



OUTPATIENT SERVICES

Providing community- and office-based services to children, adults, and families affected by sexual abuse, sexual exploitation, and other trauma such as family violence and physical abuse

The Outpatient Department, known as The Shepherd Program, at St. Mary's Home for Children was established in 1985 to provide outpatient treatment and support to survivors of sexual abuse and their families. Since then, the Outpatient Department has expanded its 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 families. Services are provided in the office and community. We do not offer medication management or psychiatric care in our Outpatient Department, but do coordinate these services with collaborative partners in the community. Referrals for our services come from DCYF, physicians, families, schools, courts, other service providers and individuals seeking support and mental health treatment.

Community-Based Services

We have several options to provide intensive, community based supports to children, adults and their families, all with various funding sources. Service length may vary between 3-6 months, and weekly service time ranges between 6-10 hours, depending upon the service and the families' needs.

All of our community based services are provided by a Clinical Team, comprised of a Clinician and a Care Coordinator, whose goal is to assist the family with safety, stability and achieving wellbeing. Services are designed to meet each individual and family's needs and may include individual and family therapy; care coordination; systems advocacy; and parenting support and education. The majority of our Clinical Teams are experts in treating children and adults impacted by sexual abuse, sexual exploitation and other traumas.

Our specialty Community-Based Clinical Teams include services to support:

- Youth at risk of sexual exploitation.
- Adults that have survived sexual exploitation.
- Adults and children in need of intensive community based support to avoid hospitalization.
- Children in families formed through adoption and foster care struggling with sexualized behaviors and symptoms related to childhood sexual abuse.
- Children and families impacted by sexual abuse.





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Office-Based Services

Located on our campus at 420 Fruit Hill Ave, North Providence, Rhode Island, our Office-Based treatment is provided by licensed therapists who specialize in sexual abuse and trauma specific treatment. Payment for Office Based services include: Neighborhood Health Plan of RI, United Behavioral Health of RI, Blue Cross Blue Shield and United Health Care; Victims' Compensation Program funds; and self-pay.

Services include:

- Sexual Abuse Evaluations.
- Individual therapy for children and adults (sexual abuse or trauma specific, as well as general mental health needs).
- Family therapy specific to the impacts of sexual abuse and trauma.
- Group therapy for survivors of all ages.
- Equine Assisted Psychotherapy (EAP) in conjunction with a farm in the community
- Pet-assisted therapy with a trusted team of dogs, trained and managed by their owners, who are all staff at the agency.
- Our unique *Families Impacted by Sexual Abuse Curriculum (FISA)* which is a 12-to-14 week clinical program designed to provide support and education to caregivers of children affected by sexual abuse. Information is shared about sexual abuse including such topics as signs and symptoms of sexual abuse and exploitation, how caretakers can support survivors, and resource information. The goal of this curriculum is to educate and support caretakers so they can protect children from sexual abuse, and support survivors.
- We also offer a care coordination service to Neighborhood Health Plan/RIte Care members. The goal of this community based, care coordination program is to provide the additional supports needed, outside of office based sessions, for the client to remain in the community and avoid a higher level of care. Services provided may include assistance with obtaining transportation to outpatient mental health appointments, collaboration with service providers, assistance with meeting basic needs through resource development, and providing education to client regarding their mental health diagnoses and prescribed medications.

To make a referral or inquire further about any of our Outpatient services, please call our Intake Coordinator at 353-3900 x416.

If you are interested in professional consultation and/or training specific to concerns regarding sexual abuse, sexual exploitation, or other trauma, please contact Melissa Santoro, LICSW, Director of the Outpatient Department, at msantoro@smhfc.org.

St. Mary's also offers Residential Services for children and the George N. Hunt Campus School. Please visit our website at www.smhfc.org for more information.