



BUILDING BRIDGES: COLLABORATIVE APPROACHES FOR NAVIGATING PROBLEMATIC SEXUAL BEHAVIOR

Katie Good, M.S., LIMHP, NCC
Mental Health Engagement Coordinator

Objectives

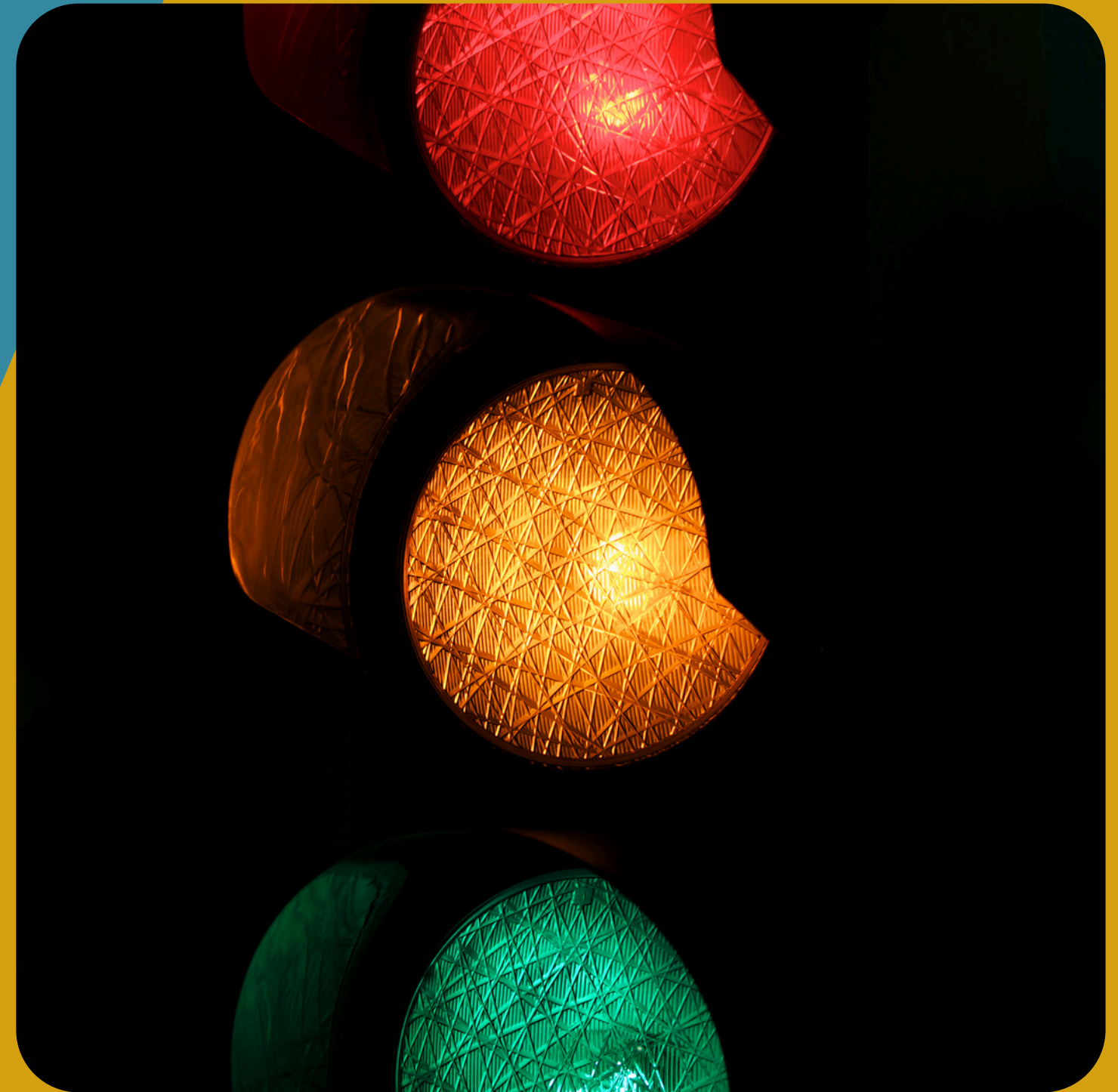
- Identify key characteristics of problematic sexual behaviors (PSB).
- Discover how to enhance multi-disciplinary communication channels to ensure a balanced approach.
- Understand how to incorporate a trauma-informed lens to navigate PSB cases.
- Recognize the importance of mitigating stigmatization and harm for juveniles engaging in PSB.



EXPLORING PSB

Problematic Sexual Behaviors

- Problematic self-touch/stimulation
- Non-intrusive/repetitive sexual behaviors
- Sexual touching without permission/consent
 - Poking, rubbing, or squeezing
- Sexual interactions with others that are developmentally inappropriate/illegal
- Distributing youth produced sexual images
- Sexual contact with animals
- Coercive/aggressive sexual contact/penetration



What We Know



Curiosity



Coping Skill



Imitates closeness & love in the brain



Breaking the Myth Chain



- Youth with PSB are **MORE THAN** just their offenses and **DESERVE** to be seen in a broader context.
- Adolescents are more opportunistic, less predatory, and repeat the behavior less often.
- Youth engage in fewer sexually abusive behaviors over shorter periods of time and have less aggressive sexual behavior than adults.
- Behaviors are often experimental.

Breaking the Myth Chain



- Most youth with sexual offenses **CAN** remain safely in the community during treatment.
- Just because a youth has/had PSB, does **NOT** mean they were sexually abused.
- Many adolescents charged with sex offenses can safely attend public school and participate in school activities, community-based clubs, or other extra-curriculars.

Breaking the Myth Chain



- Mental Health professionals regard illegal sexual behavior by youth as a much less serious psychological problem than similar behaviors by adults.
- More than 9 out of 10 teens, the arrest of a youth for a sex offense is a onetime event.
- Recidivism rate among juveniles who sexually offend is typically 3-12% versus 8-58% for other delinquent behavior.

Focus

Crucial to take differences (adult & youth) into account. Prioritizes should include:

Rehabilitation

Community
Safety





**HOW DO WE
ATTAIN A
BALANCED
RESPONSE?**

Shared Goals

- Keep all children safe
- Assess and respond to treatment needs of the family
- Assist youth with PSB in learning appropriate, pro-social behaviors
- Support and enhance positive family functioning and parent/caregiver monitoring
- Ensure community safety
- Safeguard the legal rights of the identified child or adolescent



Guiding Principles

- Developmentally appropriate approaches.
- Establish identification & response strategies that streamline services.
- Approach each case as unique.
- Avoid unnecessary labels.
- Integrate family and community factors.
- Consider needs of the entire family system.



Guiding Principles

- Use collaborative approach.
- Conduct holistic assessments.
- Provide focused, effective interventions & treatments.
- Have a flexible service delivery continuum.
- Ensure appropriate training, qualifications, & practice.



Roles & Responsibilities

Child Welfare & Child Protection Professionals

Assess and address child safety and protection from abuse.

Health & Behavioral Health Professionals

Assess for well-being, relevant vulnerabilities, risks, needs and protective factors, facilitate safety planning, and recommend/provide therapeutic services.

Law Enforcement & Juvenile Justice Professionals

Determine if a law has been broken and what pathway will facilitate public safety and youth rehabilitation.

School Personnel

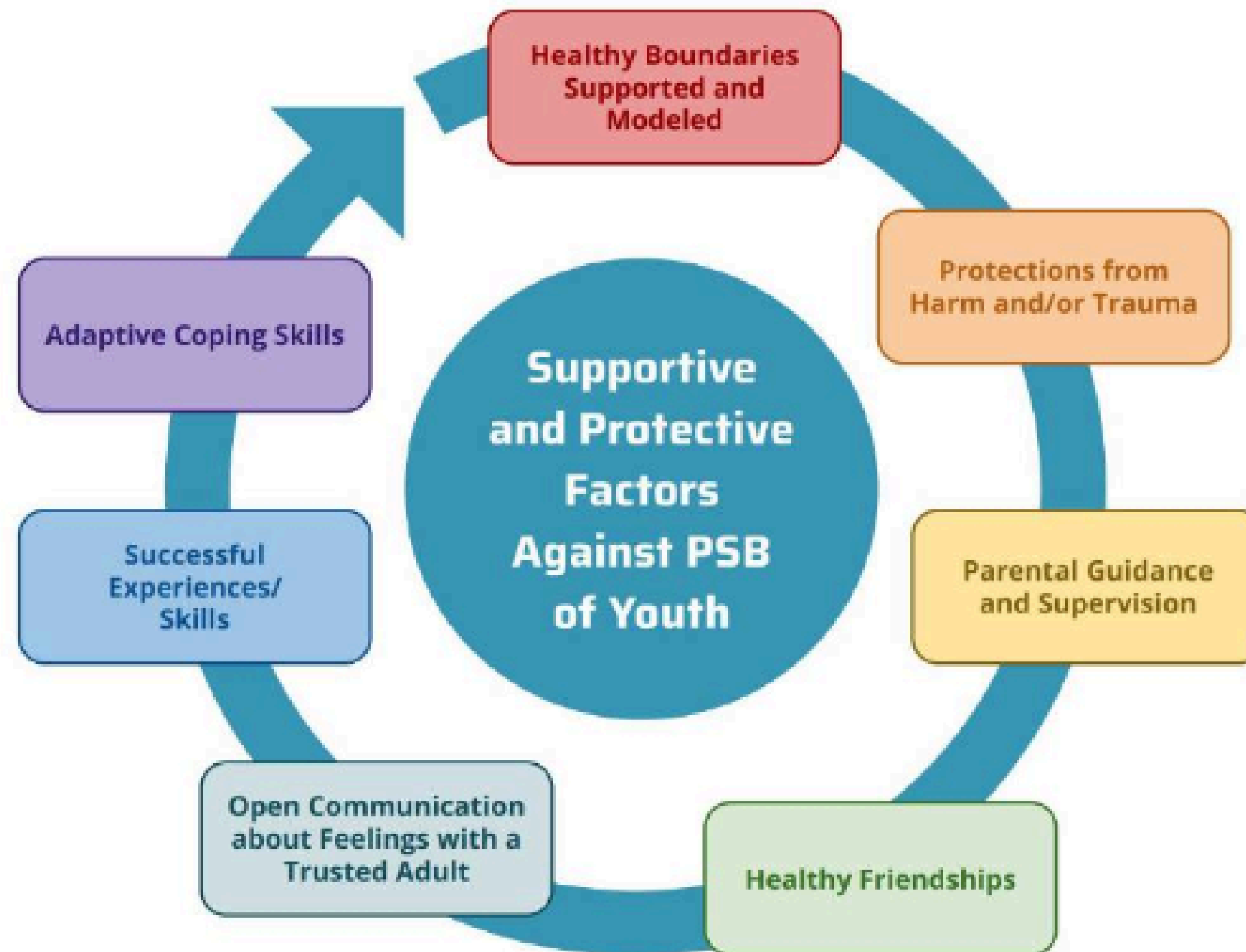
Assess, implement and monitor safety plans and promote positive social-emotional well-being and academic progress of the students.

We Need to Listen

- (G. McKibbin et. al. 2017) Youth with PSB were able to identify what would have been helpful to prevent their PSB:
 - Reform their sexuality
 - Redress their victimization
 - Help their management of porn



Protective and Supportive Factors



Silovsky, 2015.

Engage in Appropriate Services

Not **ALL** youth with PSB require a psychosexual evaluation!

Modalities

- Problematic Sexual Behavior-Cognitive Behavioral Therapy (PSB-CBT)
- Multi-Systemic Therapy-Problematic Sexual Behaviors (MST-PSB)
- Trauma Focused-Cognitive Behavioral Therapy-Problematic Sexual Behaviors (TF-CBT-PSB)
- Advanced training for Parent Child Interaction Therapy (PCIT)




A person is shown from the waist down, climbing a set of concrete stairs. They are wearing dark trousers and black shoes. The image is framed by large, overlapping geometric shapes in yellow and teal, with thin blue lines forming a network of triangles and polygons. The text is centered over the image in a large, white, sans-serif font.

**WHAT IS ONE
THING YOU
CAN
IMPLEMENT?**

Contact Information

Katie Good, M.S., LIMHP, NCC
Mental Health Engagement
Coordinator

 402-933-7422

 kgood@nebraskacacs.com

 <https://www.nebraskacacs.com/>

