



# SPARCS

## What is SPARCS?

Structured Psychotherapy for Adolescents Responding to Chronic Stress\* (SPARCS) is an innovative group treatment for youth (12-21) who have experienced traumatic or stressful events. The goal is to learn skills to regulate emotions, problem solve, communicate with others, and boost resiliency in the face of ongoing stress.

## What are Traumatic & Stressful Events?

- Witnessed or experienced violence
- Physical abuse/assault
- Sexual abuse/assault
- Emotional abuse
- Traumatic loss
- Discrimination
- Racial trauma
- Life-threatening illness or injury
- Chronic conflict in the home
- Addiction in the home
- Unstable living conditions

## Common Reactions to Stress & Trauma



## Benefits of SPARCS

- 1 Develops Coping Strategies
- 2 Enhances Ability to Manage Emotions
- 3 Improves Communication Skills
- 4 Strengthens Relationships
- 5 Improves Stress Management
- 6 Builds Resiliency

\*DeRosa & Pelcovitz, 2006

## You will Learn to



## Structure of SPARCS

- 16-session group, held weekly.
- In-person or virtual.
- Groups are based on age and developmental level.
- New groups are started throughout the year, contact us for specific dates.
- At the start of group you will complete questions on your symptoms.

## What Will I Be Doing in SPARCS?

- Group sessions involve fun and interactive activities and discussion to learn and practice skills.
- The focus of group is skills building, not discussing details of your trauma.
- Group provides an opportunity to receive support from peers during treatment.
- You will get the most out of SPARCS by attending sessions regularly.

## Goals of SPARCS



Cultivate Awareness



Cope More Effectively



Connect with Others



Create Meaning and Purpose



**TREATMENT COLLABORATIVE**  
FOR TRAUMATIZED YOUTH

### Contact Info for Questions:

---

---

---

---