



**Three treatment options are available through Project SAFE:**

**Project SAFE Parent Support and Education Session (PSES)**

A single session is available to help parents cope with abuse-related distress immediately following disclosure. Following the PSES session, parents may be referred for additional services for themselves and their children.

**Brief Family Intervention (BFI)**

Short-term (3-6 sessions) individual treatment is available for nonoffending parents and youth who have experienced abuse.

**Project SAFE Group Treatment**

Treatment groups are available for youth who have experienced abuse, for their nonoffending caregivers, and for their non-abused siblings. Groups meet for 90 minutes each week for 12 weeks (sibling groups meet for the last six weeks).



**Contact Us • • •**

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The Project SAFE identity mark and brochure were developed and designed by P. Berkbigler Design & Illustration. To review additional design and illustration projects, please visit [www.behance.net/PaulBerkbigler/Frame](http://www.behance.net/PaulBerkbigler/Frame) Contact Paul Berkbigler at [paul\\_berkbigler@yahoo.com](mailto:paul_berkbigler@yahoo.com) or by phone at 618.593.7107.



Sexual Abuse Family Education



# DEDICATED TO HELPING

# & YOUTH & FAMILIES



## Child sexual abuse is a widespread problem in the United States.

Sexual abuse impacts the entire family. Children and adolescents who have been abused may struggle with family and/or peer relationships. They may experience emotional stress or behavior problems. Parents, other caregivers, and siblings may experience distress and wonder how to react following the disclosure of abuse. Although individual therapy can be very helpful for the young person, the rest of the family may also need assistance. When parents and siblings are included in treatment, they can receive help coping with their own reactions and distress. Also, they can help youth cope with their thoughts and feelings following sexual abuse, and family support becomes one of the most powerful forces for healing and growth. Project SAFE (Sexual Abuse Family Education) treatment services were developed to help sexually abused youth and their nonoffending family members.

### Comments about what parents liked about Project SAFE:

- “Feeling like we were not alone.”
- “The knowledge, kindness, consideration, and helpfulness of the therapists.”
- “Having support and being support for others.”

### Comments about what children learned in Project SAFE:

- “I am not to blame for the abuse.”
- “Learning new ways to cope.”
- “How to protect myself from it happening again.”

## Project SAFE treatment includes the following topics:

- Facts about sexual abuse
- Help with understanding and coping with emotions
- A safe place to share what happened
- Sex education
- Dealing with changes in families after the abuse
- Information on offenders & why they offend
- Skill building for the prevention of re-victimization

### Project SAFE Group Treatment

Group members have expressed numerous benefits from their involvement in Project SAFE. Children and adolescents recognize improvements in self-esteem and overall emotional well-being. They often have fewer behavioral problems and trauma-related symptoms. Parents and other caregivers see themselves as more effective in helping their children cope with the abuse and believe their families do better participating in therapy together. Overall, Project SAFE evaluations show that both parents and youth are highly satisfied with the services received.



Project SAFE services are provided, free of charge, through the Family Interaction Skills Clinic of the Psychological Consultation Center at the University of Nebraska-Lincoln. Services are provided in collaboration with the Lincoln/Lancaster County Child Advocacy Center.

### Contact Information

If you are interested in learning more about Project SAFE, please contact us at (402) 476-3200. Calling for information does not obligate you to participate. A Project SAFE staff member will call you back and answer any questions you may have.

### Confidentiality

All information related to therapy and assessments are held in strict confidence within the limits of state and federal laws.

Generous support provided by the Woods Charitable Fund, the Nebraska Child Abuse Prevention Fund, and the Cooper Foundation.

If you would like to make a tax-deductible donation to Project SAFE, please contact the University of Nebraska Foundation at 402-458-1100 or 800-432-3216, or by mail to 1010 Lincoln Mall, Suite 300, Lincoln NE 68508-2886. For additional information or online donations visit [www.nufoundation.org](http://www.nufoundation.org). Please specify that it is for the Project SAFE fund (#01107010).