

What is S.A.V.E.

S.A.V.E. (Sexual Abuse Violates Everyone) is the Superior Court of the District of Columbia, Court Social Services youth sex offender program under the aegis of Child Guidance Clinic and is specifically designed to address the systemic needs of youth sexual offenders and their families through psycho-educational group therapy and individualized counseling with an eye on reducing the risk of relapsing and reoffending.

The SAVE Program helps youth re-construct their own sex offense cycles by reviewing their police reports with other members of the group and identifying elements of their own offense cycle (i.e. thoughts, feelings, decisions, and behaviors) that led to the offense and could lead to relapses or re-offenses. In the group, youth learn ways to avoid or escape potentially dangerous S.U.D.S. (Seemingly Unimportant Decisions) and situations as well as alternative attitudes and behaviors. Youth discuss the cause and effect connections between thoughts, feelings, and behaviors that could lead to relapses and re-offenses.



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The Honorable Lee F. Satterfield,
Chief Judge
Superior Court of the District of Columbia



S.A.V.E. Sexual Abuse Violates Everyone



**The Superior Court of the
District of Columbia**

**Court Social Services
Juvenile Sex Offender Program**

**510 4th Street
Washington DC 20001**

S.A.V.E.

S.A.V.E. addresses critical topics such as:

- Relapse Prevention Planning
- Identification of elements of the relapse cycle: Seemingly Unimportant Decisions (S.U.D.S.), Dangerous Situations, and Lapses
- Identifying and Correcting Cognitive Distortions and Thinking Errors
- Victim Empathy Training
- Social Skills Training
- Communication Skills Training
- Anger Management
- Sex Education
- Appropriate Expressions of Sexuality



The S.A.V.E. Program

- Thirteen (13) 90-minute sessions tailored to the schedules of participants and their families.
- During those (13) weeks, parents attend 75-minute education and support groups
- Youth attend 30-minute individualized counseling prior to or following the one-hour group sessions
- Workbooks are provided to the youth and parent/guardian that contain exercises designed to address typical issues confronting youth who commit sex offenses
- Graduation from the program is contingent upon active participation and completing all weekly homework assignments
- Termination summary is provided to judges and probation officers

The S.A.V.E. Parent Group

Parent attendance to the SAVE parent group is required for the youth to be eligible to participate in SAVE Program. Parent participation is highly correlated with successful relapse prevention and decreased risk of future offending.

- Emotional Support for Parents
- Parents provide empirical information about their child
- Parents learn ways to monitor and manage their child to prevent re-offense

Relapse Prevention Planning

- Youth identify dysfunctional S.U.D.S. (Seemingly Unimportant Decisions) that constitute the offense chain and can result in re-offending.
- Youth work towards understanding their own offensive cycle and identify specific pre-offense thoughts, feelings and behaviors.

Seemingly Unimportant Decisions (S.U.D.S.)



- S.U.D.S. are everyday decisions that appear reasonable but are actually very risky
- S.U.D.S. typically contain many misperceptions, cognitive distortions and antisocial self-justifying attitudes
- Dysfunctional S.U.D.S. increase risk because the juvenile places him/herself in situations where re-offense is more likely to occur