

STEVENS TREATMENT PROGRAMS



A Serious Problem

Helping an adolescent with fire-setting behaviors challenges everyone involved: the adolescent, the family and the community. Safety always looms as a paramount concern, and the long-term well-being of the adolescent often seems just out of reach.

The Right Solution

Stevens Treatment Programs can help the adolescent reach this seemingly unattainable goal with a state-of-the-art program designed to immediately contain the problem and put the adolescent on a recovery path tailored to his specific needs. Our innovative program presents your client with a choice of proven outcomes, ensuring he emerges with a successful treatment experience.

How the Program Works

While every case is different, the following process outlines the major milestones of the adolescent's recovery path:

- He undergoes a comprehensive fire-setter's assessment, if one has not already been completed
- We place him in a series of specialized Fire Safety Groups which meet his specific needs
- We address his fire-setting and co-occurring issues in weekly individual therapy sessions
- He benefits from participation in additional skill-building groups: anger management, problem solving, communication and social-skills development

Since our milieu staff is trained to understand a variety of behavioral issues, including those related to fire-setting behavior, the adolescent benefits from the most appropriate treatment, supervision and instruction.

Supervision and Safety

Stevens prides itself on the safety and security of all of its residents, especially adolescents with a history of fire-setting behaviors. We employ highly redundant security systems to maintain a safe environment while fire setters are involved in the treatment program.

- **Staff-Secure Units:** twenty-four-hour awake staff supervision is provided in all on-campus residential units.
- **Electronic Surveillance:** every bedroom is equipped with an alarm that ensures residents do not leave during night-time hours; residential directors and administrators have access to closed-circuit video of residential common areas and classrooms.
- **Fire Alarms:** we employ state-of-the-art fire alarm and sprinkler systems throughout all buildings on campus.
- **Safety Searches:** when residents with fire-setting issues enter the program, we place them on full safety-search status. Whenever they return from being out of the staff's sight, they must undergo a full safety search to make certain they do not access ignition materials. As residents lower their risk for engaging in fire-setting behavior, full safety searches are no longer necessary.
- **Differentiation of Behaviors:** adolescents who exhibit sexual-behavior problems as well as fire-starting behaviors are placed in a separate unit that treats residents with sexual-behavior problems.

Fire Safety Groups

Depending upon their assessment and case history, the resident's recovery begins in one of the following groups: Beginner, Intermediate, or Advanced. Each group consists of 9-10 sessions, for a total of 28 sessions.

The Beginner Group covers the following topics:

- **Fire Safety** - personal safety, safety in the home and community safety
- **Fire Science** - taking away the "mystery" of fire

The Intermediate Group covers the following topics:

- **Understanding the Consequences of Fire** - including environmental damage, property damage, lost lives and victim trauma
- **The Fire Service** - including a visit from a fire fighter
- **Personal Disclosures** - including the individual discussing their history of fire setting in order to take full responsibility
- **Remorse and Empathy** - initial discussions

The Advanced Group covers the following topics:

- **Identification of Thinking Errors** - as related to fire-setting incidents
- **Developing Prevention Plans** - specific to preventing future fire-setting behaviors
- **Learning Healthy Values**
- **Learning Healthy Coping Skills** - including anger management
- **Learning Decision-Making Skills**
- **Developing Restitution Projects** - including educational posters, pamphlets, stories and videos
- **Remorse and Empathy** - discussion picks up where the Intermediate Group discussion left off.

To advance from one group to the next, residents must successfully complete assignments and pass written exams for each group. Successful progression through the Fire Safety Groups reduces the adolescent's risk for future fire-setting behaviors.



Parent Education Workshop

To help support the adolescent's recovery, we provide parents and guardians with information and tools to help them prepare for their child's return to the community. The curriculum—developed by Stevens and provided in a workshop format—covers guardian-specific topics such as understanding why children act out with fire, proper supervision and fire safety. Parents complete this workshop prior to taking their child off campus.

Conclusion & Integration

Whether the next step is enrollment in a follow-up program, or integration back into the community, Stevens prepares the adolescent and his family for a successful transition.



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Specialized Treatment for ADOLESCENT FIRE SETTERS



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