

## APPROXIMATE COST

The approximate cost of the Education/Low Intensity Program is \$500 per month, or \$3050 for the 22 weeks. The approximate cost of the Moderate Intensity Program is \$1165 per month, or \$6990 for the 22 weeks.

These estimates are based on the group therapy, and additional services such as family therapy, individual therapy, parent group meetings and curriculum manuals. Actual costs may be higher or lower depending on the specific needs of the youth being referred. Placing agencies will receive a separate bill for services rendered from Benson Psychological Services, PC.

BPS will attempt to utilize medical insurance when possible.

Prior to the beginning of the program, the child will need to have completed a risk assesment, with a tool such as the ERASOR, JSOAP or similiar tool valid for this purpose, administered by a qualified professional. The assesment is not included in the approximate cost of the program listed above. BPS would be available to complete the risk assessment by request.

## HOW TO MAKE A REFERRAL

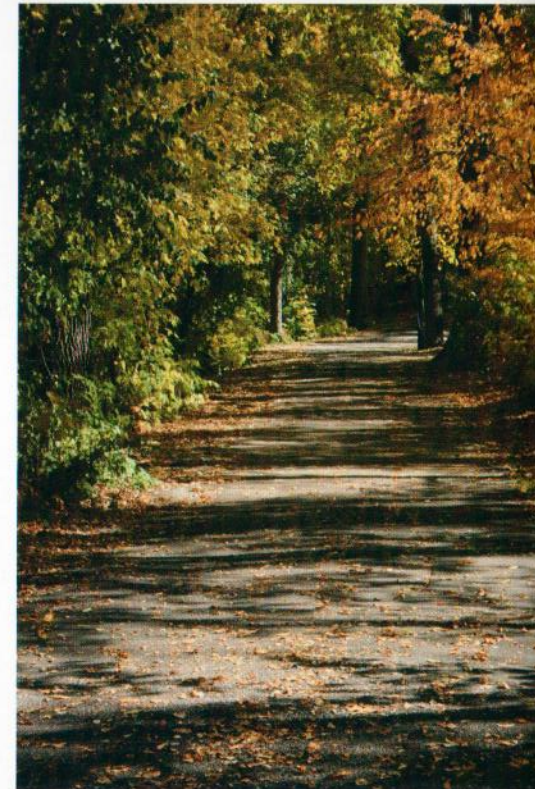
For questions or to make a referral please contact, Stephen Larson, Director-  
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Troy Amundsen, Moderate Level/Secure Program  
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# Pathways Program

*West Central Regional Juvenile Center  
and Benson Psychological Services, PC*



Benson Psychological Services, PC  
www.bensonpsychologicalservices.com

West Central Regional Juvenile Center  
919 8th Ave North  
Mankato, MN 56001-0220



## EDUCATION/LOW INTENSITY

The Education/Low Intensity treatment program is designed for the adolescent who has been determined to be at a **Low Risk** to reoffend.

It is offered for residents in the Non-Secure program. The therapy sessions take place at BPS offices in Fargo, ND.

The program is open-ended, but the average length will be approximately 22 weeks to complete. The program includes 1.5 hours of weekly group therapy. Treatment may also include individual therapy, family therapy, a parents group and other services as needed.

## About the Pathways Program

Through a partnership with Benson Psychological Services, PC (BPS); West Central Regional Juvenile Center (WCRJC) now offers treatment for adolescents who have sexually offended.

Treatment is provided by doctorate level, licensed psychologists who have extensive experience working with adults and adolescents who have committed a sexual offense.

Treatment is based on the Risk Needs Responsivity Model, which matches the intensity and focus of treatment to the unique needs of each youth, and tailors the interventions to the learning style, motivation, abilities and strengths of each group participant.

## MODERATE LEVEL INTENSITY

This program is designed to meet the unique needs of the adolescent who have been determined to be at a **Moderate Risk** to reoffend.

Treatment is offered through the Secure Program and takes place at West Central Regional Juvenile Center.

The program is open ended, but the average length will be approximately 22 weeks to complete and includes 4 hours of group therapy a week, a mandatory parent group, as well as other services as needed.

## PARENTS GROUP

Current research indicates that parental involvement makes a valuable contribution to the successful treatment of children with sexual behavior problems.

This group is designed to help parents become active partners in their child's treatment and recovery from sexually abusive behavior.

This 20 hour program will help answer many of the common questions parents have, teach them the same concepts their child is learning in the program so they can understand the treatment their child is receiving and learn how they can help the process. The group also covers appropriate parental supervision and what to do when the victim is another family member in the home.

## MEETING THE NEEDS OF OUR RESIDENTS

The WCRJC recognizes that there are times where the child may also be in need of chemical dependency treatment. Current research indicates that dual treatment is beneficial to the success of the child. The WCRJC has established programming which will allow the child to participate in both Pathways and chemical dependency treatment during the same stay.

The WCRJC also offers additional programming;

- Year round education
- Graduation preparation and GED testing
- Thinking for a Change* Cognitive Behavioral Program
- Social Skills Group
- Weekly A.A./N.A sessions
- Community Service Programming
- Nursing Services
- Furloughs and Transportation