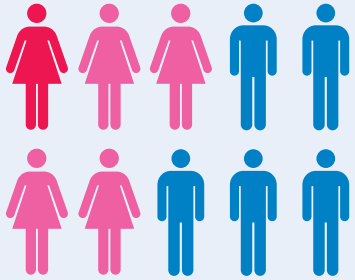


What is RSafe®?

Trauma treatment and therapeutic support for children and families impacted by child sexual abuse



1 in 10 report being sexually abused as children

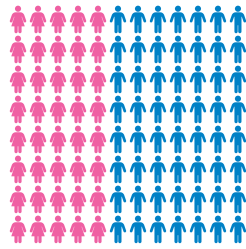
=32 million Americans
with millions of other cases never reported.

Studies prove that, without treatment, child sexual assault victims often have a shorter life span due to the emotional, physical and mental effects of their abuse. These effects include post-traumatic stress, anxiety, depression, substance abuse, suicidal tendencies and the inability to form intimate relationships in adulthood. **Without treatment, some children grow up making sexual decisions that are unhealthy for themselves, and others.**

Lutheran Family Services of Nebraska's nationally-recognized RSafe® program breaks this cycle of sexual abuse by providing a one-of-a-kind continuum of care to families who are healing from sexual abuse. Through individual, family and group counseling, each member of the family explores their reaction to the abuse and what they can do to prevent future trauma. A safety/supervision plan is created and therapists hold each member accountable to ensure that they are actively involved in the healing process.

RSafe® doesn't just serve the victims and their families... it also serves children with problematic sexual behaviors, and adults with sexual misconduct.. Breaking the cycle of sexual abuse begins and ends with treating those who are responsible for the abusive behavior. With treatment, repeat offenses drop dramatically. The RSafe® program has experienced great success, with **a less than 1% recidivism rate for those involved in the program.**

RSafe® by the Numbers



319 children served in 2014—42% girls, 58% boys



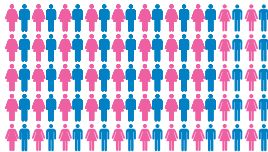
Average time individuals are active in treatment: 9-10 months



Children served are age 2-18 (most are under 14)



Of children with sexual behavior problems, 100% of girls and 51% of boys reported being victims of sexual abuse.



100% involvement of parents/caregivers in the program

- 130 of the children served in 2014 had problematic sexual behaviors
- 102 adults served in 2014

Warning Signs

- A dramatic change in behavior (*ex. sudden onset of bed wetting, nightmares or discipline problems*).
- A reluctance to go to a particular place or be with a particular person, even though previous visits have caused no distress.
- Depression, weepiness, refusal to get up in the morning, a bleak outlook.
- Using sexual vocabulary they are too young to understand or which you have not taught; teaching sexual games to other children.
- Need for more reassurance, loss of or sudden gain in appetite, turning against one parent. Older children may also be involved in truancy, drug abuse, delinquency or running away.

 **Lutheran Family Services**
of Nebraska, Inc.

RSafe® Locations

Project Harmony Child Protection Center
11949 Q Street
Omaha, NE 68137

Children Services - Downtown Omaha
120 South 24th Street, Suite 100
Omaha, NE 68102

North Omaha Center for Healthy Families®
3040 Lake Street, Suite 124
Omaha, NE 68111

Pottawattamie County Center for Healthy Families®
300 West Broadway, Suite 7
Council Bluffs, Iowa 51503

Lutheran Family Services Office - Bellevue
730 Fort Crook Road North
Bellevue, NE 68005

Rupert Dunklau Center for Healthy Families®
1420 East Military, Suite 200
Fremont, NE 68025

Lutheran Family Services Office - Lincoln
2201 South 17th Street
Lincoln, NE 68502

Child Advocacy Center
5025 Garland Street
Lincoln, NE 68504

We invite you to support the work of Lutheran Family Services. For more information about programs, to volunteer or to make a charitable gift, visit

www.LFSneb.org

call (402) 342-7038 or email info@LFSneb.org



Accredited by the Council
on Accreditation



United Way Affiliate



Lutheran Services in
America Member

Children Services

 **Lutheran Family Services**
of Nebraska, Inc. www.LFSneb.org



RSafe®
Comprehensive
Sexual Abuse
Treatment
Program

*Trauma treatment and
therapeutic support for
children and families impacted
by child sexual abuse*

RSafe® Treatment Options

Individualized plan developed and coordinated by one therapist

Individual and Family Therapy

- Frequency of therapy sessions determined by client and therapist
- Sessions begin at once a week and progress to once every eight weeks during aftercare
- Treatment length depends on client's age and severity of symptoms, but typically lasts 6-12 months
- Family involvement improves success
- Evidence based trauma treatments include:
 - ~ Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
 - ~ Eye Movement Desensitization and Reprocessing (EMDR)
 - ~ Children with Problematic Sexual Cognitive Behavioral Therapy (CBT) for school age children with problematic sexual behavior

Support Groups

Breaking the Cycle

(Formerly known as Parents United)

Breaking the Cycle facilitates support groups to anyone affected by child sexual abuse. This includes adults abused as children, protective parents, parents, adolescents and siblings.

Therapy Groups

- Separate weekly groups for youth and adults
- 6-10 participants in each session, led by two facilitators
- Strict confidentiality enforced
- Client populations include:
 - ~ Girls and boys with problematic sexual behaviors, ages 10-18
 - ~ Adult males with sexual misconduct behaviors
 - ~ Caregivers of youth with problematic sexual behaviors

Education

- Parents/caretakers of children who have been victims of sexual abuse
- Parents/caretakers of children with problematic sexual behaviors
- Protective Parents of children who have been sexually abused
- Training by request
- Community Awareness Education
- Consultation

(Educational services are not billable to insurance, cost varies)

RSafe® Treatment Foster Care

- Specialized treatment foster care homes for children with problematic sexual behaviors
- Competitive daily rates which take into account the complexity and elevated needs of the children in the RSafe® program
- Support of a specialized multidisciplinary team
- Specialized services are provided to each RSafe® treatment foster home

About RSafe®

Since 1987, RSafe® has served children and families with the goal of preventing future sexual abuse. RSafe® therapists are dedicated and specially-trained in trauma-informed and evidence-based practices. This collaborative process is designed to restore families with early intervention.

What are the costs?

Fees for each service vary but are covered by most insurance providers. A sliding fee scale for the uninsured is available.

How do we start treatment?

Call (402) 661-7100 to initiate services.

