



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

Services offered to our community

At St. Mary's we have the collective goal to provide exceptional counseling and other services to children, adults, caregivers, and families. For more than 30 years we have been best known in Rhode Island as a trauma-specific counseling team, which we proudly continue to be today!

We seek to use our collective knowledge, skills, and experience to help people heal from trauma. We know that everyone, at some point in their life, experiences a loss, an adverse experience, or a traumatic event(s). We are highly skilled in our roles as Clinicians and Care Coordinators and we deeply value the collaborative therapeutic relationship with those we serve. In partnership with you, individualized and personal goals can be realized and actively supported. We offer the following:

- **Office Based Services:** The Office Based Services Team is a dedicated and passionate group of Clinicians that provide trauma-informed counseling services.
- **Outpatient Support Program:** OSP provides care coordination services for clients who are actively participating in Office Based Services.
- **Enhanced Outpatient Services:** EOS is a home/community-based program that provides acute services to children/teens/adults to support the transition from a higher level of care to a secure home environment and back into the community, or as a preventative measure to reduce the risk of needing a higher level of care.
- **Wellness Coordination:** This program provides community-based services to adults and their families who may have experienced interpersonal trauma, specializing in serving those who have been impacted by or are victims of crime and are under/uninsured, under/unemployed, and/or undocumented.
- **Safe Families:** Safe is a trauma-focused, home-based service aimed at preserving families by keeping children and teens in their home. This services is geared for children/teens with sexual abuse histories and/or active sexualized behaviors.
- **Supporting Teens and Adults At-Risk:** STAAR is a trauma-focused, home-based clinical and care coordination service for high risk and sexually exploited youth and their families.
- **Clinical Support Groups:** In office peer support groups for children, teens, and adults impacted by sexual abuse and other traumas.
- **Provider Training:** Our experts provide webinars, trainings, and professional consultation.

See individual flyers for more details on each of these programs. To make a referral or learn more about these services, contact our Outpatient Intake Coordinator at (401) 353-3900, ext. 416, or Department Director at ext. 435.



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Office Based Services

The Office Based Services Team is a dedicated and passionate group of Clinicians that provide trauma-informed counseling services. We offer the following to adults, children, and families:

- **Individual Counseling:** Trauma-sensitive and evidenced-based models of treatment that may include TF-CBT, EMDR, CBT, and Equine Assisted Psychotherapy to name a few. We support individuals and families struggling with PTSD/trauma impacts and symptoms, depression, anxiety, Caregiver Compassion Fatigue, grief and loss, and much more.
- **Office Based Services Plus:** Individual counseling can be paired with care coordination services to ensure the treatment being done in the office based session continues outside of session time.
- **Access to a higher level of outpatient care if/when needed:** Counseling and supportive services are made available in your home or within your community at an increased level from office-based services, providing services for several hours/week.
- **Parent-Based Support, Education and Counseling:** Let us support your needs as a parent/caregiver. Generally done in weekly office-based or telehealth sessions.
- **Group Support:** We offer clinical support groups for those who have experienced trauma, including children, teens, and women. We also offer a clinically supported psycho-educational group for parents/caregivers: *Families Impacted by Sexual Abuse (FISA)*. Groups meet once a week and are offered two or three times per year in six week sessions or for FISA in 14 week sessions.
- **Sexual Abuse Evaluation:** Specialized evaluation by trained, licensed Clinicians to gather information and make treatment recommendations when sexual abuse is suspected but there has not been a clear disclosure. The evaluation process includes interviews with parents and others involved in the care of the child, review of relevant documentation, and 2-4 structured office-based sessions with the child. The goal is to provide treatment recommendations.

Payments options: BCBS, United Health Care (Commercial or RiteCare plans), Allways (Commercial), and Neighborhood Health Plan of RI (Commercial or RiteCare plans). We also accept payment through Victims' Compensation Funds, DCYF payment (005 authorization), and self-payment.

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Outpatient Support Program (OSP)

The Outpatient Support Program (OSP) is a service available for children, teens, and adults and provided by a Bachelor's level Care Coordinator. OSP provides care coordination services for clients who are actively participating in Office Based Services.

Services are provided in the client/family home and/or in the community based on individual need. Weekly care coordination hours vary based on the needs of the client. OSP may be available for three months on average. Services provided may include assistance with the following areas:

- Accessing clinical appointments (including transportation to appointments)
- Identifying and increasing natural supports
- Aftercare planning
- Resource education
- Meeting basic needs
- Parenting support
- Psychoeducation

OSP is not a substitute for individual therapy, but rather a complimentary service to other outpatient services. The individuals DO need to be involved in outpatient counseling in order to qualify for OSP services.

OSP is only available to persons insured by Neighborhood Health Plan (NHP) RiteCare of RI. To make a referral or learn more about our services, contact our Outpatient Intake Coordinator at (401) 353-3900, ext. 416.



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Enhanced Outpatient Services (EOS)

EOS is a home/community-based program that provides acute comprehensive services to children/teens/adults to support the transition from a higher level of care to a secure home environment and back into the community, or as a preventative measure to reduce the risk of needing a higher level of care.

Our team consists of a Clinician and a Care Coordinator who provide home, school, and/or community-based services for children/teens/adults who require intensive support for successful functioning in the home and community. Services may include: Individual therapy, family therapy, Care Coordination, group therapy, resource development, parenting support, and Psychoeducation.

Families will receive, on average, 5-10 hours of clinical treatment and 5-10 hours of care coordination weekly, based on the needs of the client and family. Length of services can range, on average, from 3-5 months with the goal of stabilization and connection to aftercare services and supports. This service is available to clients insured through RiteCare of RI (NHP RC/UBH RC).

To make a referral or learn more about either of these services, contact our Outpatient Intake Coordinator at (401) 353-3900, ext. 416.



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Wellness Coordination

Our Wellness Coordination program provides community-based services to adults and their families who may have experienced interpersonal trauma, specializing in serving those individuals who have been impacted by or are victims of crime and are under/uninsured, under/unemployed and/or undocumented.

The Bachelors level Wellness Coordinator provides resource education, behavioral and physical health education, advocacy, emotional support, referral and information support, legal/court support, parent education, transportation, and community capacity building.

Our Wellness Coordinator is a person who speaks Spanish and works with clients to best support them in building resiliency and improving access to services for unmet needs. Our program is provided through Victims Of Crime Act (VOCA) funding.

To make a referral or learn more about our services, contact our Outpatient Intake Coordinator at (401) 353-3900, ext. 416.



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Safe Families

Safe is a trauma-focused, home-based service aimed at preserving families by keeping children and teens in their home. This services is geared for children/teens with sexual abuse histories and/or active sexualized behaviors.

The best fit criteria for this program is youth at risk of placement disruption (foster, pre-adoptive and/or adoptive and birth families) due to disclosure of sexual abuse and/or evidence of sexual abuse symptoms and high-risk behaviors, i.e. abuse reactive behaviors.

Services are provided by a Masters level Clinician and a Bachelors level Care Coordinator. Each family receives a minimum of six hours per week of in-home support from the Clinical Team for up to six months. Typical duration of home-based services is six-to-eight months. Treatment modalities include: TF-CBT, motivational interviewing, expressive therapies, and alternative therapies (i.e. Equine Assisted Psychotherapy, sensory motor, therapeutic yoga, etc.).

Interventions focus on increasing healthy functioning of the family; focus on safety by reducing the risk of further victimization of the children/youth; and focus on permanency by stabilizing the youth's living situation.

The Clinical Team provides individual and family therapy, caretaker support and education and case management. Other services include transportation assistance, access to 24/7 on call support, assistance with building a support network and aftercare planning which includes referrals to appropriate services at discharge.

Caregivers will be provided psychoeducation on parenting a child who has experienced sexual abuse and other trauma utilizing our Families Impacted by *Sexual Abuse (FISA)* Curriculum, (formerly NOP Curriculum).

The Team coordinates bimonthly Provider Team meetings and progress towards treatment goals is reviewed quarterly. On call availability 24 hours a day, seven days a week. Services offered in English and Spanish (translation services as needed for other languages). Referral sources and funding sources vary.

To make a referral or learn more about these services, contact our Outpatient Intake Coordinator at (401) 353-3900, ext. 416.



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Supporting Teens and Adults At Risk (STAAR)

STAAR is a trauma-focused, home-based clinical and care coordination service for high risk and sexually exploited youth and their families.

This program serves children/youth up to age 18 (21 for dependent children) with a confirmed history of trafficking or identified high-risk youth, defined as: frequently running away; gang involvement; spending time with known trafficking victims or traffickers; involvement in the child welfare system; members of the LGBTQ community; or victims of child sexual abuse.

The program model is to provide home/community-based services to high risk youth and youth who have experienced sexual exploitation/human trafficking. Services are provided by a Masters Level Clinician and a Bachelors level Care Coordinator. Each family receives up to 10 hours per week of in home support from the Clinical Team, typical duration is six-to-eight months. Interventions focus on safety, social competence, life skills, victim support, educational support, mental health services, and substance use screening and referral. Youth can access Equine Assisted Psychotherapy, individual therapy, group therapy and family therapy. Referrals are made for psychiatric care.

Caregivers will be provided psychoeducation on parenting a child who has experienced trauma utilizing our *Families Impacted by Sexual Abuse (FISA)* Curriculum (formerly NOP Curriculum). Primary focus is to keep survivors and high-risk youth safe in their communities, reduce the risk of re-victimization, decrease placement disruptions and improve family functioning.

A Clinical Team provides individual and family therapy, caretaker support and education and case management. Other services include transportation assistance, access to 24/7 on call support, assistance with building a support network and aftercare planning which includes referrals to appropriate services at discharge.

The Team coordinates bimonthly Provider Team meetings and progress towards treatment goals is reviewed quarterly. On call available 24 hours a day, seven days a week. Services in English, Spanish, and American Sign Language (translation services as needed for other languages). Referral sources and funding sources vary.

To make a referral or learn more about these services, contact our Outpatient Intake Coordinator at (401) 353-3900, ext. 416.



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Clinical Support Groups

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, home, 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): This group provides 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.

“Hope for Healing” Clinical Support Groups for people who have experienced trauma: These ten-week groups focus on peer support and psychoeducation for people of all ages who have experienced trauma and are offered two times a year:

- **“Hope for Healing” for youth that have experienced sexual abuse (separate groups for children and teens):** These groups focus 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. Available for children or teens. These groups are held weekly on a weekday afternoon.
- **“Hope for Healing” for women that have experienced trauma (separate groups for young women 18-24 and adult women over age 24):** This group focuses on support and psychoeducation 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. This group is held weekly on a weekday morning.

Clinical Support Groups (Continued)

“Teen Prevention Group:” This six-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.



Referral Details

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 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, Allways, and Victims' Compensation Fund for group payment. Clients are responsible for any copayments or deductibles issued by their insurance.
- Other payment options include: DCYF 005 & Self pay of \$37 per session (plus \$100 cost for group screening/intake session).



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Trauma-informed Training and Consultation

We offer professional consultation to agencies and individual providers regarding the treatment of trauma. We offer trainings for professionals as well as caregivers of those who have experienced trauma.

Training Topics

- Childhood Sexual Abuse
- Adult Survivors of Childhood Sexual Abuse Survivors of Sex Trafficking
- Impacts of Viewing Pornography in Childhood Sexual Assault Survivors
- Sibling Sexual Abuse
- Clarification/Reintegration/ Reunification Trauma Informed Care for LGBTQ+
- Children/Families Formed Through Adoption/Foster Care Impacted by Sexual Abuse
- Caregivers of Survivors of Sexual Abuse
- Increasing Team Wellness and Cohesion
- Reducing Burnout

Consultation Topics

- Making Play Therapy Your Friend
- Supporting Families Impacted by Sexual Abuse
- Parenting Survivors of Sexual Abuse
- Working with Survivors of Sexual Abuse
- The Grief Process of Families Impacted by Sexual Abuse
- Understanding Sexualized Behaviors in Children
- Supporting Foster Children & Adoptees Impacted by Sexual Abuse
- Human Trafficking/CSEC 101
- Trauma Informed Care with Survivors of Human Trafficking; Clinical Approaches
- Strengthen your Treatment Approach for Youth with Problematic Sexual Behaviors: Ways to Develop & Enhance the Team
- Supporting LGBTQ+ Youth

Professional Consultation and Training Services are offered at a rate of \$200/hour. Workshops can be adjusted to the training needs of the group/audience. For more information, contact Melissa Santoro, LICSW, Director, Outpatient Department. 401-353-3900 x435 or msantoro@smhfc.org.

Trauma-informed Schools Training and Consultation

We offer specialized training for trauma-informed schools. Please see our separate brochure about this program or contact Melissa Santoro. (See contact info above.)

Shepherd Training Series

Each year, the Outpatient Department presents a series of webinars on various mental health topics. Watch our website, www.smhfc.org, for these webinars which offer CEUs.