
What is SPARCS?

- SPARCS or **Structured Psychotherapy for Adolescents Responding to Chronic Stress** is a 16-session group intervention designed specifically to address the needs of chronically traumatized adolescents living in or returning to chaotic environments, and adolescents who may also be experiencing problems in several domains of functioning (e.g., interpersonal problems, affect regulation and impulsivity, and self-perception). SPARCS helps adolescents cope more effectively in the moment, enhance self-efficacy, connect with others and establish supportive relationships, cultivate awareness, and create meaning.

Who is SPARCS designed for?

- Adolescents ages 12-19

How is it implemented?

- Average length/number of sessions: 16 sessions, 1 hour in length
- Group-based intervention: 6-10 participants per group
- Single or mixed gender

What techniques are incorporated into SPARCS?

- Mindfulness
- Meaning-making
- Relationship building
- Communication skills
- Distress tolerance
- Problem-solving

What are the associated outcomes of SPARCS?

- Decrease in behavioral dysfunction
- Decrease in social problems
- Improved interpersonal relationships
- Improved interpersonal coping

What adolescent populations have benefited from SPARCS?

- Justice-involved youth
- Foster care youth

What are the training requirements for SPARCS?

- Trainings typically include two or three separate interactive learning sessions. Trainings may include clinicians from multiple sites who will have the opportunity to learn from each other. The first training session consists of a two day training attended by at least one clinician and one administrator. It includes a balance of didactic presentations, demonstrations, role-plays, and mindfulness practice. The second training session consists of one day and occurs 4-6 weeks after the start of group.