

Trauma– Focused Cognitive Behavioral Therapy (TF-CBT)

The goal of TF-CBT is to help address the unique biopsychosocial needs of children with Post Traumatic Stress Disorder (PTSD) or other problems related to traumatic life experiences, and their parents or primary caregivers. TF-CBT is a model of psychotherapy that combines trauma-sensitive interventions with cognitive behavioral therapy. Children and parents are provided knowledge and skills related to processing the trauma; managing distressing thoughts, feelings, and behaviors; and enhancing safety, parenting skills, and family communication.

At Gulf Coast Trade Center we have a highly motivated team of behavior health professionals including LPC, LSOTP, LMFT, LCDC and CART dedicated to providing the best quality services for your youths.

For Questions or Referrals please contact:

Contact: Johnny Munoz

Phone: 936-344-7862

Fax: 936-344-7864

Cell: 936-525-0544

Email:

Admissions@gctcw.org

- **Substance Abuse Treatment Program, the student will receive a minimum of two individual sessions and three group sessions with a licensed provider each week.**
- **All students will receive one hour of drug education weekly in the vocational training shops.**
- **For behavioral health, sex offender treatment and anger management the student will receive a minimum of one individual session with a licensed provider weekly.**
- **The individual and group sessions typically last 45 minutes to one hour. They also meet with the Sam Houston student interns and receive another individual session with them.**
- **Students also have an intern assisting with the PPC groups in the dorms.**

SPECIALIZED SERVICES GULF COAST TRADES CENTER



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Our Mission:

To Promote the Social And Economic Independence of Youth

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Website: www.gctc.us

Directions:

Take the New Waverly/FM 1375 Exit off I-45

(southbound exit 103, northbound exit 102)

Head west 4.5 miles until you see the Gulf Coast Trades Center sign on the right

Gulf Coast Trades Center

Specialized Services

Behavior Health Services

Our behavior modification program utilizes **Psychotherapy** to address a range of mental and behavior health issues faced by adolescents. Program goal is to assist youth in stabilizing their mental and behavior patterns, which have a significant impact on their level of functioning and progress towards young adulthood and independence. Youth are expected to participate in therapy modalities, identifying goals, implementing learned strategies for change and stabilization and completing treatment assignments. Modalities utilized include individual therapy, group therapy, family therapy (when appropriate), anger management and psycho-education. Commonly used therapies include Cognitive Behavior Therapy, Trauma Focused-Cognitive Behavior Therapy, Dialectical Behavior Therapy and Motivational Interviewing. ***(Mental Health Services are provided by Licensed Professionals)***

Anger Management Services

Anger management is a part of all specialized services. It is utilized to assist clients with understanding anger, aggression and hostility as well as their thinking, feeling and behavior as it relates to anger and destructive behavior patterns. Anger management is utilized to assist clients in replacing destructive thinking, feeling and behavior patterns with healthy thinking, feelings and behaviors. Clients learn about the impact of their anger and gain greater insight into their underlying sources of anger and establish effective anger and emotional management strategies. Clients are expected to learn how to recognize their aggression cycle and anger warning signs, challenge destructive beliefs, complete assignments and establish a relapse prevention plan

Sexual Offender Treatment Services

The impact of sexual offending has resulted in a myriad of concerns for victims, families, communities, healthcare providers, law enforcement and policy makers. Hence, at Gulf Coast Trade Center we take a cognitive-behavioral approach in treating juvenile sex offenders. Treatment goals include; completing offense specific treatment, learning about sexual offense cycles, exploring sexual history, and learning about normal vs. deviant sexual behaviors, relapse prevention/community living planning, safety planning, victim empathy, develop healthy social relationships/pro-social behaviors, and learn healthy sexuality and supervision. The overall goal of our treatment is community safety, developing healthy social functioning and relationships and establishing positive life goals. These goals are met by utilizing psycho-education, individual therapy, group therapy, family therapy, motivational interviewing and lifestyle interventions. Clients are expected to complete treatment assignments from Pathways workbook. ***(All SOT Services are provided by Licensed Sex Offender Treatment Providers "LSOTP")***

Substance Abuse Treatment Services

Our substance abuse services are comprehensive, integrated and relies on assessment, client engagement through motivational interviewing, stages of change and implementation of change strategies. The program incorporates: Screening, Assessment, Individual Counseling, Group Counseling, Family Counseling, Anger Management, Referral and After Care. Treatment approach is comprehensive and integrative to include clients with co-occurring mental health and substance abuse needs. We utilized a tier system that matches the client's needs with the level of services per week. Evidenced based curriculums produced by Texas Christian University in conjunction with the 12-step concepts are utilized in the provision of service modalities. The average length of treatment is 3-6 months in which a client may receive a minimum of 2-6 hours a week in services. Clients are expected to participate in treatment planning, relapse prevention planning and complete treatment assignments and their individualized community living plan ***(Services are provided by Licensed Chemical Dependency Treatment Professionals)***

Drug Offender Education Program

The standardized program is 15 hours in length and is designed to increase the knowledge of drug offenders by educating them on the dangers of drug abuse and associated illegal activities, to identify their own individual drug-use patterns, and to assist them in developing a personal action plan which will reduce the probability of suffering the consequences of future drug using and illegal behavior. The curriculum contains information on the following topics: history of drug use, drug/DWI laws, dynamics of drug use, drugs of abuse, how drugs work, cost of use and abuse, health issues, HIV, interpersonal relationships, de-glamorization of drugs, values and behaviors, past and desired behaviors, getting control of your life, resource options, and personal action planning. Each participant will receive a certificate of completion that will satisfy court requirements.

Alcohol Education Program for Minors (AKA Minor in Possession Program)

The standardized program is six hours in length and is designed to help participants increase their knowledge about alcohol and drugs among young people. The curriculum contains information on the following topics: societal values related to alcohol consumption by minors, the influence of alcohol advertising on young people, the physical, social and psychological effects of alcohol upon young people; the relationship between motor vehicle and other accidents and alcohol use; relevant laws relating to the purchase, possession or consumption of alcoholic beverages by minors, drinking patterns and problems of young people including abuse and addiction and decision making skills. Each participant will receive a certificate of completion that will satisfy court requirements

Texas Youth Tobacco Awareness Program

The standardized program is eight hours in length and is designed to help teens better understand the behavior and social influences that lead them to use tobacco. The curriculum contains information on the following topics: helping teens better understand the behavioral and social influences that lead them to use tobacco, discuss friends and family use of nicotine, how the tobacco industry manipulates a targeted youth market through advertising, and calculates the cost of cigarette consumption habits over time and the use of nicotine. Each participant will receive a certificate of completion that will satisfy court requirements.