

Treatment Approach

We know that treatment does not develop in a stepwise format. However, there are identifiable phases of progress that may be more accurately described as a journey. Different therapeutic issues are introduced into the treatment process along the journey. Each phase of the journey has its own unique challenges and tasks to accomplish. The phases of the therapeutic journey are:

Belonging

- Positive relationships with peers, adults and the community
- Individual and group therapy

Mastery

- High expectations/support for education
- Strengths discovery
- Anger management
- Social skills training

Independence

- Values clarification
- Problem solving skills
- Recreation

Generosity

- Service learning and community service
- Peer helping

Our Goal
is to support the youth in assuming responsibility for their abusive behavior in order to inhibit and stop future abuse. In tandem with this, youth learn to cope with the impact of past traumatic experiences. Our staff engage the youth in activities and relationships so they become motivated to integrate positive change into their lives.

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Sexually Reactive Male Youth

Services Designed for Sexually Reactive Male Youth

Our successful UMFS Treatment Center has added a program designed to specifically treat sexually reactive male youth. Sexually reactive youth demonstrate their problems through sexual behaviors with others and themselves.

Sexually reactive youth are identified in multiple ways. Some may have a pre-existing diagnosis of a sexual disorder and others may have been adjudicated for sexual offenses. However, most have engaged in problem sexual behavior that the legal system has not pursued.

Typically, life experiences have taught sexually reactive youth that inappropriate sexual touching is normal. Many times, their sexual aggression is a way of responding to previous trauma, including sexual, physical, and emotional abuse.

The Program

The program will accept sexually reactive youth with emotional, behavioral, psychiatric, or psychological problems who range in age from 11 to 18 years. We serve youth with a DSM-IV diagnosis on Axis I and/or II variety. They include:

- Mood disorders
- Anxiety disorders
- Adjustment
- Developmental disorders

We accept youth with moderate to severe sexual behavior problems. Youth who have used weapons as part of their abusive behavior will only be accepted when they have successfully completed treatment in a secure setting.

A Total Therapeutic Milieu

Treatment is provided in an open cottage setting on our 33-acre campus in Richmond. In this location, we aim to build positive peer environments where youth can develop their strengths and values, as well as learn to problem solve and develop social skills. Sexual behavior problems are addressed by staff only in private settings in order to respect the youth and role model the importance of personal boundaries.

The experiences gained through cottage life are central to the development of each young person. In cottage life problems are treated as opportunities for learning and growth. Problems are dealt with in the here-and-now. Cottage life provides opportunities to directly address issues of peer pressure, sharing, cooperation, leisure time and values.

Cottage life also provides a real-life environment for teaching independent living skills. With the guidance of youth counselors, youth learn to clean their rooms and cottage, cook their meals, and wash their clothes.

Consistency and structure are emphasized with limits and consequences. The dynamic treatment milieu coupled with education and behavioral interventions fuel the youth's development of **Belonging – Independence – Mastery – and Generosity**. Building social interests and improving cognitive skills helps youth develop productive, healthy, and contributing lifestyles.

Our Team

The treatment team brings experience and talent from the fields of psychiatry, social work, nursing, special education, and expressive/recreational therapy. Our team ensures that treatment plans are addressing individual needs and uses individual strengths as leverage in the treatment program. All staff members receive specific training related to sexual behavior problems.



Contact Us

For additional information or an appointment, please contact:

Intake Coordinator, UMFS
3900 West Broad Street, Richmond, VA 23230
Toll Free: 866-558-3533 Fax: 804-353-6250
Email: intake@umfs.org
Website: www.umfs.org

Administrative Office Hours:

8:30 a.m. - 4:30 p.m. Monday-Friday
Appointment hours are flexible to meet the needs of students and their families.

We value change and use a strengths-based approach.