



SPARCS GROUP

SPARCS will be held on:

at:

Most insurance will cover group therapy, please contact your insurance provider to see if you are covered and what your co-pay is for group therapy.

CONTACT

Burrell Behavioral Health

417-761-5000

www.burrellcenter.com

Crisis Line

1-800-494-7355



SOC-CESS: System of Care- Community
for Early Signs and Symptoms
www.mosuccess.com

SPARCS Group Therapy

BURRELL BEHAVIORAL
HEALTH

WHAT IS SPARCS?

SPARCS stands for Structured Psychotherapy for Adolescents Responding to Chronic Stress. SPARCS is a 16 session group that aims to help adolescents with trauma find that spark of light within themselves and build on their strengths and resilience. SPARCS aims to set in motion adolescents' ability to make better choices for their lives by moving them to mindful action. In this way group members will be better able to identify those elements that give their lives purpose and meaning, develop healthy relationships, and start healing.

HOW IT WORKS

SPARCS is an instructor led group designed for adolescents exposed to repeated personal trauma and/or different types of trauma. SPARCS aims to improve the emotional, social, academic, and behavioral functioning of adolescents. It is designed to address the needs of adolescents who may still be living with ongoing stress and may be experiencing problems in emotion regulation, impulsivity, self perception, relationships, and struggle with purpose and meaning which makes it difficult for them to see a future for themselves.

The goal of SPARCS includes helping teens cope more effectively in the moment, enhancing self-efficacy, connecting with others, creating supportive relationships, creating awareness and creating meaning in their lives.



WHO CAN ATTEND?

SPARCS groups are open to adolescents ages 12-22, who have a history of trauma. SPARCS is designed to address a range of traumatic experiences and is not based on any one trauma type. The intervention is appropriate for traumatized adolescents with or without current/lifetime PTSD. SPARCS addresses many diagnoses and issues in functioning related to trauma that might not result in PTSD.(e.g. behavior problems, delinquency, substance use).