

*The primary goal of the Stepping Stones Treatment Program is to identify unhealthy thoughts, beliefs and behaviors that have supported sexually inappropriate behavior and replace them with age appropriate, healthy sexual knowledge and behaviors.*

*Here's what parents have to say about Stepping Stones:*

*"... When I first walked through the Prairie View door, I was terrified. How will I be accepted? Now I'm just another parent dealing with a child who has problems."*

*"... I've learned a lot, and it's helped me with my other children as well."*

Actual Testimonies

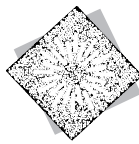
## About Prairie View

Prairie View has a passion for helping people live well and relate to one another in a positive, healthy manner. By offering a complete range of mental and behavioral health services for children, adolescents, adults, older adults and families, Prairie View is able to treat depression, anxiety disorders, marital and family conflicts, aging issues, addictions and more.

Founded by the Mennonite Church in 1954, Prairie View is the state's longest-serving, non-profit behavioral and mental health center, with locations in Newton, east and west Wichita, Hutchinson, Hillsboro and McPherson.



*Prairie View - Newton Campus*



**Prairie View**

BEHAVIORAL & MENTAL HEALTHCARE

[www.prairieview.org](http://www.prairieview.org)

1-800-362-0180

**Changing Lives, Saving Families**

# Stepping Stones



A Treatment Program for  
Children and Adolescents  
with Sexual Behavior  
Problems

*Prairie View*  
Newton, Kansas



# *Stepping Stones Treatment Program*

## Prairie View Center for Sexual Health

### *What is Stepping Stones?*

Stepping Stones is an outpatient treatment program for children and adolescents with sexual behavior problems or a history of abusive sexual behaviors. Treatment is available for males and females ages 5-18.

We partner with a network of community agencies, including SRS, schools, residential treatment centers, youth service provider agencies, and the court system. The Stepping Stones program for male teens is available on both our Newton and Wichita East campuses.

### *Parent Component*

We believe parental involvement and support is critical for progress toward a healthy lifestyle for each youth. Both the teen group and the children's Back on Track Program include parents in the group process.

### *Evaluation*

Prior to treatment, youth, family members and other significant persons engage in an interview process with specially trained Center for Sexual Health staff. Psychological testing is a part of the evaluation process. When appropriate, information is solicited from probation officers, attorneys, child protective services and other therapists. Through this process, recommendations are made specific to each youth and his or her needs.

### *Treatment*

Males and females are treated in separate components of the treatment program. Stepping Stones participants work on individual treatment goals as well as evidence-based, sexuality-specific topics such as personal accountability, controlling sexual behaviors, healthy sexual attitudes, beliefs and behaviors, anger/impulse management, communication and interpersonal relationship skills and relapse prevention. Stepping Stones staff believe in compassionate, caring treatment with a high level of accountability. Program focus is on four core values: honesty, accountability, responsibility, and respect.

### *Cognitively & Socially Impaired Youth*

The Stepping Stones Program also serves cognitively and socially impaired adolescents such as those experiencing Asperger's Disorder, severe ADHD or learning disabilities. Program curriculum for this population is comprised of treatment strategies designed for adolescents with mild to moderate impairment. Specific treatment components focus on sexual beliefs and attitudes, enhancing emotion

regulation, and developing healthy socialization and sexuality.

### *Completion of Stepping Stones Treatment*

Youth who are successful in treatment will no longer engage in the problematic sexual behavior. They will have healthy beliefs and attitudes about sexuality and appropriate sexual and interpersonal boundaries. Progress is evaluated by looking at whether the participant has achieved certain measurable goals and objectives established at the beginning of the treatment process.

Staff strive to assist children ages 5-12 toward graduation in 3-6 months. With adolescents ages 13-18, staff strive for graduation between the 12th and 18th month. However, the length of treatment is determined by the youth's level of risk for engaging in subsequent problematic sexual behavior and the progress toward measurable treatment goals.

### *Continuing Care*

Treatment program staff will work with the youth and family to develop a continuing care program that includes a relapse prevention plan and the possibility for continued individual or family therapy after successful completion of the Stepping Stones Treatment Program. In addition, a minimum of three monthly Aftercare group sessions is recommended.

For more information, call the  
Center for Sexual Health  
director at 316-284-6400.