

the Haven

AT SOUTHERN PEAKS

A Program for Sexually Exploited Youth



Seeing Through the Disguise

Exploitative people, including traffickers, use psychological manipulation as the primary means of control. They come into the lives of vulnerable girls and boys online through social media, in-person at places like school and the mall, and through the established relationships that youth have in their families and communities.

Exploiters get to know a youth's vulnerabilities in order to become the person that the child desires to have in their life. Once trust is gained, exploitation begins.

Brad Riley, founder and president of iEmpathize (CNN) July 13, 2016

ABOUT THE HAVEN PROGRAM

For teenage youth who are victims of human trafficking and sexual exploitation, The Haven at Southern Peaks is a place where healing from physical, psychological and social traumatic experiences occurs, and a program where transformations are possible.

We offer hope and a safe environment to recover from adversity, along with the clinical and educational services of a therapeutic residential treatment center.

THE YOUTH WE SERVE

These youth have been exploited physically, mentally, emotionally, and financially. Recognizing the influence of their past on current behaviors, we understand that their complex therapeutic needs require comprehensive and holistic treatment.

The Haven is a trauma-informed community for exploited youth who often present with interconnected problems:

- Mood /anxiety disorders (esp. PTSD)
- Substance-abuse disorders
- Conduct disorder / impulse control
- Attention-deficit / hyperactivity disorder
- Dissociative disorders
- Stockholm Syndrome
- Antisocial personality traits
- STDs and other medical, nutritional, and health issues.



OUR APPROACH TO TREATMENT

Our approach to care and treatment for our Haven youth is comprehensive and holistic.

Our program emphasizes the enhancement of physical, social, emotional, and academic development in a safe, nurturing environment.

Utilizing a multi-disciplinary team approach with an emphasis on cognitive, experiential, and trauma-focused therapies, our medical, educational, and treatment teams ensure a healthy and therapeutic restoration experience through individualized treatment emphasizing core components:

SAFETY: an effective sense of power and control, of having some influence on the environment.

SELF-REGULATION: an effective sense of self direction.

EFFECTIVE SELF-REFLECTION: the development of a robust sense of self, independent from others and interdependent on others.

TRAUMATIC EXPERIENCE'S INTEGRATION: the goal is to approach the past trauma in a purposeful way to regain the full range of emotional experience to "let go" of reliving emotional experiences that no longer contribute to a meaningful life, and to reduce suffering in the present.

RELATIONAL ENGAGEMENT: the development of healthy attachments with peers, adults, and family members.

POSITIVE AFFECT ENHANCEMENT: to provide and support access to positive emotional experiences that accompanies achievements.

DRUG AND ALCOHOL SERVICES: substance use is often a co-occurring issue, individual and group services are integrated with the mental health services to address both the substance use and the underlying trauma.

Evidence-based and best practice curriculum includes but not limited to: Empathize, My life My Choice, Girls Circle and Seeking Safety®

About the Sanctuary® Model ...

- Sanctuary® is a blueprint for clinical and organizational change which, at its core, promotes safety and recovery from psychological and social traumatic experiences through the active creation of a trauma-informed community.
- Sanctuary® recommends changing the central question we ask about the people we serve from "What's wrong with you?" to "What's happened to you?" as the first step in recognizing the influence of the past on current behaviors and functioning.
- A recognition that trauma is pervasive in the experience of human beings forms the basis for the Sanctuary® Model's focus not only on the people who seek services, but equally on the people and systems who provide those services.
- There is no textbook or manual for creating Sanctuary in an organization; Creating Sanctuary is individualized and organic, and involves a change process that happens over time to move an organization toward creating a trauma-informed culture.

www.thesanctuaryinstitute.org

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To learn more about
The Haven at Southern Peaks
or to make a confidential inquiry or
referral, please call (719) 276-7500 or
visit www.SouthernPeaksRTC.com.

The Haven program is a service of Southern Peaks Regional Treatment Center, licensed by the Colorado Department of Human Services, and is Joint Commission accredited.



The Phoenix Academy at Southern Peaks Regional Treatment Center is a California Non-Public School Certified Facility



Certified PREA Facility



SOUTHERN PEAKS
REGIONAL TREATMENT CENTER

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