



The SPARCS program covers a wide variety of topics in 16 sessions.

Benefits for caregivers may include:

- an evidence-informed approach for helping their adolescents
- less conflict with their teens
- better communication

Benefits for teens may include:

- Decrease in distress
- Managing emotions so they don't manage you
- Better relationships & communication
- Improved coping strategies

The book needed for the group will be available for pick up the first night of group. Other arrangements can be made with advanced notice.

Next Session Starts: \_\_\_\_\_

And will meet every \_\_\_\_\_ from \_\_\_\_\_ when the office is open and until the conclusion of 16 sessions.

Group will meet weekly at the Raymore office group room.



SPARCS is an innovative program that puts adolescents (11-18 years old) first while creating promising solutions for self-control and increased resiliency.

**For additional information regarding SPARCS groups contact:**



# SPARCS

## Structured Psychotherapy for Adolescents Responding to Chronic Stress



Compass Health  
Network

## WHAT IS SPARCS?

**SPARCS stands for Structured Psychotherapy for Adolescents Responding to Chronic Stress. The SPARCS program aims to help traumatized adolescents find that spark of light within themselves and build on their strengths and resilience. The very definition of the word “spark” is (1) to set into motion, (2) to rouse to action, and (3) hidden abilities capable of growth and development. SPARCS aims to identify adolescents’ strengths & ability to make better choices for their lives by helping them to identify what gives their lives purpose and meaning, to cultivate healthy relationships, and spur on healing.**

**The SPARCS model is a phase-oriented treatment with the first priority being to equip adolescents with tools for coping with current and future stressors that are impacted by painful events from the past.**

**The treatment consists of 16 group sessions lasting 60 minutes each. The group will have approximately 10 members.**



### PROGRAM GOALS

The broad goals of SPARCS treatment are to help group members master the four C's:

- Connect with others (communicate)
- Cope more effectively in the moment
- Cultivating awareness
- Create meaning

SPARCS targets six domains of functioning including:

- Regulating emotions & behavior
- Attention/ Awareness
- Self-Concept
- Relationships
- Physical Complaints
- Hopefulness & Sense of Purpose in life

### TOPICS

- Understanding How Your Body Reacts to Stress
- Managing Your Emotions So They Don't Manage You, including anger, sadness, and worries
- Relationships: Building the Kind of Support You Want
- How to Get What You Want: Improving Your Communication Skills

Group members will learn concrete steps to help them better manage the moment & make it more likely that they can get what they want and need when under stress and struggling with conflict in relationships.