



**St. Mary's**

HOME FOR CHILDREN

*Healing Lives, Restoring Hope – Since 1877*

## **Clinical Support Groups**

*“We don’t heal in isolation, but in community.”*

The Outpatient Department, historically known as The Shepherd Program, at St. Mary’s Home for Children, provides outpatient treatment and services to best support families impacted by sexual abuse, sexual exploitation and other trauma, such as family violence and physical abuse, through a myriad of programs. Treatment is available for children, adults and their families in office and community settings. We recognize the value and clinical benefits of peer support. To that end, we have several Clinical Support Groups designed specifically for youth, adults and families impacted by sexual abuse and trauma. All referrals go through the Intake Coordinator at 353-3900 ext. 416.

### **“Families Impacted by Sexual Abuse” Clinical Support Group**

(Formerly “Non-Offending Parent” (NOP) group): The Families Impacted by Sexual Abuse Clinical Support Group is designed to provide peer support and education to parents and caretakers of children and teens that have experienced sexual abuse. The Group Leaders use the Families Impacted by Sexual Abuse Curriculum, created by Clinicians in the Outpatient Department, which was revised to include current best practices in treating and supporting children and teens that have experienced sexual abuse, and their families. Clinical benefits of this group include peer support and psychoeducation regarding topics such as sexual abuse impacts, parenting strategies, trauma impacts on the brain, and treatment needs. *Potential group members will participate in a Group Screening to ensure the group is a good fit for their needs. The group is generally offered twice a year, in the Spring and Fall. Each group is 12-14 sessions long, with morning and evening options available.*

### **“Our Family’s Hope for Healing”: A Clinical Support Group for Families Impacted by Sexual Abuse:**

This group is designed to provide clinically guided support, as well as peer support, to parents and caretakers of families impacted by sexual abuse. The group explores topics important to families, such as adjusting after loss, supporting children and teens who have experienced sexual abuse, and supporting each other as caretakers. Completion of our FISA Curriculum is a prerequisite to attending this group. This group meets the first Friday of every month from 5:30-7:00 PM.

**“Hope for Healing” Clinical Support Groups for People who have experienced Trauma:** This ten-week group focuses on peer support and psychoeducation for people of all ages who have experienced trauma and is usually offered three times a year.

***“Hope for Healing” for Youth that have experienced Sexual Abuse (separate groups for children and teens):*** This group focuses on helping youth to increase their basic knowledge about the impacts of sexual abuse. Participants learn positive coping skills, how to develop healthy self-esteem, healthy boundaries and experience positive peer interaction.

***“Hope for Healing” for Women that have experienced Trauma:*** This group focuses on support and psycho-education for adult women, who have experienced trauma. When you have experienced a traumatic event in your life, for example physical abuse, sexual abuse/assault, childhood severe neglect/abandonment, or domestic violence, it is helpful to talk with other people who are facing similar challenges. Potential group members will participate in a group screening to ensure the group is a good fit for their needs. This group is held weekly on a weekday morning.

**“Teen Prevention Group”:** This five-to-ten-week group is designed to empower female-identifying youth, ages 12-18, to protect themselves from the commercial sex industry and to explore what makes a healthy relationship. The group aims to improve self-esteem and fosters a supportive environment among peers. The group also teaches youth that those who have been exploited are survivors, not criminals. This group is usually offered three times a year and is facilitated by a team with training in multiple group modalities, including the Word on the Street and My Life My Choice curriculums.

If you know someone that might benefit from participation in a peer clinical support group for people that have experienced trauma, please call our Intake Coordinator to explore further.

- To make a referral please contact the Intake Coordinator, Melissa Quinn-Roy, LICSW, at (401)353-3900, ext. 416
- Please note that this is not a substitute for Individual therapy, but rather a group opportunity to enhance therapy.
- All potential group members will be asked to participate in a group screening to ensure that the group will best meet their clinical needs.
- All groups are run by licensed mental health professionals.
- We accept Blue Cross, Neighborhood Health Plan of RI, United Behavioral Health, United Health Care and Victims' Compensation Fund for group payment. Clients are responsible for any co-payments or deductibles issued by their insurance.
- Other payment options include: DCYF 005 & Self pay of \$30 per session (plus \$30 cost for group screening/intake session).



*“Let’s root for each other and watch each other grow”.*