



ABRAXAS YOUTH CENTER provides a highly structured, secure environment with emphasis both on treatment and accountability in the Firesetter Treatment (FST) Program. For male youth, ages 12 to 18 with histories of firesetting behavior, we offer a 9-month curriculum that can be individualized to each youth's needs. Using a trauma informed approach, residents attend daily groups with a primary focus on impulse control, moral reasoning, positive community engagement, and relapse prevention. Each youth collaborates with a master's level clinician who works to change attitudes supportive of youth firesetting. With an emphasis on understanding individual firesetter typologies, thinking errors, victim impact, and empathy development, residents of the FST Program are provided with the opportunity to break patterns of behavior related to youth firesetting and establish healthier relationships with both their families and communities.

TREATMENT HIGHLIGHTS

- Psychiatric evaluation upon admission and prior to discharge
- Specialized core groups on Disclosure and Firesetter Typologies, Impulse Control, Empathy & Moral Development, and Relapse Prevention
- Daily groups with focus on Impulse Control, Moral Reasoning and Relapse Prevention
- Individual sessions with a master's level clinician
- Family sessions
- Teen Anger Management Education (TAME) Curriculum
- Self-Regulation and Teen Violence groups
- Cognitive Behavioral-informed Treatment
- Safe Dates Curriculum
- Healing the Experience of Trauma
- Casey Life Skills
- Victim/Community Awareness
- Addressing criminogenic needs with specific focus on Attitudes/Orientation, Personality/Behavior, Peer Relations and Family Circumstances/Parenting

PHASE I: Clarity & Ownership

PHASE II: Cognitive Distortions & Cyclical Patterns

PHASE III: Balanced & Restorative Justice (BARJ)

PHASE IV: Relapse Prevention & Planning



EDUCATIONAL SERVICES

All residents attend school year-round at our private, licensed on-site school. We offer a full range of Special Education services. Many residents are able to make up education deficits (credit recovery) and progress more quickly than they have in the past. Core subjects include: English, Language Arts, History, Mathematics, Physical Education and Health, Science, and Life Skills. View Boards are used in every classroom and the on-site computer lab and individual Chromebooks help increase each resident's computer skills. Residents are strongly encouraged to set and meet high academic standards. Additional tutoring is available from the teachers for those who need it. Students are rewarded for academic accomplishments. Both diploma and GED tracks are offered. PSAT and SAT testing is also available.



CAREER & TECHNICAL EDUCATION

The Abraxas Youth Center provides residents with opportunities for career exploration, and vocational experiences. As an affiliate of Pennsylvania Academic, Career and Technical Training Alliance (PACTT), these experiences can lead to certifications and job training. Residents can participate in programming focused on Building & Property Maintenance, Construction, Culinary Arts, Gardening, Graphic Art & Commercial Advertising, Graphic Communications, Microsoft Office Specialist Suite, and Raising Small Animals. The opportunity for youth to work in a small business, and learn customer service skills and money management in a fully functioning business model also exists through participation in the AYC Coffee Cart Cafe.

- Certifications can be obtained in ServSafe®, CPR & First Aid through the Red Cross® & OSHA-10
- Certification in Microsoft Word, PowerPoint, Excel, Access & Outlook



**RESTITUTION & COMMUNITY SERVICE
OPPORTUNITIES ARE AVAILABLE.**



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FOR MORE INFORMATION

email: info@abraxasyfs.org

ABRAXAS YOUTH CENTER

10058 South Mountain Road | Building #3 | PO Box 334 | South Mountain, PA 17261

800.560.7731 | www.abraxasyfs.org

ABRAXAS

Youth & Family Services



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