

# ACCESS Compact After-School Treatment Program

A Research-based, 14 Week Program for youth ages 13-17

(Additional 12 weeks follow up optional)

*3 meetings per week, Parent participation in family groups required in parenting classes optional*

**14 sessions (21 hours) of youth groups** (Reasoning/Decision making skills, Anger, Fear and Conflict Management Communication, Problem Solving and Negotiations Skills).

**14 sessions of Family therapy** (Cog/Beh. - approaches to family harmony, Problem solving and behavior management)

**14 sessions of Individual sessions** (application of group content to each individual)

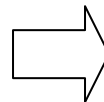
**14 Weeks of daily contact with LMC by phone** (Reliability and promise keeping training)

**14 weeks of weekly parenting group sessions** (Shared parental skill training)

The ACCESS Compact is designed with emphasis on cognitive-behavioral theory and research of human beliefs, emotions and behaviors.

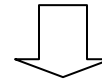
## LMC considers the following risk factors to be significant for our youth:

- Reading difficulty: low reading skills or motivation often noticed by third grade
- Developmental & physiological issues such as LD, BD, ADD and Bi-polar diagnoses
- Termination or refusal to participate in organized after-school activities especially after 6<sup>th</sup> grade
- Impulsive behavior, high-risk friends or history of abuse & trauma
- Parental substance use and abuse, inability to resolve conflicts harmoniously, and inconsistent parenting



## These risk factors increase the likelihood of later:

- Family discord
- School problems
- Drug and alcohol use
- Violent or Criminal behavior



## When the above indicators are present and any of the following are experienced or anticipated:

- Youth is repeating inappropriate decisions
- Standard outpatient therapy unsuccessful
- Diversion or probation are likely or
- At-risk for probation revocation

## The ACCESS Compact Program measures success with:

- Transferring information: Pre and post tests plus staff/youth evaluation
- Applying and practicing what has been learned through observation of mutual respect at home, school, and the community: Interview and survey from youth and parents
- 6 month follow up call and survey from parents.

**The ACCESS Compact Program is operated by the professionals at Lifeskills Management Center 413 E. Santa Fe Olathe, KS 66061  
Phone: 913-254-0001 Fax: 913-782-4997**

Insurance and Medicaid is accepted for some of the services in ACCESS Compact program  
Costs, not covered by insurance companies, are family responsibility on a sliding scale.

[www.MutualRespect.org](http://www.MutualRespect.org)