

RSAFE

Treatment for children & families affected by child sexual abuse

For children ages 4 to 18 that display sexually inappropriate behaviors with other children. Individual, family, and age-specific group counseling services are available. These counseling services will:

- Reduce risk for sexual acting out behaviors
- Support children remaining at home or the least restrictive setting possible, and with therapy and safety plans in place
- Coordinate services between multiple providers for effective communication
- Educate and support the family on child sexual abuse, signs and symptoms, and parenting a child who acts out sexually
- Promote identification and early intervention for sexually inappropriate behaviors

Age-specific Groups

- Children's Group (ages 4 to 8) – boys and girls
- Preadolescent Groups (ages 9 to 13) – gender specific
- Adolescent Groups (ages 14 to 18) – gender specific

Each child must receive at least one hour of individual therapy each week. Age-appropriate group counseling may also be required. Caretaker and family treatment is integral to the process.

Referrals

Children referred for group treatment services must be actively involved in therapy with a licensed mental health practitioner. Children referred for specialized group services but who are not active in therapy will be assigned an LFS therapist. Non-LFS therapists who refer children to LFS group treatment will be asked to participate in monthly case staffings to ensure care continuity.

Admission

Referrals can be made to the Downtown Omaha or Bellevue office. A clinical intake and assessment with an LFS specialist is required prior to admission or participation. Children referred to "group-only" services must provide referral information and assessments prior to the intake interview at LFS.

Adolescents must complete a sex offense-specific assessment prior to admission. Assessments are offered by LFS. Psychological evaluations may be requested by the program coordinator.

Fees

LFS accepts most major insurance. Families without insurance may be eligible for reduced/sliding fees based on income and eligibility.



Sexual Abuse Treatment programs service locations

120 South 24th Street, Suite 100
Omaha, NE 68102
(402) 342-7007

730 Fort Crook Road North
Bellevue, NE 68005
(402) 292-9105

300 West Broadway, Suite 7
Council Bluffs, IA 51503
(712) 242-1040



United Way
of the Midlands

Funds for these programs are received in part from United Way of the Midlands, Region VI Behavioral Healthcare, Nebraska Department of Health & Human Services, Nebraska Child Abuse Prevention Fund, Nebraska Crime Commission, Omaha Community Foundation, Promise Partners & the Omaha Kiwanis Club.



Accredited by the
Council on Accreditation



Lutheran Services in
America Member



www.lfsneb.org

RTA

(Restitution Treatment Alternative)
- A program for adult offenders

RSAFE

(Reparation, Safety, Advocacy,
Families, Empowerment)

Program Goals

- Protect and support the sexual abuse victim by allowing him/her to remain in the family home whenever possible
- Strengthen the relationship between the non-offending partner and children
- Prevent future offending behavior
- Require the offender to make reparation to victims, family, and community

Victim Treatment

The effects of sexual abuse are not as apparent as physical abuse. Individual and group therapy will help the victim explore these effects and their feelings about the abuse in a recovery process.

Non-Offending Partner and Other Family Members Treatment

Since child sexual abuse affects the entire family, each member will be asked to participate in therapy. Therapy will help family members understand the effects of abuse on the victim as well as each other. The family will learn to support one another while holding the offender accountable for their behavior. Also available is the RSAFE Parenting Class to help parents and caregivers cope, understand, and help a child who demonstrates problematic sexual behavior.

Offender Treatment

Offenders work in individual and group therapy on a weekly basis in a comprehensive program to make reparation and to reduce risk of further victimization.

Offender Admission Requirements

- Written admission of the crime
- Sex offense specific psychological evaluation
- Consent to polygraph examinations
- Consent to communication between professionals
- Live apart from the victim(s) until the offender develops skills to earn this right again
- No contact with children under 18
- Pay cost of treatment for self and the family
- Absence of overt violence in the commitment of the sex offense
- Signed program contract with LFS
- Agree to participate for at least two years

RSAFE Parenting Class

The RSAFE Parenting Class is a 10-week class that will help you cope, understand, and help a child who demonstrates problematic sexual behavior. This series is for you if you've ever wondered:

- What is normal childhood sexual behavior and what is not?
- What makes one child want to touch another child?
- What do I say and do if I catch my child in a sexual act?
- Will my child grow up to have sexual problems as an adult?
- How do I deal with societal messages about sex in the media and on the internet?
- How much information do I share with a child who has questions about sexuality?
- How do family dynamics affect a child's sexuality?

Where & When

LFS Downtown Omaha Office
120 South 24th Street, Suite 100
Thursdays, 6:30 to 7:30 p.m.
Contact (402) 342-7007 for current class schedule

Enrollment & Cost

No pre-registration is needed. Cost is \$10* per person per session. Fee must be pre-paid or paid at the beginning of each class.

**Limited scholarships available. Please call prior to class for details.*

Parents United Against Child Sexual Abuse

Parents United offers support groups to anyone affected by child sexual abuse. Adults served by Parents United include adults molested as children, non-offending parents, offenders, and people who support any of the above such as partners, parents, or siblings. Children served by Daughters and Sons United include both primary victims and secondary victims, such as siblings of the victim. Children in these groups must be between 8 and 18 years old.

- Groups for children are free and adult groups are offered at \$12 per 12-week cycle. It is the belief of Parents United that everyone deserves help and cost should never be a barrier.
- Groups run in 12-week cycles, with new cycles starting throughout the year.
- To ensure the safety of the groups each group member must complete an intake session with the program coordinator.

Additional Services

Parents United welcomes invitations to speak to groups about child sexual abuse and has a commitment to community awareness and public education.