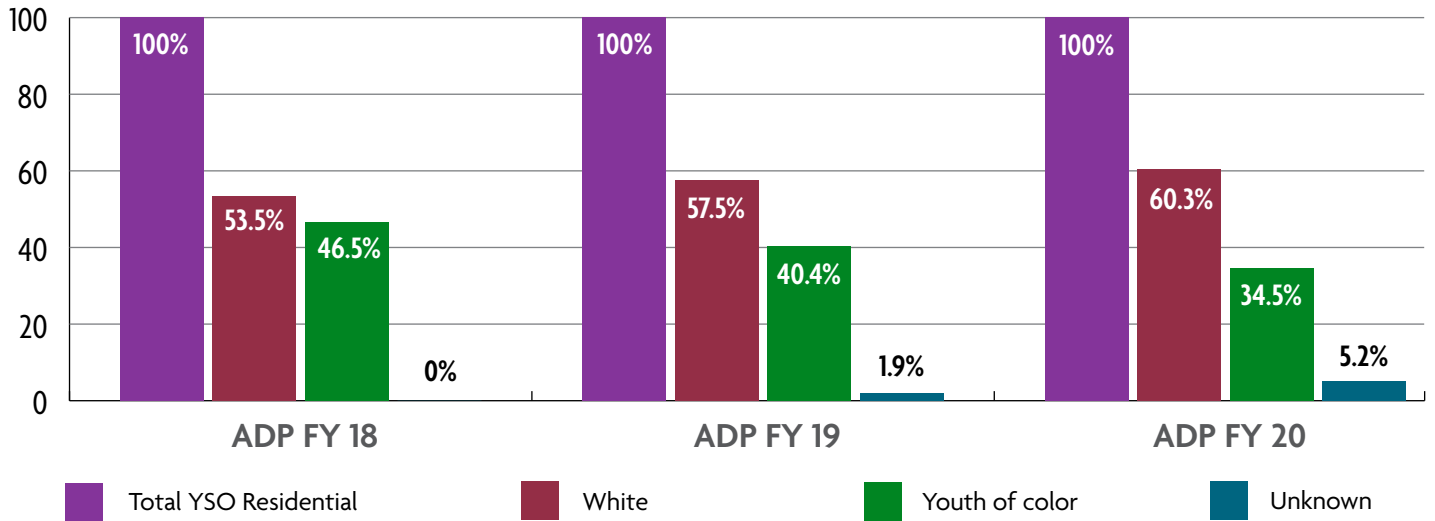


## YSO Average Daily Population (ADP) Compared to Entire ADP



Youth and young adults with sexual behavior in residential settings make up approximately 14% of the ADP, and approximately 37% of the regional ADP.

## YSO ADP by Race



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