

The RENEW program at Southern Peaks Regional Treatment Center offers specialized treatment to female adolescents, ages 10-21, who have histories of abusive sexual behavior, often accompanied by additional presenting problems including mood and anxiety disorders, substance abuse issues, or trauma-related diagnoses.

OVERVIEW

The purpose of the RENEW program is to help girls who have been sexually abusive to live authentically and productively, using real-world, pro-social tools which support and encourage them to view their history as an opportunity for emotional and personal growth.

From the outset of the treatment process, RENEW utilizes a psychosexual evaluation and other specialized clinical assessments to assist in determining a truly individualized treatment plan for each youth.

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.

Our clinical team utilizes Cognitive Behavioral Therapy and Trauma-Focused Cognitive-Behavioral Therapy as the framework for each girl's individualized treatment and gender responsive care plan.

Individual, group, and family therapies are utilized to facilitate cognitive restructuring, values clarification, problem solving, social skills training, effective communication, emotional regulation, empathy development, victim impact awareness, impulse control, and relapse prevention strategies.

RENEW's 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

RENEW's 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



LOCATION

The RENEW 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 RENEW Program,
contact us at:

(719) 276-7500

or

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

THE RENEW 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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