



# SIERRA SAGE TREATMENT CENTER

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*Dedicated to improving the lives of youth, families and communities.*





## About Us

### *The Sierra Sage Treatment Center Program*

Sierra Sage Treatment Center offers young women a calm and enriched therapeutic environment where they can learn, grow and heal from past trauma. The campus, which features three living units, an on-site accredited high school, health clinic, gymnasium and library, serves young women ages 14-17 who have been sexually exploited, display at-risk behaviors and have been subjected to violence and traumatic experiences. Trained staff create healing environments by embracing trauma-informed principles of safety, trust, collaboration, voice and choice, and empowerment. The young women participate in daily programming focused on clinical treatment services, health and wellness, family and community engagement, education and vocational training.

### *Operated with over 35 years of experience*

At Rite of Passage, our values reflect those of a business founded by people who want to help youth succeed. Our child-centered approach, that focuses on safety and caring relationships, normalized environments and positive learning opportunities, reflects our commitment to tomorrow's generation. For over 35 years, Rite of Passage has incorporated best-practices, research and evidence-based methodologies to develop a trauma-informed, strengths-based paradigm that places youth at the forefront of their own personal growth, healing and recovery.

# Programming designed to promote learning, growth and healing.

## *Safe and Nurturing Environment*

Sierra Sage provides a safe, organized and nurturing environment, supported by engaging staff who are respectful, informed and connected with our youth. Staff form positive, pro-social relationships with the young women and act as mentors and role models that encourage them as they work toward their treatment goals. The safe and normalized environment includes vigilance to necessary adaptations that will continue to foster a youth's sense of physical and emotional safety.

## *Commercial Sexual Exploitation of Children (CSEC)*

As a response to the unique needs of sexually trafficked and exploited youth, Sierra Sage has implemented targeted services and curricula utilizing a survivor-centered, strengths-based, and trauma-focused approach. As new CSEC treatment literature and research emerges, Sierra Sage implements relevant practices into its service delivery model. As a result, our program offers a comprehensive array of services, led by our highly qualified team of clinical staff and practitioners.

## *Therapeutic Services*

Through a carefully calibrated assessment process, and collaboration with pro-social members of the young woman's network of support, an individualized treatment plan is developed to address the youth's risks and needs while taking into consideration her protective factors. Through evidence-based, cognitive behavioral therapy, trauma-informed care, and individual and family therapy, youth develop skills and strategies that support their successful transition back into their home communities.

## *Family and Community Engagement*

Family and community involvement is integral to the success of our young women. We engage families as active participants in their daughter's treatment and transition planning, and encourage their participation in family therapy, parent-teacher conferences, spiritual celebrations and on-campus events such as graduations and holiday celebrations. Our young women also participate in community service projects that help rebuild their community relationships and connect them to local resources.





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Referrals and Admissions (916) 753-5699

[www.sierrasagetreatmentcenter.com](http://www.sierrasagetreatmentcenter.com)