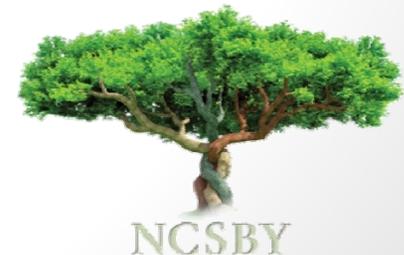


Children with Problematic Sexual Behavior: Who are they and how can we help?

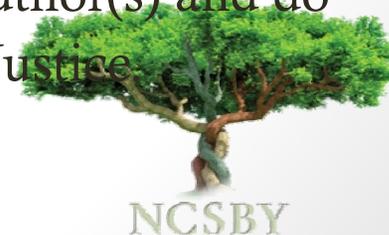
Sharon Millington, MA
Erin K. Taylor, PhD

June 2-3, 2016
ICDVVA Conference
Boise, ID



Acknowledgements and Disclaimer

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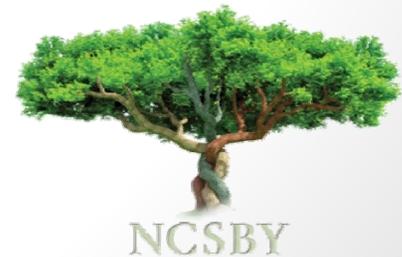
What's in a word....



NCSBY

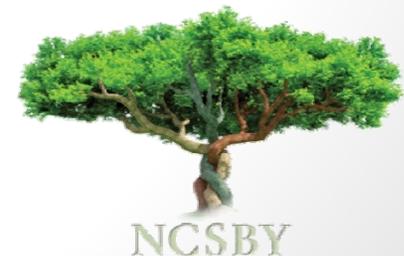
What do you think of when you hear the terms?

- Offender
- Perpetrator
- Predator
- Mini-Pedophile



Children with Problematic Sexual Behaviors

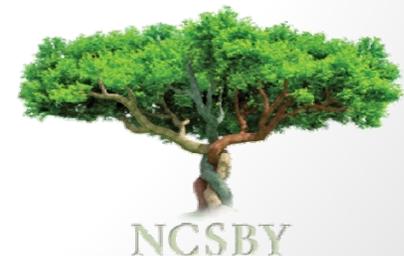
- Serious behavior problem
- Power and ability to make better choices



How about.....

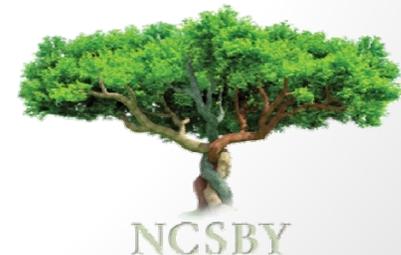
Children with Problematic Sexual Behavior (PSB) Adolescents with Illegal Sexual Behavior

- Developmentally sensitive
- Focuses on the behavior(s)
- Separates behavior separate from the child



Typical Sexual Behavior

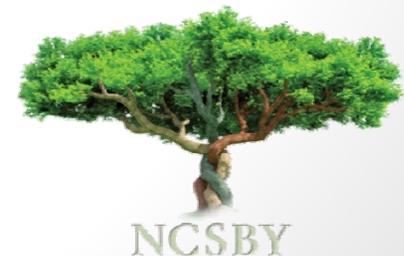
- Behaviors that involve parts of the body considered to be “private” or “sexual” (e.g., genitals, breasts, buttocks, etc.) and that are normally part of growing up for many children and which most experts would not consider to be harmful.
- Influenced by cultural and social factors
 - Research by Friedrich and with the CSBI



General Definition

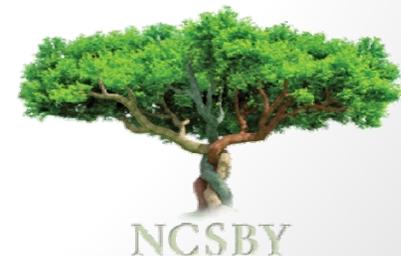
Problematic sexual behavior problems (**PSB**) are defined as child(ren)-initiated behaviors that involve sexual body parts (i.e., genitals, anus, buttocks, and/or breasts) in a manner that is developmentally inappropriate and potentially harmful to themselves or others.

~Silovsky & Bonner (2003)



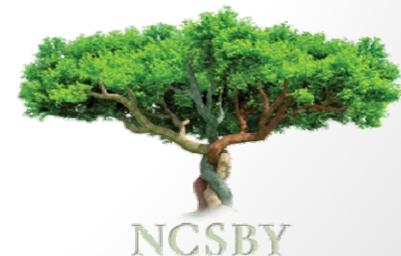
General Definition, cont'd

- Children with PSB are defined as youth 12 years of age and younger
- Although the term “sexual” is utilized, the intentions and motivations for these behaviors may be unrelated to sexual gratification
- Behavioral health issue
- This is a definition, *not diagnostic criteria*



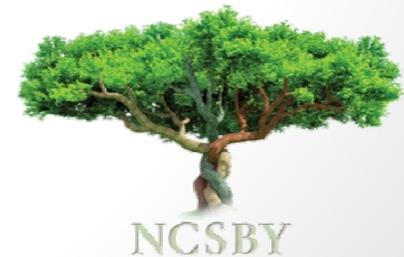
Problematic Sexual Behavior

- Not a diagnosis
 - Clinically concerning behaviors
 - Disruptive behaviors
 - Trauma symptoms
- Continuum of normal sexual development to sexual behavior problems



What Do We Know About Typical Sexual Development?

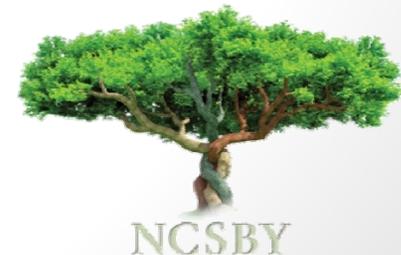
- What behaviors are typical/normative and which are not?
- How do we know the behavior is a PSB and not “playing doctor”?
- Influences of cultural and societal factors.



Sexual Play

- Exploratory
- Spontaneous
- Intermittent
- By mutual agreement
- Between children of similar age, size, and developmental level
- Not accompanied by anger, fear, strong anxiety, etc.

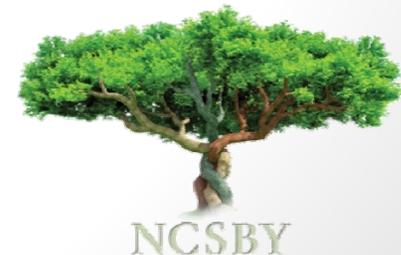
Bonner (1999)



Long-Term Implications of Sex Play: Retrospective Research

- Sex play is common (66%-80%)
- Mostly is never known by parents
- Many encounters are between children of the same sex
- If it is true sex play, then the encounter is perceived as “positive” or “neutral”
 - Inconsistent results with siblings
- Not related to adult sexual orientation

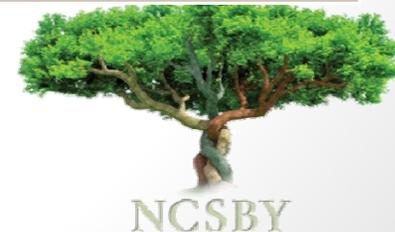
Lamb & Coakley (1993); Larsson (2001);
Reynolds, Herbenick, & Bancroft (2003); Friedrich, Whiteside,
& Talley (2004); Greenwald & Leitenberg (1989);
Okami, Olmstead, Abramson (1997)



Are the Sexual Behaviors a Problem?

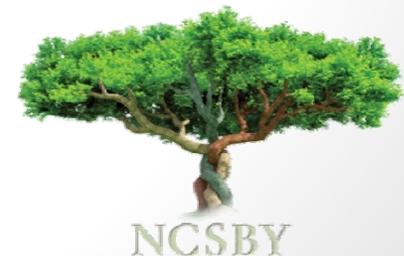
Frequency	Developmental Considerations	Harm
High Frequency	Occurs between Youth of Significantly Divergent Ages/Developmental Abilities	Intrusive Behaviors
Excludes Normal Childhood Activities	Behaviors are Longer in Duration than Developmentally Expected	Includes Force, Intimidation, and/or Coercion
Unresponsive (i.e., does not decrease) to Typical Parenting Strategies	Behavior Interferes with Social Development	Elicits Fear & Anxiety in Other Children

Bonner, 1995; Davies, Glaser, & Kossoff, 2000; Friedrich, 1997; Johnson, 2004; Larsson & Svedin, 2001



Use of technology

- When typical becomes problematic....
- Texting
- iPad and other tablets
- Game systems



Prevalence & Incidence:

How many youth with PSB are there?

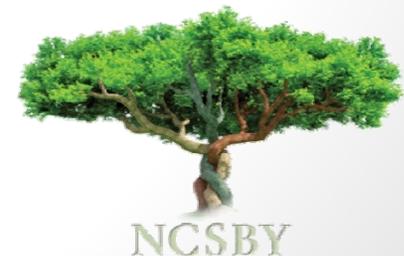
- No national figures are available on the number of youth with PSBs
- No government agency oversees all of these youth
- Difficult to determine in U.S. related to how the children are identified and inconsistencies in policies and procedures of government agencies.
- If other jurisdictions in the country were assumed to be the same as the NIBRS jurisdictions, one would extrapolate approximately 89,000 adolescents with an illegal sexual behavior were known to police throughout the United States in 2004.

Finkelhor, Omrod, & Chaffin, 2009 OJJDP report from data of the National Incidence Based Reporting System



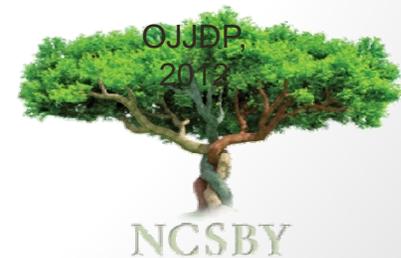
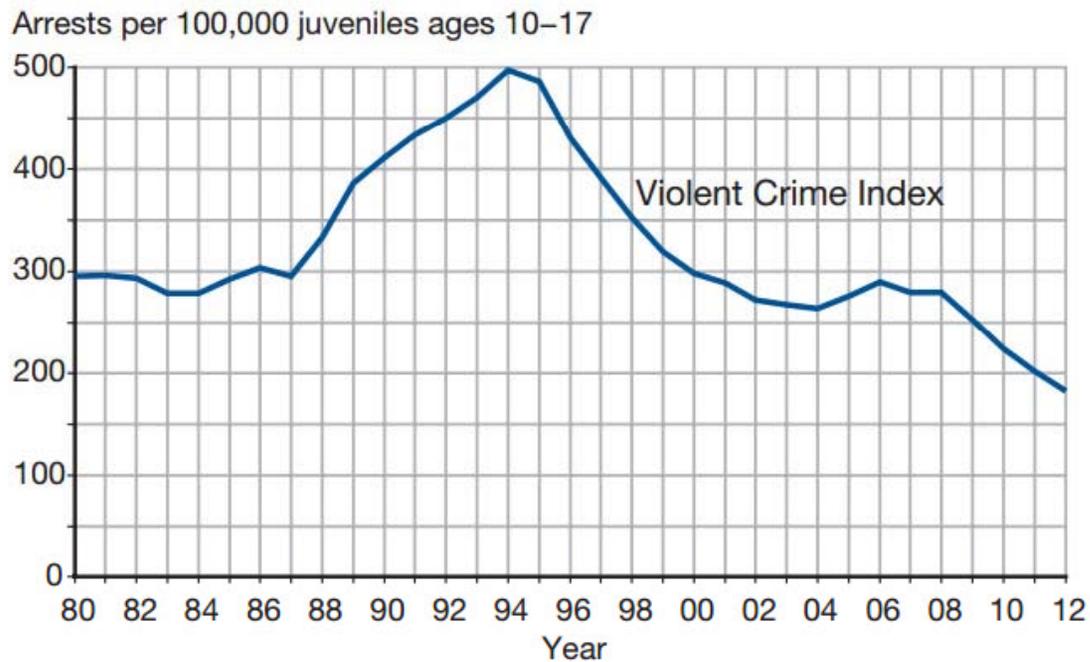
How are our youth doing?

- Over the last decade....Worse, better, about the same?
- Sexual behavior
- Breaking the law
- Aggressive violent behavior?



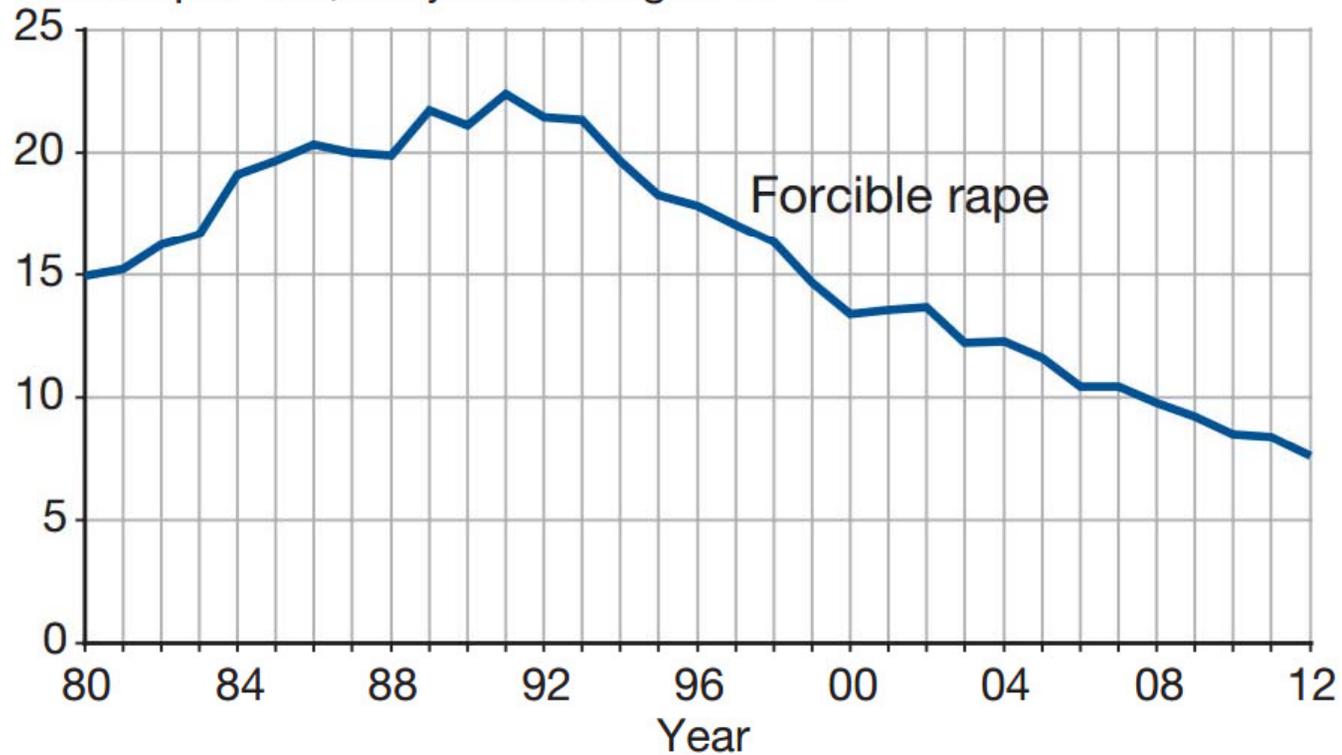
Arrest Rates in the US – Violent Crimes

The juvenile Violent Crime Index arrest rate fell 35% between 2008 and 2012



Arrest Rates in the US – Forcible Rape

Arrests per 100,000 juveniles ages 10–17



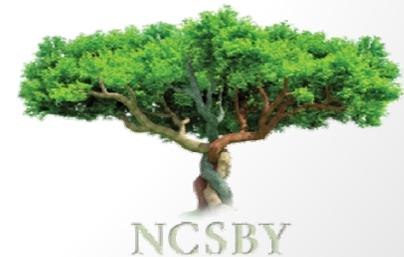
Summary of Children with PSB:

- Boys and girls have PSB
- Cultural and societal factors impact PSB
- Co-occurring diagnoses
 - Disruptive Behavior Disorders: ADD/ADHD, ODD, CD, etc.
 - Trauma-Related Disorders: PTSD, Adjustment, etc.
 - Other internalizing disorders (e.g., depression)
 - Learning and language delay
- Relationship issues
 - Parenting/caregiver stress
 - Parent perception of youth
 - Peer relationship problems



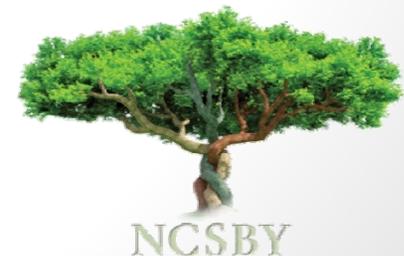
How Do Youth Develop PSB?

What Factors Increase the Likelihood of Youth Developing PSB?



Sexual Abuse?

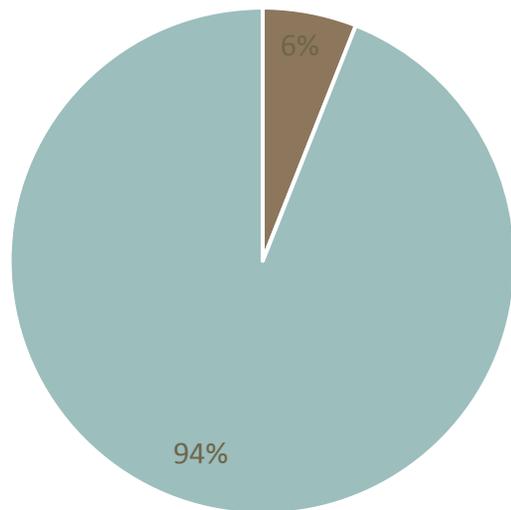
- Have all/most children with problematic sexual behaviors been sexually abused?
- Do most children who have been sexually abused develop problematic sexual behavior?



School Age Children

Of children who have been sexually abused

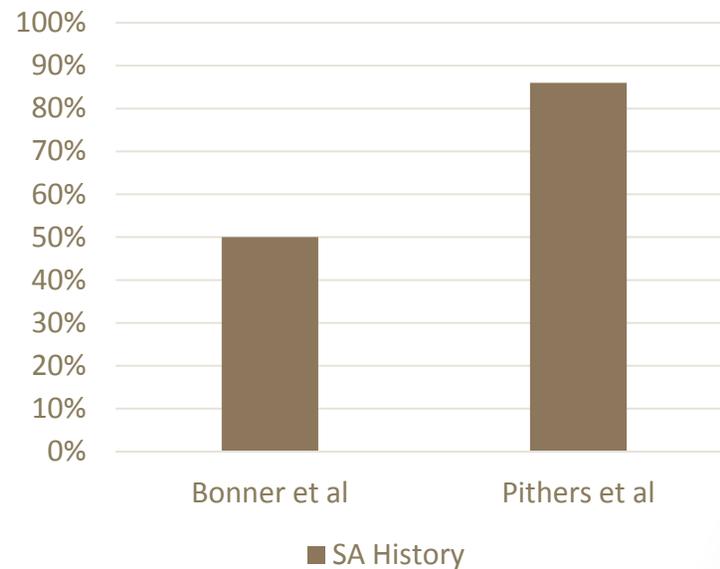
Kendall-Tackett et al



- Have PTSD
- No PTSD

Of children with PTSD

% have SA History

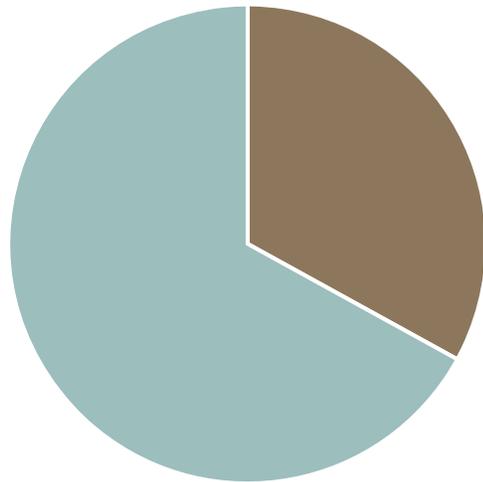


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Preschool Children

Of children who have been sexually abused

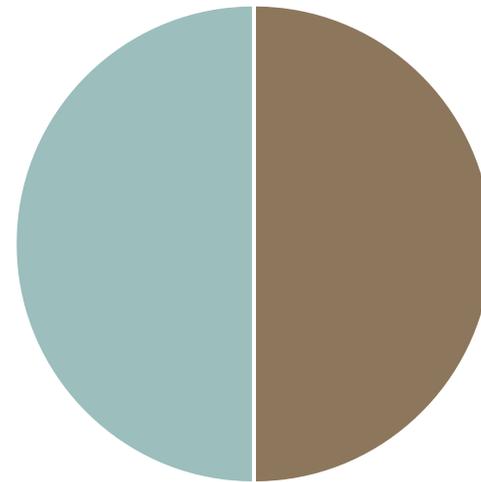
PSB – Kendall Tackett et al



■ PSB ■ No PSB

Of children with PSB

SA History – Silovsky et al



■ No Known SA ■ SA



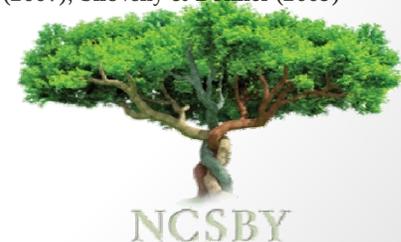
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Origins of PSB

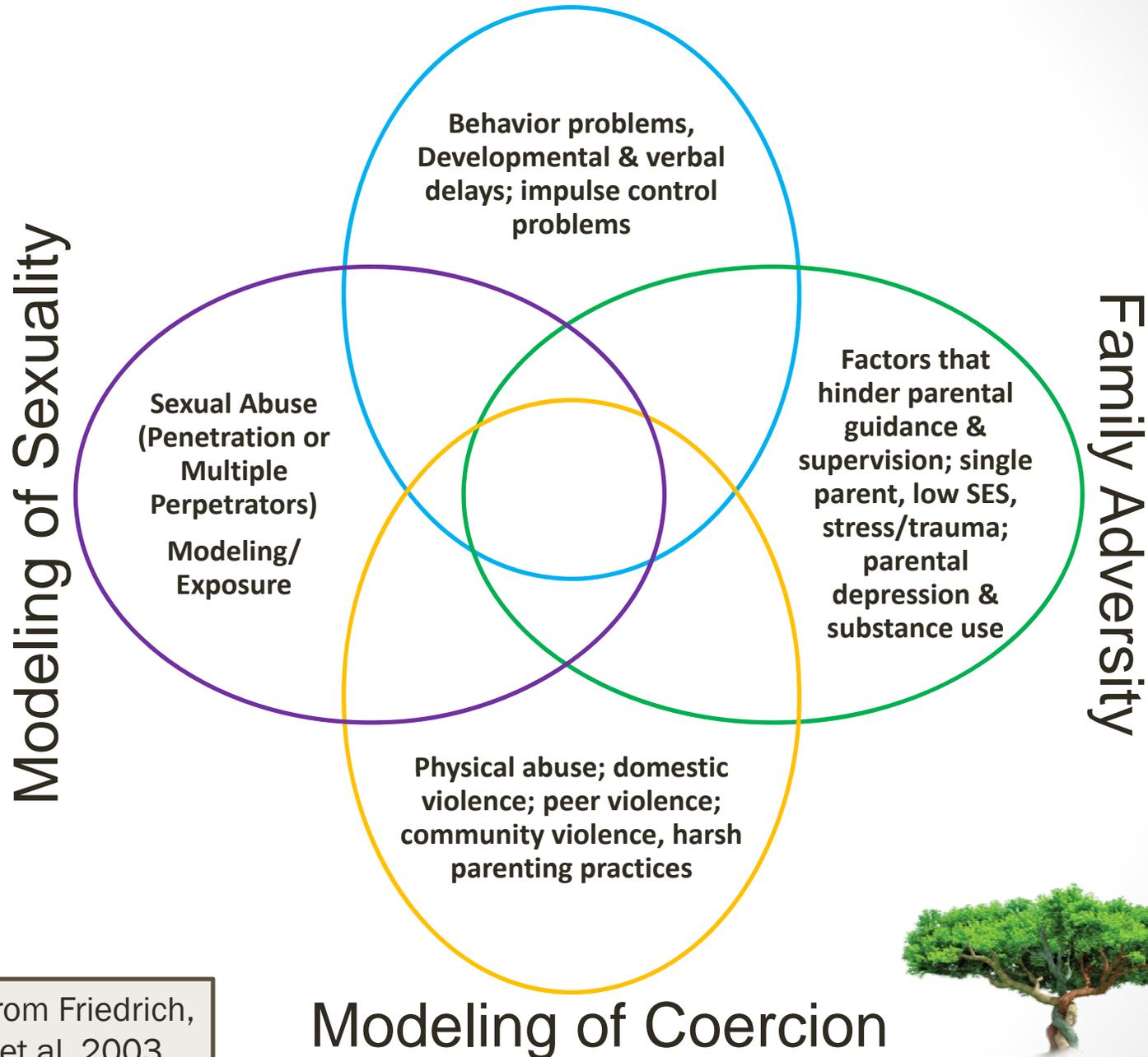
- Complex familial, social, developmental, and perhaps, biological factors
 - Trauma history
 - Coercive Environment
 - Family adversity and disruption
 - Sexualized environment
- Sexual Abuse
 - Subgroup
 - Perhaps types of sexual behavior



Elkovitch, Latzman, Hansen, & Flood (2009);
Friedrich (2007); Silovsky & Bonner (2003)



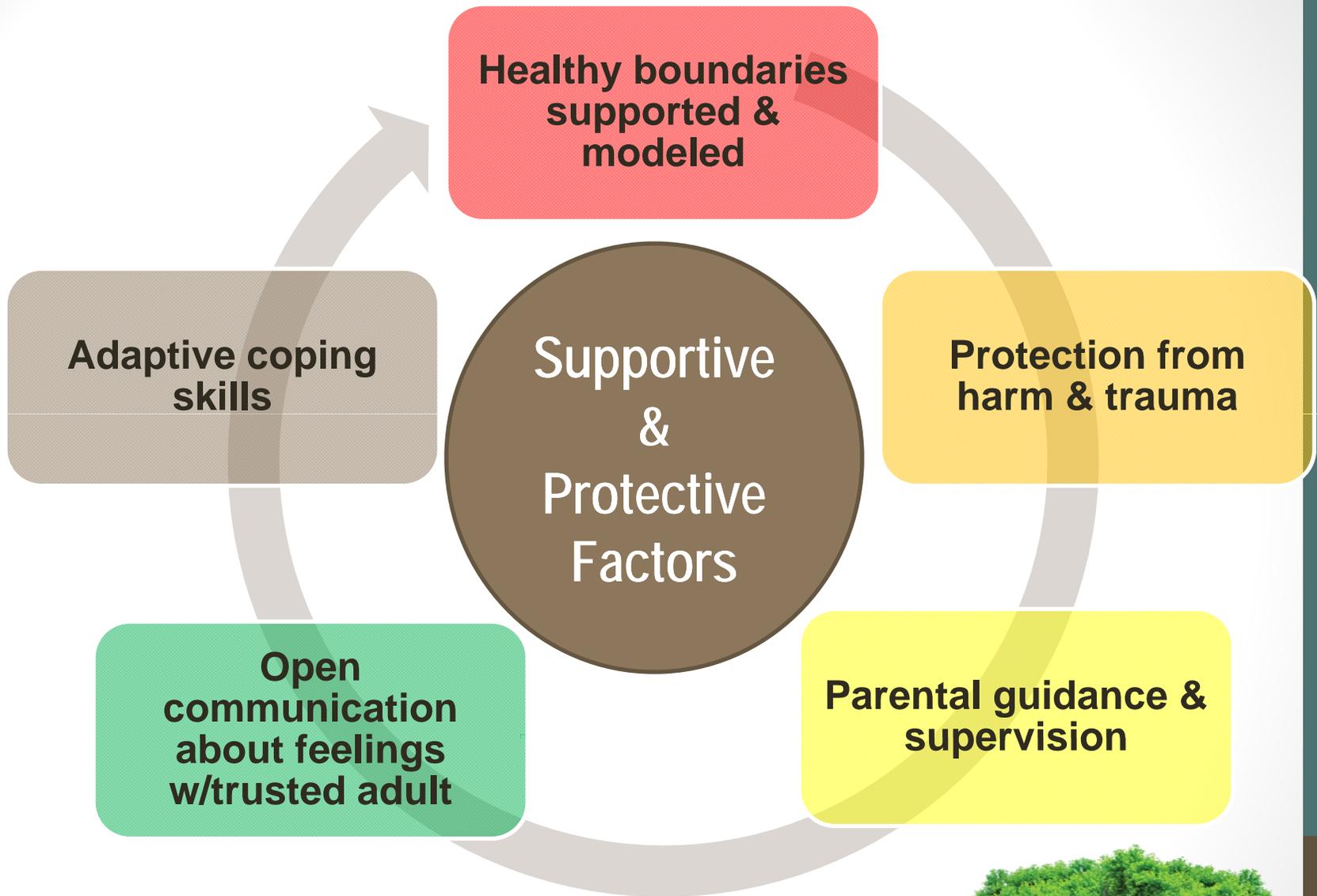
Child Vulnerabilities



Adapted from Friedrich,
Davies, et.al, 2003



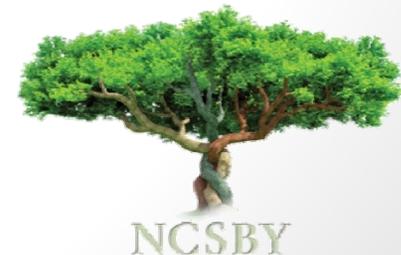
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What Triggers the Behavior?

How Maintains over time?

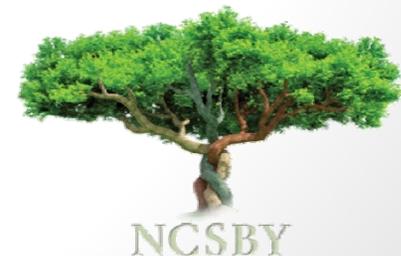
- Deviant sexual arousal?
 - Very, very rare
- Normal sexual arousal?
 - Age of child, impact of puberty
- Trauma?
 - Re-experiencing symptom
- Curiosity?
- Attention seeking?
- Self-soothing
- Defiance?
- Impulsiveness?
- Preoccupation?



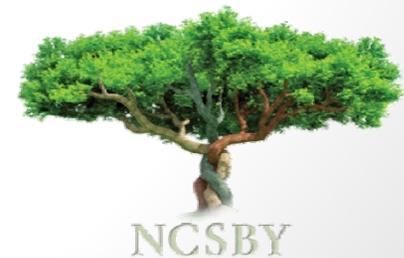
Multiple Pathways to PSB

Consider impact of...

- Sexual abuse
- Other maltreatment
- Parental capacity
- Child vulnerabilities and strengths



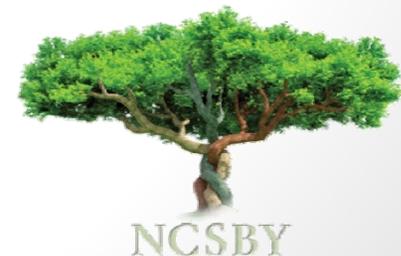
Common Misconceptions About Children with Problematic Sexual Behaviors



Do Children with PSB Need Intensive Residential Treatment?

- Most youth with PSB can be treated on an outpatient basis while living at home or in the community.
- Residential and inpatient treatment should be reserved for the most severe cases, such as for youth with other psychiatric disorders and/or highly aggressive sexual behavior which recurs despite appropriate outpatient treatment and close supervision.

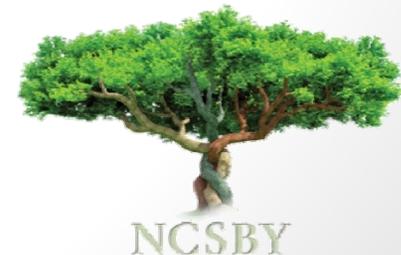
Chaffin et al., 2006; Brown, Silovsky, & Hecht, 2001



Can Children with PSB Live with Other Children?

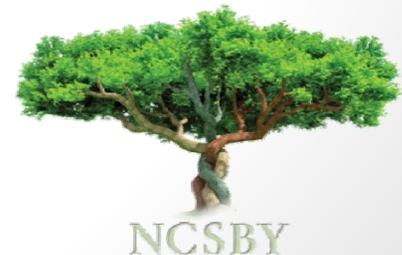
- Most children can live with other children (e.g., home, foster placement, etc.) as long as there is appropriate treatment and careful supervision.
- Youth with highly aggressive or intrusive sexual behavior, despite treatment and close supervision, should not live with other young children until behavior is resolved.
- If PSB occurred with other children in the home, then other children's reactions must be considered.

Chaffin et al., 2006; 2008



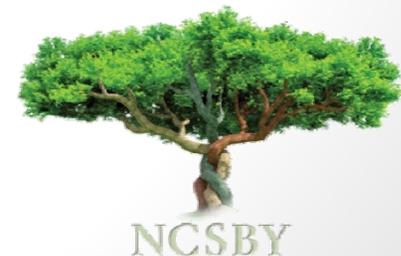
Can Children with PSB Attend School Safely?

- Most children can attend regular school and participate in school activities without jeopardizing the safety of other students.
- Youth with serious, aggressive PSB unresponsive to outpatient treatment and supervision may need more restrictive environment.
- In some cases, school personnel may need to know information for safety and protection issues.



Will Children with PSB Grow Up to Be Adult Sexual Offenders?

- FEW children with PSB continue on to commit sexual offenses while and adult.
- Research indicates that most youth show significantly lower PSB after short-term outpatient treatment.
- Rates of sexual re-offense (2%-14%) are substantially lower than for other delinquent behaviors (8%-58%)
- There is no current research that shows a clear link between problematic sexual behaviors in childhood and illegal sexual behavior in adolescents or adulthood.



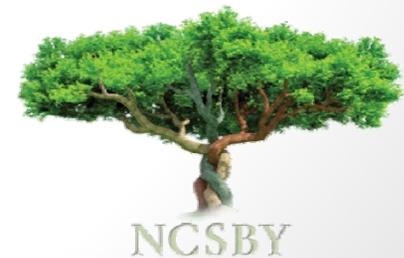
How can we help?

#1 Do no harm.

harmful treatments

harmful policies

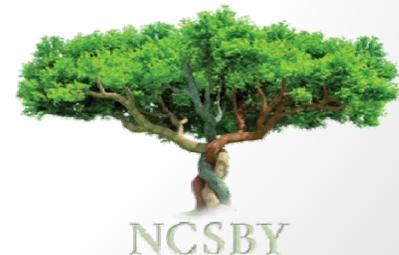
harmful messages



Are policies and practices designed to reduce or increase crime?

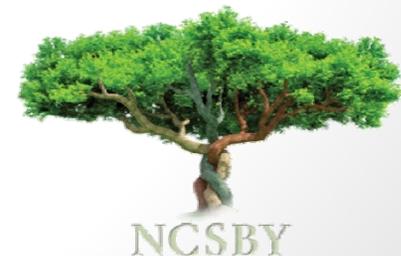
- “Crime is more likely to occur when bonds with mainstream society are weakened – that is, when individuals lose or fail to develop social anchors such as
 - School involvement
 - Stable residence
 - Engagement in prosocial institution
 - Prosocial friendship networks
 - Committed relationships”
- Are current practices “...doing more harm than good when it comes to community protection.”

Chaffin (2008) “Don’t confuse us with the facts....”

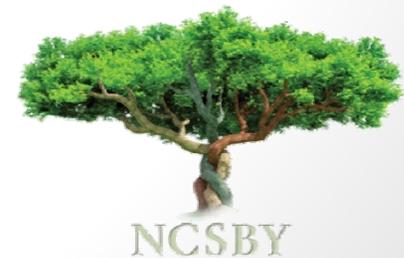


Barriers and Problems in Communities

- Identifying and responding to youth, victims, families
 - Myths prevalent among professionals and community members
 - Fragmented response
 - Unsure who is responsible for what
- Implementation of Evidence-based Practices
 - Lack of EBP
 - Fragmented care and treatment
 - Poor engagement of caregivers
 - Sustainability issues
- Community safety and support
 - Fragmented

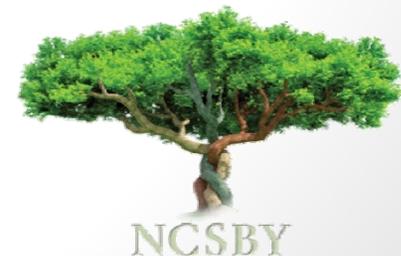


- **What would you do if a professional told you that your child had sexually assaulted another child?**



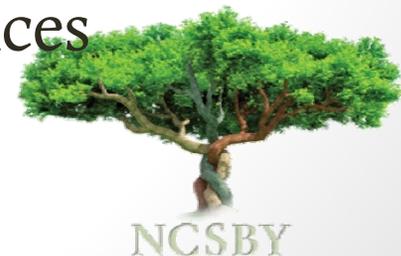
Voices of Caregivers

- What first responders say matter
 - No judgement
 - PSB doesn't define my child
 - Reassurance and Hope
 - Reduce time from discovering behavior and getting into treatment



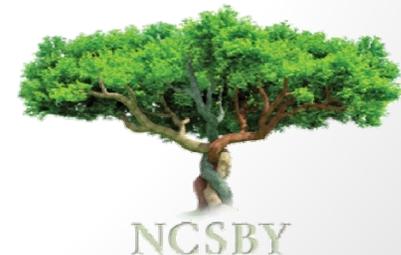
Voices of Caregivers

- Approach of therapists matter
 - Get to effective treatment as quickly as possible – let the community know about the program
 - Tell me what to expect out of treatment
 - Be patient with me when at first I don't understand why you want me there
 - Nonjudgmental, trustworthy, like my kid
 - Being with other parents help motivate me and gives me support
 - See my child as a child – and give them confidence they can make better choices



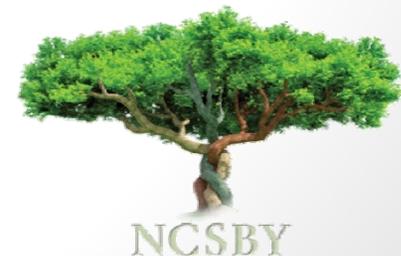
Voices of Youth

- Care about me
- Show me that you are listening and that you care about what I'm saying
- Don't expect me to talk about this the first session – I need to build trust
 - Fear response, disappointment, consequences
- Keep me with my family – my support
 - Helped me be closer and talk with caregivers
- Group helps – not alone, support from other youth



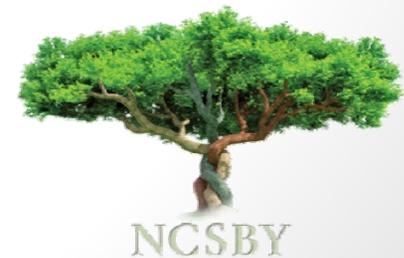
Appropriate & Helpful System Messages for Families

- Convey that the situation is serious
- Without doom and gloom
- Give action steps for
 - Safety
 - Additional supports
 - Communication during process
 - Hope



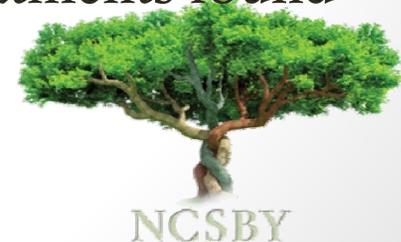
Treatment Components that Work for Children with PSB

- Meta Analysis
 - St. Amand, Bard, & Silovsky, 2008



Results of Meta Analysis

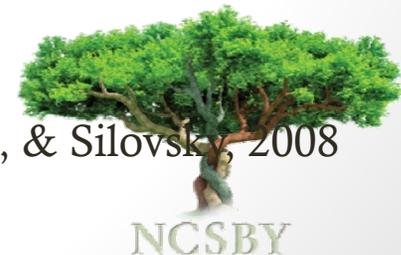
- Behavior Parent Training and preschool-age group provided best model fit;
 - more strongly predicted outcome than broad treatment type classifications (e.g., Play therapy or CBP)
- Behavior Parent Training co-occurred with
 - Rules about sexual behavior
 - Sex education
 - Abuse prevention skills
- PSB specific CBT treatments and TF-CBT treatments found to be effective



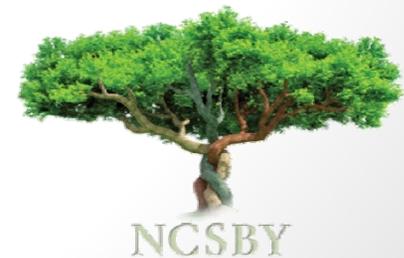
Results of Meta-Analysis

- Overall, degree of change estimated at 0.46 and 0.49 standard deviation decline in PSB and general behavior problems, respectively
- Parenting/Behavior Parent Training predicted reductions in
 - PSB on the Child Sexual Behavior Inventory and
 - General behavior problems on Child Behavior Checklist
- Practice elements evolved from treatment for Adults with Illegal Sexual Behavior (e.g., cycles) did not reduce PSB.
 - Increase in general behavior problems

St. Amand, Bard, & Silovsky, 2008

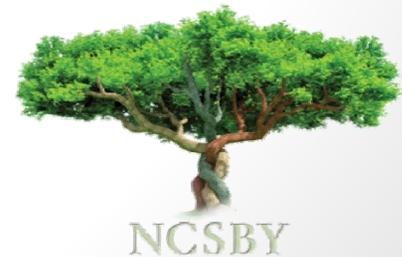


OVERVIEW OF PSB-CBT-S TREATMENT PROGRAM



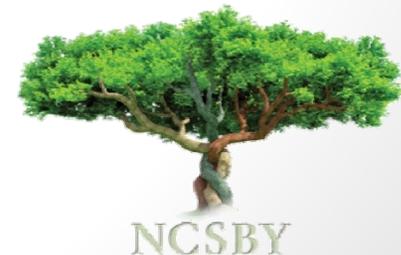
PSB-S Treatment Format

- Highly structured and interactive
- Directly addresses sexual behavior
- Rule-based learning experiences
- Directive therapists
- Psycho-educational, cognitive-behavioral format
- Practice time with parents/caregivers



PSB-S Group Treatment Format

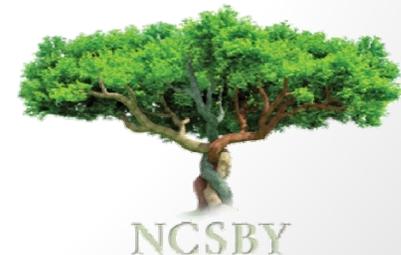
- Open-ended
 - Start date is individually determined
- 18 sessions
 - Typical duration is 4½ to 6 months
 - Regular caregiver-child groups
 - Home activities to practice concepts and skills
 - Graduation celebration with certificates and snacks
- Child's knowledge, behavior, sexual behavior, and other information rated weekly



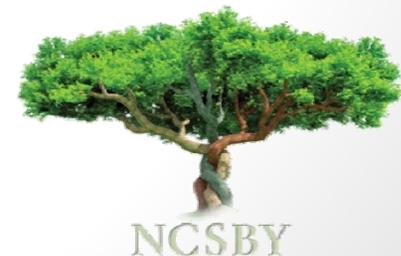
PSB-CBT-S

Module Sequence: 18 Sessions[^]

- Orientation*
- Sexual Behavior Rules
- Feelings
- Relaxation
- Self-Control and Behavior Management
- Social Skills
- Abuse Prevention
- Sex Education
- Behavior Management and Apology
- Graduation*



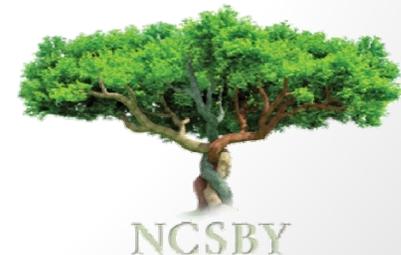
“Children are like sponges,” writes Johnson (2009). They absorb the behavior, values, attitudes, and feelings of those around them. The youth who have learned these behaviors, attitudes, and feelings can learn new, more beneficial behaviors. It’s crucial to remember, Johnson points out, that these worrisome sexual behaviors are just developing. No deeply rooted patterns have been set. And children change rapidly as they grow up. They are malleable and can absorb healthy attitudes, behaviors, and feelings about sex and sexuality...



Providing a sexually healthy and safe environment is essential for the future development.

With treatment and community-based supervision and monitoring, recidivism can be reduced, victims can heal, and parents/caregivers can be empowered to help continue this shift toward health and wholeness, working on the front lines with their children and families.”

Toni Cavanaugh Johnson

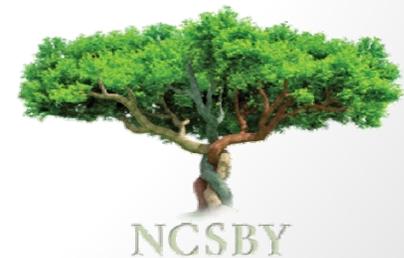


Questions?



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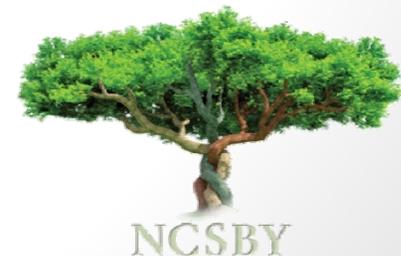
Professional Resources



National Center on the Sexual Behavior of Youth: *Better lives through better choices*

- NCSBY provides national training and technical assistance to improve the accessibility and strategic use of accurate information about the nature, incidence, prevalence, prevention, treatment, and management of youth with problematic sexual behavior.
- Educational material
- Fact Sheets
- Web Links
- News and Events
- Bibliography

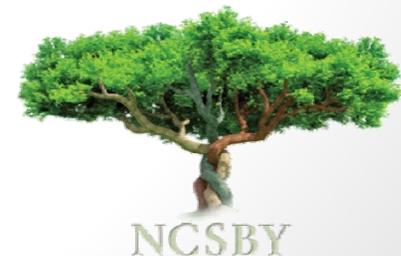
www.NCSBY.org



The National Child Traumatic Stress Network

- Mission: to raise the standard of care and improve access to services for children, their families, and communities throughout the United States.
- Funded by SAMHSA
- Publications and other information for parents and caregivers as well as professionals on trauma
- Fact sheets on children with PSB collaboratively developed with NCSBY

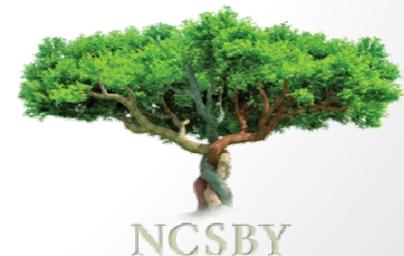
www.nctsn.org



California Clearinghouse of Evidence-Based Treatment for Child Welfare

www.cebc4cw.org/

- Provides child welfare professionals with easy access to vital information about selected child welfare related programs.



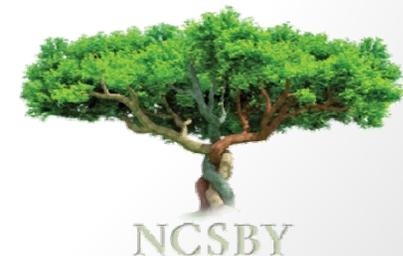
Indian Country Child Trauma Center (ICCTC)

The mission of the ICCTC is to improve treatment and services for Native children and adolescents in Indian Country who have experienced traumatic events. Originally, a member of the National Child Traumatic Stress Network funded by SAMHSA

- Honoring Children, Respectful Ways
- A treatment program for American Indian/Alaska Native children with PSB
- Adapted with Lorena Burris, Ph.D.
- NCSBY's fact sheets modified for parents



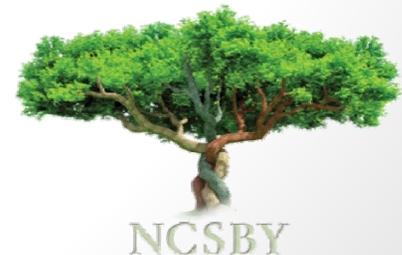
www.icctc.org



Association for the Treatment of Sexual Abusers

- ATSA was founded to foster research, facilitate information exchange, further professional education and provide for the advancement of professional standards and practices in the field of sex offender evaluation and treatment.
- Taskforce Report on Children with Sexual Behavior Problems – Downloadable at:

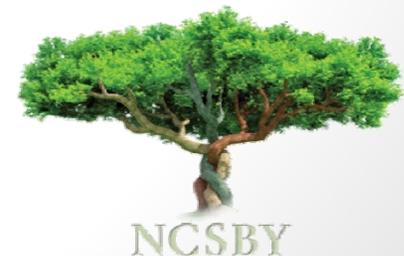
<http://www.atsa.com/pubRpt.html>



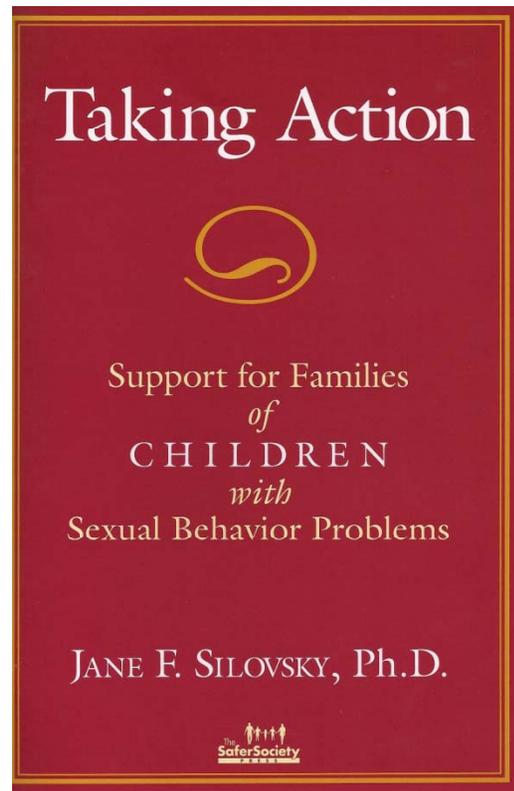
Stop It Now! ®

- Prevents the sexual abuse of children by mobilizing adults, families and communities to take actions that protect children before they are harmed.

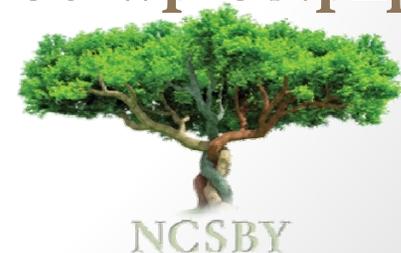
<http://www.stopitnow.org/pubs.html>



Safer Society Booklets



<http://www.safersociety.org/allbks/wp136-wp137.php>



Contact Information and Acknowledgements

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