

The Insight Program at Southern Peaks Regional Treatment Center offers specialized residential treatment to boys, ages 10-21, who have histories of offensive sexual behavior, often accompanied by trauma-related diagnoses, substance abuse issues, or additional behavioral health problems.

### OVERVIEW

The Insight Program is designed in accordance with the standards and guidelines promulgated by the Colorado Sex Offender Management Board for the treatment and supervision of juveniles with histories of sexual misconduct including, but not limited to, adjudicated sexual offenses.

From the outset of the treatment process, our program utilizes a psychosexual evaluation and other specialized clinical assessments to assist in determining a truly individualized treatment plan for each youth. Cognitive behavioral therapy and trauma-informed practices are used as the framework for each child's treatment experience.

We adhere to a multidisciplinary team approach which includes assessment, treatment planning, and intervention strategies that are developed by active participation of the adolescent, family, registered nurse, therapist, treatment supervisor, psychologist, psychiatrist, placing agency, and education specialist.

Key therapeutic interventions include individual, group, and family counseling, with a focus on healthy sexuality, cognitive restructuring, empathy development, values clarification, anger management, impulse control, social skills training, and relapse prevention strategies.

Our Master's level clinicians have been specifically trained with a focus on treating adolescents who have committed sexually offensive behaviors. All staff assigned to the Insight Program complete extensive training year-round in sex offense specific treatment principles.

All residents in the Insight Program are housed in single rooms, and ratios of one staff to four youth during waking hours provide for intensive supervision while minimizing community risk.

Our approach to care and treatment is trauma-informed, comprehensive and holistic. Our program emphasizes the enhancement of physical, social, emotional, and academic development in a safe, nurturing environment.

### PROGRAM GOALS

- Acceptance and responsibility for all offending behaviors with an emphasis on victim impact.
- Understanding of the cycle of abuse.
- Reduction and elimination of inappropriate sexual arousal and deviant behaviors.
- Healthy sexual development and identity.
- Ability to develop and maintain honest and trusting relationships.
- Reintegration into the community through strict adherence to continuing care and relapse prevention plans.



At Southern Peaks,  
we are implementing the  
**Sanctuary® Model**  
to create a  
trauma-informed culture.

## KEY SERVICES

At Southern Peaks, our medical, clinical, and educational teams ensure a healthy and therapeutic treatment experience through an array of program services, including:

- Screenings and Assessments
- Psychological / Psychiatric Evaluations
- Medical Care, with an On-site Clinic
- Case Management / Treatment Planning
- Individual, Group, and Family Therapies
- Substance Abuse Treatment
- Competency Development / Skill Building
- Experiential / Recreational / Therapeutic Activities
- Educational Services in our Year-round, nonpublic, State-approved School
- Transitional / Aftercare Planning

For more information, please visit us at:

[www.SouthernPeaksRTC.com](http://www.SouthernPeaksRTC.com)



## LOCATION

The Insight Program at Southern Peaks is located at:

**700 Four Mile Parkway  
Cañon City, CO 81212**

We are approximately 45 minutes from the Colorado Springs Airport (COS).



For geographically distant families and referring agencies, Southern Peaks offers:

- Admission or discharge **transportation assistance**
- Family and caseworker **visitation assistance**
- **Video-conferencing** capability

For more information  
or to make a referral to  
The Insight Program,  
contact us at:

**(719) 276-7500**

or

[info@SouthernPeaksRTC.com](mailto:info@SouthernPeaksRTC.com)

## About the Sanctuary® Model ...

- Sanctuary® is a blueprint for clinical and organizational change which, at its core, promotes safety and recovery from psychological and social traumatic experiences through the active creation of a trauma-informed community.
- Sanctuary® recommends changing the central question we ask about the people we serve from "What's wrong with you?" to "What's happened to you?" as the first step in recognizing the influence of the past on current behaviors and functioning.
- A recognition that trauma is pervasive in the experience of human beings forms the basis for the Sanctuary® Model's focus not only on the people who seek services, but equally on the people and systems who provide those services.
- There is no textbook or manual for creating Sanctuary in an organization; Creating Sanctuary is individualized and organic, and involves a change process that happens over time to move an organization toward creating a trauma-informed culture.

[www.thesanctuaryinstitute.org](http://www.thesanctuaryinstitute.org)

*THE INSIGHT PROGRAM is a service of the Southern Peaks Regional Treatment Center, licensed by the Colorado Department of Human Services office of Behavioral Health and Joint Commission accredited.*



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