

## **Gender-Responsive Treatment Strategies for Adolescent Female Offenders**

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At Indian Oaks Academy, we believe, based upon available research and collective experience, that adolescent females with sexual behavior problems are unique, and deserve a unique approach to treatment. A specialized program exists at Indian Oaks Academy which is specifically designed to understand and accommodate the distinct differences in approach and treatment needs between male and female adolescents with sexual behavior problems. On this program, gender-specific treatment takes place within a safe and respectful environment, in which these young women and girls learn to accept responsibility for their behavior, gain empathy for others, and practice making healthier choices and decisions.

This practice-oriented, advanced skill building workshop will consist of the following:

- An overview of the unique characteristics and needs of adolescent females with sexual behavior problems.
- An overview of the principles of intervention and treatment of adolescent females with sexual behavior problems.
- An overview of gender-competent program and staff needs for effective treatment of adolescent females with sexual behavior problems.

Additionally, participants will be provided with hands-on exercises and techniques to utilize to successfully work with adolescent females with sexual behavior problems.

The presentation will include open discussion, and participants will be encouraged to ask questions, make comments or share suggestions. The target audience includes administrators, therapists, social workers, and others who work with females with sexual behavior problems.

Sources include The Office of Juvenile Justice and Delinquency Prevention's publication "Guiding Principles for Promising Female Programming – an Inventory of Best Practices", and the National Council on Crime and Delinquency's "Gender-Responsive Programming Self-Assessment Guide", with which Indian Oaks Academy collaborated in the creation and implementation. Gender specific treatment techniques for females with problematic sexual behaviors are based upon and influenced Robinson (2002), Bumby & Bumby (1997), and Mathews, Hunter, & Vuz (1997). Cognitive-Behavioral elements are based on the work of Craighead, Craighead, Kazdin & Mahoney (1994); Goldfried & Davidson (1994); Kanfer & Schefft (1988); as well as Freeman, Pretzer, Fleming & Simon (1990).