

CARENET

CareNet Counseling Inc.
7150 E. Hampden Ave., Suite 301
Denver, CO 80224
Office (303) 692-8355, Ext. 21
Fax (303) 692-8197

CareNet Associates, LLC
11811 Upham St., Unit A
Broomfield, CO 80020
Office (303) 370-2273
Fax (303) 370-9008

FAMILY PROGRAM CARENET COUNSELING INC, CARENET ASSOCIATES LLC

Partners and family members of sexual offenders face many challenges. In cases where there are children in the home, the offender is often removed, and his partner suddenly becomes a single parent. In addition, there is the financial burden placed on the family by maintaining two residences, attorney and court fees, and the cost of treatment. Meanwhile, the offender is often dependent on his partner exclusively for emotional support, which further drains his/her resources.

In addition to the partner and children of the offender, other family members and friends may be directly affected. In many cases, when the offender moves out of his home he may move in with a relative or friend. Relatives and friends need information in order to support the offender in a healthy manner.

It is to address these issues that the Family Program at CareNet was developed. Our program is based on two premises: 1) family members and friends of offenders need support; and 2) many family members and friends have the potential to become effective informed supervisors for the offender's conduct in the community.

Our program consists of three phases:

Psychological Education Groups-Phase 1 (attendance is once a week for significant others, twice a month for extended family or friends)

This is an 18-hour curriculum, divided into twelve semi-monthly classes, which is attended in conjunction with the semi-monthly process group. Content includes:

- 1) Overview of public policy regarding the management of sex offenders in Colorado
- 2) Use of the polygraph in treatment
- 3) Provision in the SOMB Standards regarding offenders' contact with children and victims
- 4) Dynamics of sexual offending, including cycle behavior, core beliefs, and common thinking errors
- 5) Effects of sexual abuse on children
- 6) Dynamics of co-dependent families, including incest families
- 7) Grooming and fantasy in the cycle of sexual offending
- 8) Relapse prevention
- 9) Fundamentals of safety planning

Process Groups-Phase 2 (attendance is twice a month for significant others, less often for extended family or friends)

Goals of these twice-monthly groups are:

- 1) To provide support
- 2) To help family members identify and express their feelings in a safe place
- 3) To teach assertiveness skills
- 4) To teach healthy boundaries
- 5) To create a healthy group culture in which members risk being vulnerable, develop trust, and learn to set appropriate boundaries with others.

Clarification – part of phase 2

An average of four to six sessions are held with the offender and the people in the family program, led by the family therapist and/or the offender's primary therapist. At these sessions, the offender must:

- 1) Clarify the specifics of his offense(s), including how he groomed his victim(s) and how he groomed the partner not to notice
- 2) Read his sexual history
- 3) Read his polygraphs, Abel Screens, and PPGs
- 4) Review the specifics of his cycle, including triggers and high risk situations
- 5) Discuss his relapse prevention plan.
- 6) The therapist will also cover specific information in the psychosexual evaluation.
- 7) Complete the Informed Supervisor Paperwork.

Process Groups/Couples Life Skills/Couples Process Group - Phase 3 (attendance is once a month for significant others, quarterly for extended family and friends)

This is the on-going maintenance phase for informed supervisors and significant others. Informed supervisor logs must be turned in as part of the program. Informed supervisors must remain in the program to maintain the informed supervisor status.

Please call Jan Burns at 303-692-8355 extension 28 to become involved.