



BY:  
**Guy Bloom**  
Abraxas I  
Marienville, PA

## ABRAXAS I & THE PENNSYLVANIA FISH COMMISSION STOCKING TROUT FOR OVER 20 YEARS

Each year since the 1990's, Abraxas I students and team members have assisted the Pennsylvania Fish & Boat Commission in stocking local streams with trout. For the last few years they have also assisted the Marienville Rod and Gun Club to stock trout grown at their cooperative fish hatchery. Stocking includes native Brook Trout, Rainbow Trout, Golden Rainbow Trout and Brown Trout.



Over the course of the stocking season, Abraxas I students and staff went fish stocking on 13 different days and would stock anywhere from 2,000 to 7,500 fish using buckets that hold 20-25 fish a carry. This year we were able to increase the number of Abraxas I students participating to 78, with additional staff assistance from Chris Zaffino, Tom McCloskey and Will McCloskey.



Once the season officially opens, Abraxas I students then get the opportunity to go fishing for the trout they have stocked utilizing the institutional fishing license provided to the facility by the Pennsylvania Fish & Boat Commission.



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1973

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## Remembering Carol

BY:  
**Jeanne Godlesky**  
Abraxas I  
Marienville, PA

In memory of Abraxas I team member and friend, Carol Sprague, Abraxas I sponsored a fund raiser on March 27th in her name. All proceeds will go to the Warsaw Fire Department and more specifically, the Hazen Flea Market that she loved. Every year from early spring through the fall, Carol would take clients to the flea market to assist in their kitchen.

Staff could donate a dollar and get a memorial wristband prior to the event and then donate another dollar to build their sundae. Many staff contributed enough money to provide clients with wristbands as well.

Over \$400 was raised and will be donated in memory of Carol.

She was an amazing counselor as recognized by being requested by referral agents who previously worked with her, and by the many clients whom she helped and loved her – she will be sadly missed.



## ABRAXAS YOUTH CENTER HONORS LONG TIME EMPLOYEE AND FRIEND CLEDUS PASKINS

The Story of Sadako and the Thousand Paper Cranes inspired students and staff at AYC to create a project to honor a long time employee and friend.



Sadako was only 2 years old when an atomic bomb hit Hiroshima. Later when she was 12, she was diagnosed with Leukemia which came from exposure to radiation from the bomb. Sadako believed the Japanese legend that if a person folded 1000 origami cranes they would be granted a wish. Sadako wanted to fold the cranes to be granted her wish.....to stay alive. There are a few versions of Sadako's story 1) she was unable to finish the 1000 cranes so her friends finished them and buried them with her when she passed away and 2) she was able to exceed the 1000 cranes and had folded about 1400 at the time of her death.



Mr. Cledus Paskins began his career with Abraxas 23 years ago and he oversaw the daily operations of the AYC Secure Treatment Learning Center for the past 14 years. In the summer of 2018 he was diagnosed with cancer. As he battled cancer he continued to work. He continued to be a positive influence on youth while helping to transform their lives. As big as the impact that he had on the youth he worked with, the same held true to the staff that were fortunate enough to work alongside of him. Students and staff decided to start the project of making 1000 cranes to help inspire him during his fight with cancer. He enjoyed working with the students on the project. He was always so humble; he didn't want people to fuss over him.

Unfortunately, the cranes were not completed in time to grant him his wish, much like the Japanese legend. Mr. Paskins passed away on December 30th, 2018.

Students and staff completed folding the 1000 origami cranes and they were strategically placed in the hallway that he had walked down so many times. The cranes fly high in honor and in memory of a great man, a great friend and a great Abraxas team member. His spirit now flies among the cranes.

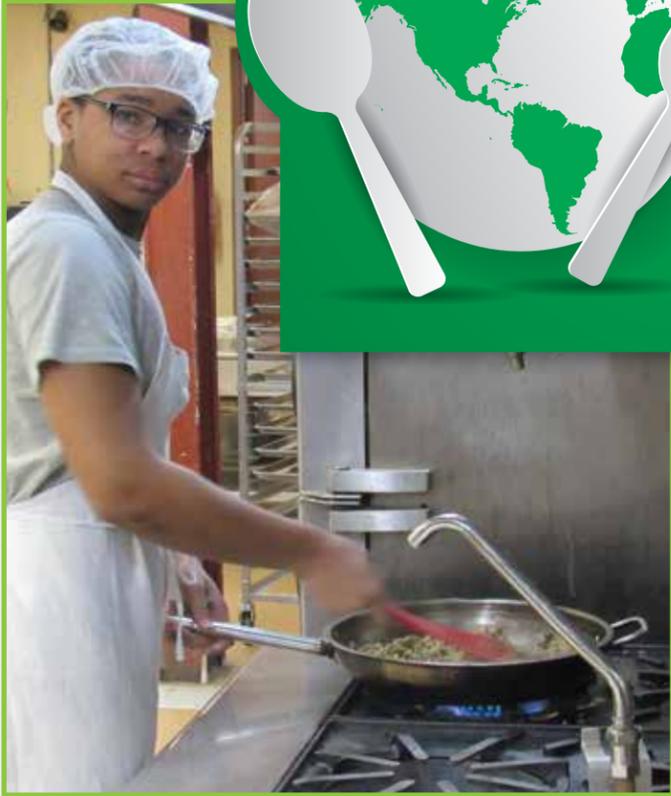


## Abraxas I Students Experience Foods of the World

BY:  
**Jeanne Godlesky**  
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On a Bi-annual basis Terry Dando, Social Studies Teacher for World Cultures at Abraxas I, joins with Travis Troutman, Culinary Arts Teacher, in a cross curricular activity to share with their students foods from different cultures of the world. Together, Terry and Travis, with input from others, determine the various main and desert dishes to serve. Travis then works with his students to prepare, cook, and serve the cultural dishes to the students in Terry's social studies classes, others across the facility, and visitors that may be present on the day of the event. The event brings a delectable experiential component to both Terry's social studies class and Travis' culinary arts class.



## Abraxas Student to Participate in National Microsoft Power Point Competition

BY:  
**Jeanne Godlesky**  
Abraxas I  
Marienville, PA



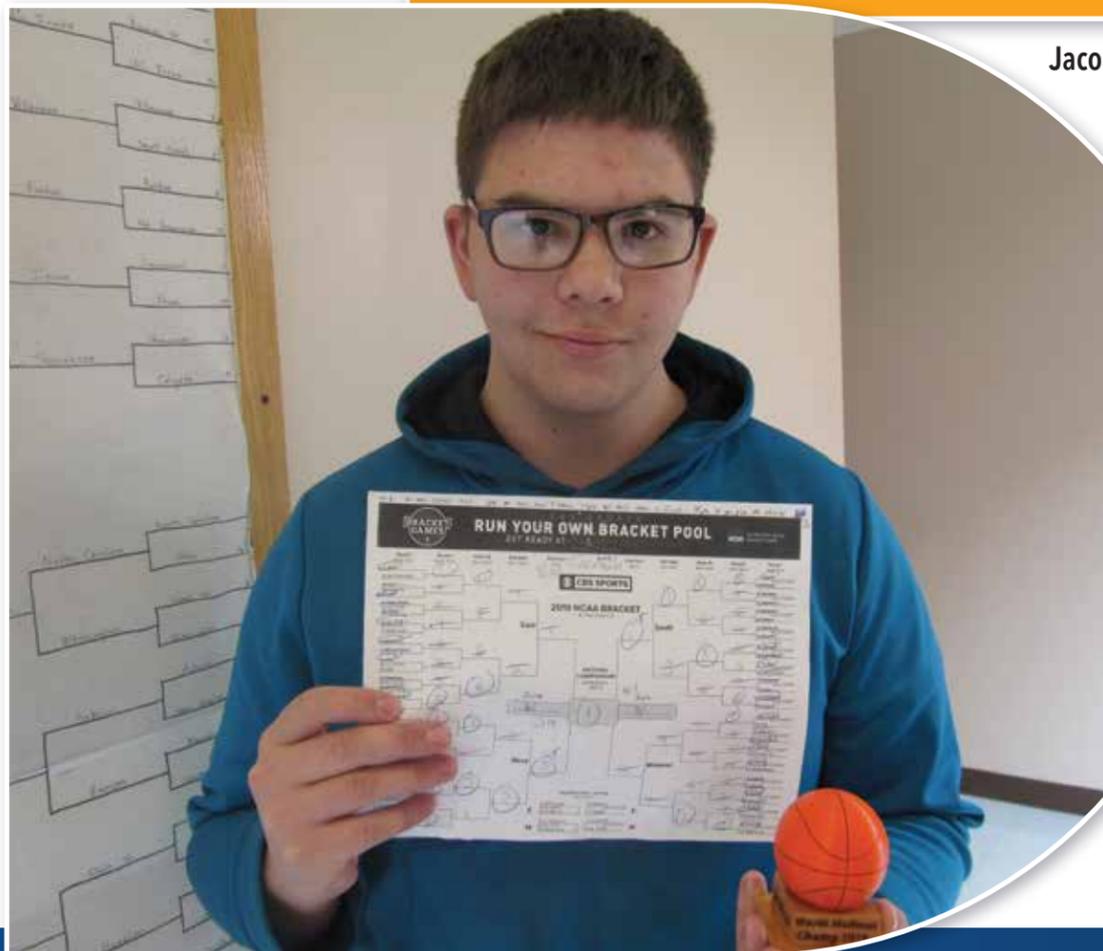
While at Abraxas Youth Center last November, Bryheem, took a Microsoft Office test. He had to pass by correctly obtaining a score of 700 out of a possible 1000 points - he scored 925!

He then constructed an Anti-Gangs Power Point - he had no idea it would be entered into a Pennsylvania statewide competition but it was and he won! Along with being named the Pennsylvania winner, Bryheem earned the opportunity to travel to Florida and participate in the National Microsoft Power Point Competition on June 17, 2019.

Abraxas I and Abraxas Youth Center worked together to ensure that not only Bryheem, but also his mother received airline tickets and accommodations so they could both attend the national competition.

Although a little nervous, Bryheem is excited and ready for the competition and to spend some quality time with his Mom!

## 2019 March Madness Basketball Tournament Winner!!!!



Jacob was the winner of our March Madness Basketball tournament here at Abraxas I. Jacob made his picks by painting a picture in his head while making his selections. He had a total of 87 points which was 16 points better than the 2nd place finisher. Jacob also had the finals picked correctly with Texas Tech facing off against Virginia and also picking the correct winner of it all in Virginia!! Jacob was awarded a Trophy for winning the bracket!! Great Job Jacob!!





## SOUTHWOOD GOES TO

## *Alvin Ailey Ballet*

BY:  
**Lazheta Richardson**  
Southwood Interventions  
Chicago, IL



On March 7, 2019, Southwood went to the Auditorium Theatre, downtown Chicago, to witness the 60th Celebration of the Alvin Ailey Ballet Dance Company. Through the Auditorium Theatre's ADMIT ONE program, Southwood was the recipient of 60 free tickets to the Ballet. Knowing that our clients have limited access or knowledge of the theatre and arts, the program was the perfect opportunity for us to enjoy a truly wonderful and inspiring experience. The ADMIT ONE program also arranged for our transportation. It was surely a night to remember.



The ADMIT ONE program also provided Southwood with a free creative workshop that focused on creativity and movement, led by Shelby Edwards, a student volunteer. Twenty clients from our men's and women's residential programs participated. Shelby was very vibrant and energetic and was able to get the clients moving and having fun. They had a blast.

## Greenhouse & Garden Galore

### STUDENTS AT ABRAXAS LDP ARE GOING "GREEN" IN THE ON-SITE GREENHOUSE & GARDEN THIS SPRING

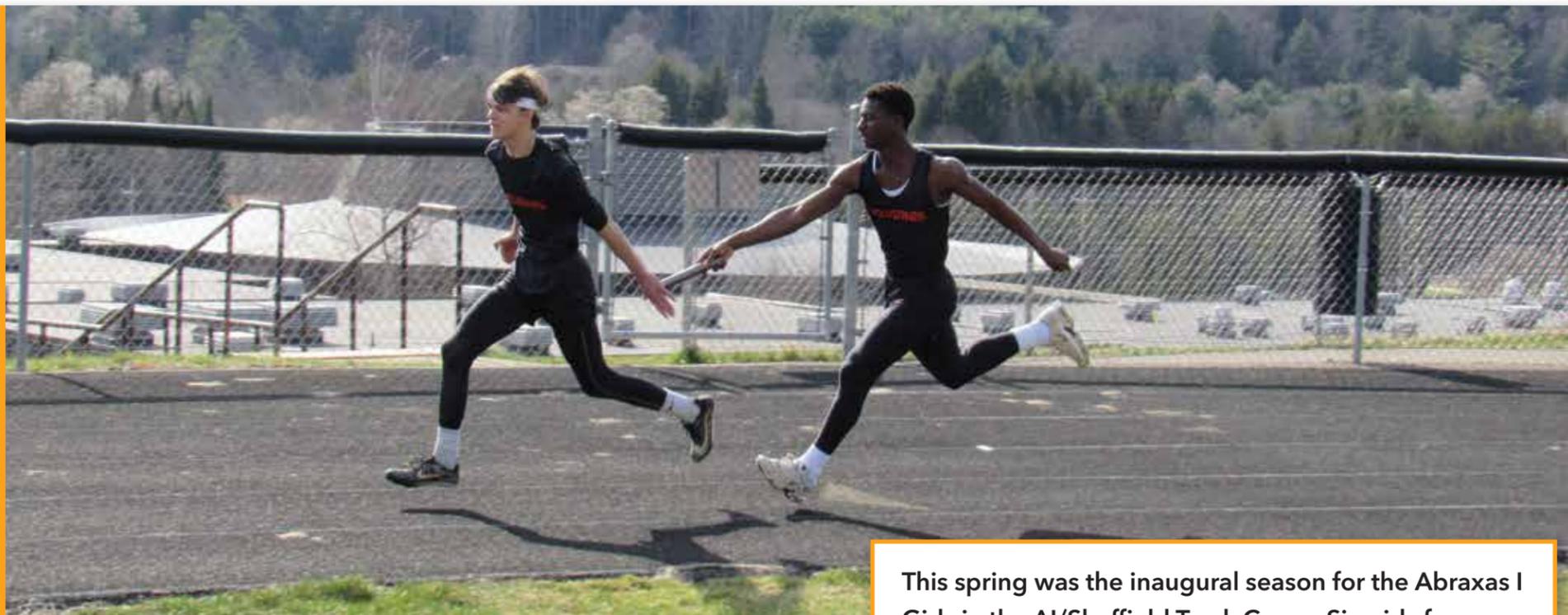
BY:  
**Matthew Maser**  
Leadership Development Program  
South Mountain, PA

On a Thursday morning in May, students of Ms. Davidson's science class are getting up to leave the room—but it's not because class is over. These students are part of a lucky group that gets to plant, work, and harvest flowers and vegetables in Abraxas LDP's on-site greenhouse and garden. The program serves to get the kids outside to participate in hands-on and inquiry-based learning about the way our food is grown and how energy cycles in our environment. Students in this class are also learning about the interactions between plants and animals and catching all kinds of snakes, salamanders, skinks, and insects while outside exploring their world.

As of now, the program is in full swing and churning out over a thousand plants that have been lovingly grown from seed by the students. Starting in March, the kids planted in high-yield plug trays and then transplanted their "plant children" in larger and larger containers, culminating in placement in our garden. You can find everything from squash, beans, sugar snap peas, arugula, brussel sprouts, and cucumbers to a smorgasbord of tomato and pepper varieties. The plan for harvest is for students to make their own pickles, tomato sauce, and hot sauce, as well as just to chow down on fresh produce they can be proud of. Additionally, Abraxas LDP boasts two very well-loved chickens named Blue and Eleanor who can be caught (with some effort) and fed by hand.

Students at Abraxas LDP are quite proud of all the work they have done on this project and all of the community service hours they have earned beautifying their campus. Upon discharge, students can take a potted plant to go, whether to court or back home to Mom. With sunny days in the forecast, you can be sure to see students hard at work caring for our garden and chickens for months to come.





## Abraxas I and Sheffield Area High School Track Co-op 2019

BY:  
**Dave Fitch**  
Abraxas I  
Marienville, PA

This spring was the inaugural season for the Abraxas I Girls in the AI/Sheffield Track Co-op. Six girls from five counties competed in seven events. Both the girls and the boys had very successful seasons placing in many different events on the track. This season we had 12 boys from eight counties compete in 11 different events. Our Girls Team and Boys Team competed throughout the season alongside students from Sheffield High School. Their success was not only measured in races won, but through the effort they gave during practice. This enabled all who participated to set and break their personal best times on numerous occasions throughout the season.



This year, the track season came to a close on May 17th with a visit to the PIAA District 9 track meet with Delantay (Delaware County, PA) competing in the 100M race running the 8th best time of the day!

## Equine Therapy at Abraxas Ohio Teaches Youth to "Ride Through It"



BY:  
**Jordan T McCune & Roger Noe**  
Abraxas Ohio  
Shelby, OH

ABRAXAS EQUINE:

WHERE HORSES MAKE

*Hearts Smile*



Abraxas Ohio is always looking for new and exciting ways to provide cutting edge treatment for the clients we provide services for. As a result, we have partnered with an exciting new program specifically designed to meet the needs of the youth in our care. The program is Hobby Horse Hill Therapeutic Equestrian Center (HHTEC). HHTEC has developed the "Rider Guided Therapy" curriculum to work with Abraxas youth.

The Rider Guided Therapy program uses a flexible curriculum that is tailored to meet the specific program needs of Abraxas. The core of Rider Guided Therapy is based on using the horse as an educational tool and as a metaphor that represents various problems, obstacles, or issues the client faces in their life and past history. Rider Guided Therapy believes through all of life's obstacles and setbacks there is only one way to overcome them and that is to "Ride Through It".

### RIDER GUIDED THERAPY USES 5 PRINCIPLES:

1

**SAFETY:** Safety is paramount when working in a barn and around powerful animals. The goal of Rider Guided Therapy is to provide a safe atmosphere for the clients and the horses to interact and foster meaningful outcomes. The safety lessons taught in the sessions are then used as metaphors to discuss safety issues as it pertains to life issues and how the youth can pay more attention to their personal safety and those around them.

2

**Communication:** Effective communication is one of the most difficult tasks to accomplish. Being able to clearly get a point conveyed can be elusive. Horses are nonverbal and therefore require that we be present in the moment. They require a pure form of communication that requires attention to details. This has proven to help people that struggle with the identification of emotions and a history of being misunderstood to be able to communicate their feelings and intentions more clearly. A greater ability to communicate improves social skills, therapeutic engagement and improves self-esteem.

3

**TRUST:** Horses are herd animals and they are prey animals. This means they like to be around other horses and they have to depend on one another for their safety and survival. Horses are big and powerful, but they are dependent on others for safety. Therefore, horses are willing to work together for the good of all. This need to work together makes horses great for therapy purposes. They have proven to be soothing, gentle animals. They are honest in their interactions. Their survival depends on straightforward relationships without the desire or need for lying or manipulating. They do not judge or blame. Horses have to depend upon one another and are thus not only trusting but completely trustworthy. Their presence alone can be immensely healing, creating loyal bonds between them and humans for many years. This kind of trust and loyalty becomes a big part of the healing process.

4

**RELATIONSHIPS:** Working with horses can benefit us in a number of ways. Horses have a calming effect that can help people alleviate stress, reduce anxiety and depression, and build strong bonds. Horses do not harbor and hold onto feelings of anger, guilt, shame, inadequacy and abandonment. They do not dwell on the past. They are present in the moment and provide you their full attention.

5

**CONFIDENCE:** Learning to build trust and communicate with the very epitome of strength, grace and power is awe inspiring. The level of growth in confidence is amazing when you realize what you are truly capable of.

## WHY WE USE HORSES

Horses are herd animals. That means they thrive in social settings. It is this herd mentality that gives horses the ability to create an incredible ability for bonding. The powerful bonds that horses create have allowed them to not survive but to thrive while being prey animals. It is this incredible ability to bond that has allowed horses to influence people in powerful ways. Helping them to learn to develop relationships and overcome many of life's problems. Caring for horses' has proven to effect people in meaningful ways.

Equine therapy has shown to have many positive benefits. Some of them include: Confidence, Self-Efficacy, Self-Concept, Communication, Trust, Perspective, Decreased Isolation, Self-Acceptance, Impulse Control, Social Skills, Boundaries Clarification, and Spiritual Connection.

This type of therapy usually includes instruction in horse care, grooming procedures, saddlery, and basic equitation. Safety is the number one priority for all participants in the Hobby Horse Hill equine therapy programs.

Horses provide the optimum in experiential counseling. The size and power of a horse is naturally intimidating to many people. Accomplishing a task with a horse, in spite of those fears, creates confidence and provides for wonderful metaphors when dealing with challenging situations in life.

## Abraxas Youth Center Coffee Cart Celebrates 1 Year!

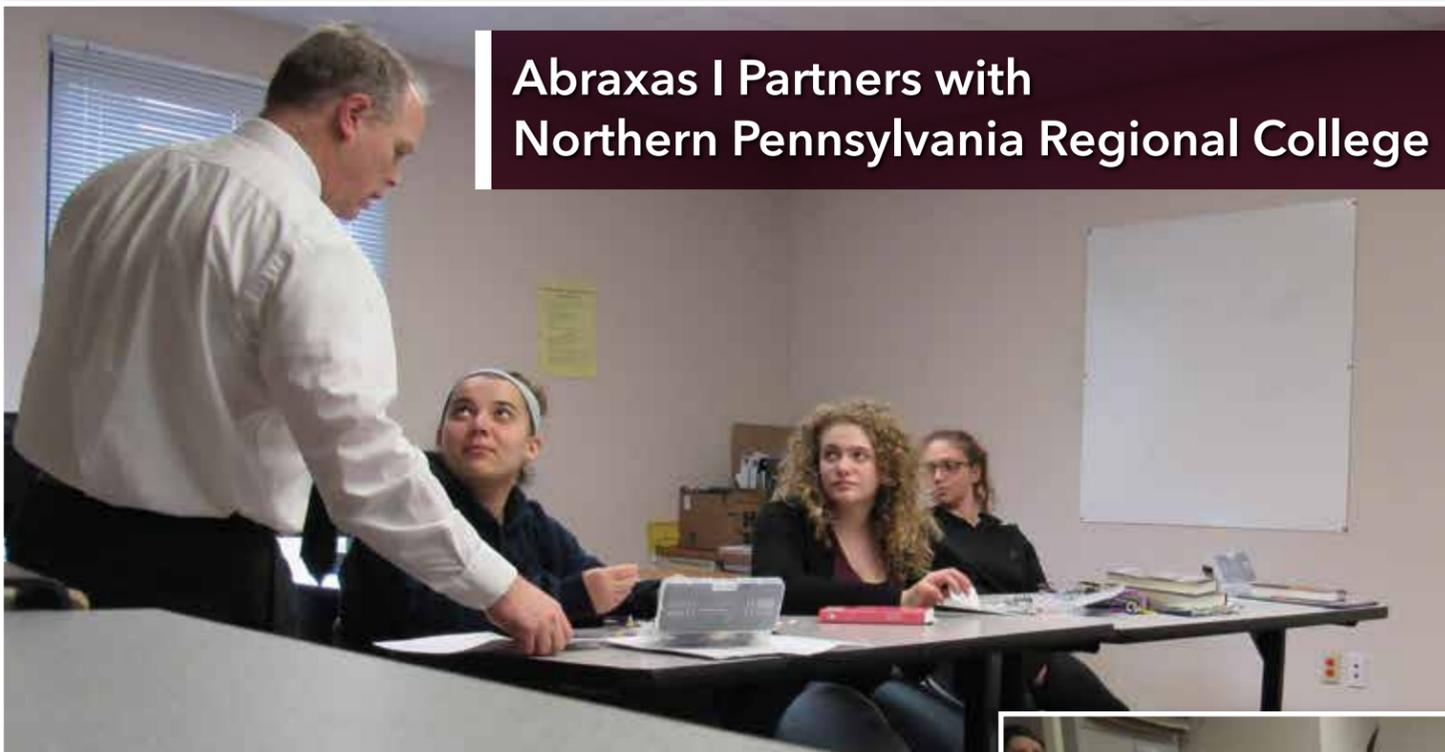
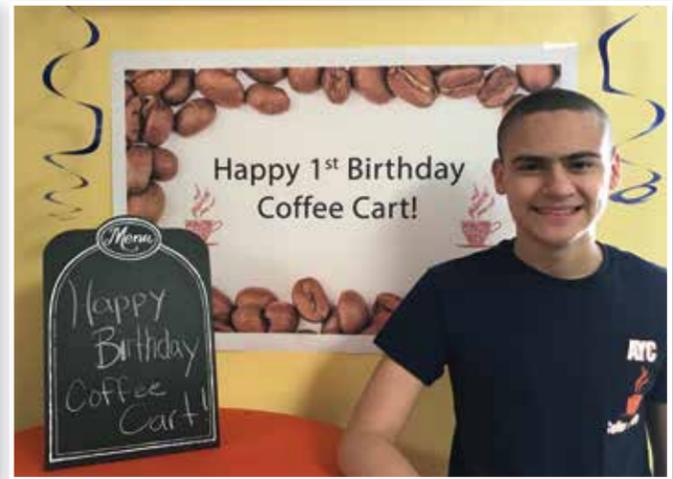
Abraxas Youth Center  
South Mountain, PA

In 2018, Abraxas Youth Center (AYC) teacher, Ms. Hepler, in an effort to help students enhance their Math skills came up with the idea to start a "Coffee Cart". Initially the Coffee Cart was just a "cart" but has flourished into a functional business with the help of Ms. Witmer and students. The students who work with the cart enjoy the opportunity to learn and grow in the business world and the staff enjoys purchasing the products. The proceeds from the Coffee Cart have been used to give back to the community in donations to local charities. The Coffee Cart celebrated its 1st Birthday on April 10th and celebrated with a birthday party with coffee, tea and snacks. On the day of the birthday party it was announced that the Coffee Cart will be getting a permanent location within the building in the near future. Now instead of setting up and tearing down several times a week the Coffee Cart will be stationary within the building and will be able to be utilized more frequently.



### Happy Birthday AYC Coffee Cart!

Changing Lives, **One Coffee at a Time**



## Abraxas I Partners with Northern Pennsylvania Regional College

BY:  
**Jeanne Godlesky**  
Abraxas I  
Marienville, PA



The Abraxas I Arlene Lissner High School has entered into a cooperative relationship with Northern Pennsylvania Regional College wherein students participate in vocational career exploration through Penn Tech College. Within the past six months, students have participated in distance learning via Zoom Video Conferencing for courses in Careers in Manufacturing, Project Management, and Careers in Electricity. Following completion of the 15 hour course, students receive a certificate of attendance. These courses serve to provide students with vocational exploration opportunities, related soft skills and some hands on experiences. They also help students meet evidence requirements for Career Readiness transition standards set forth by the Pennsylvania Department of Education.

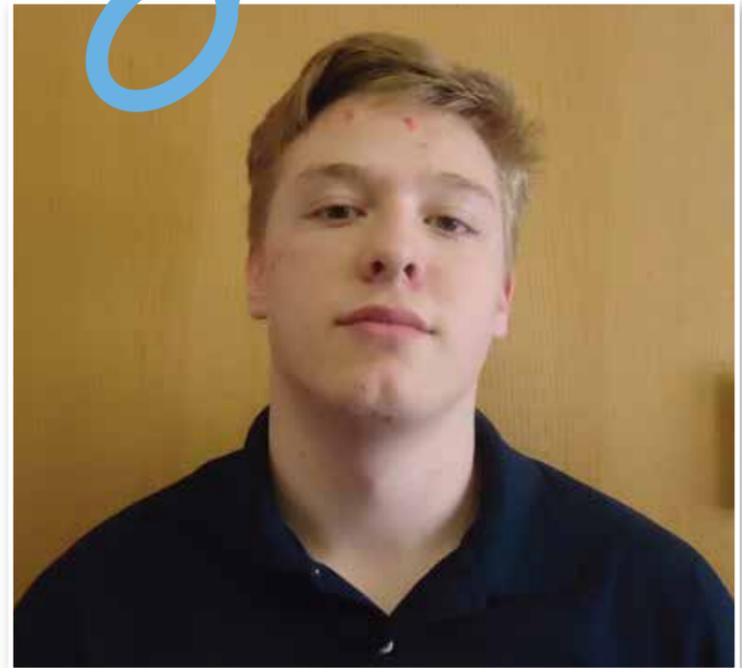


## Cutting Their Hair to Help Others ABRAXAS | YOUTH SUPPORT WIGS 4 KIDS

BY:  
**Grier Frazer**  
Abraxas I  
Marienville, PA



I'm sure some of you have noticed a few young men with completely different haircuts walking around campus. Maximus and Michael came to Abraxas I with similar blonde "man buns." As Maximus started to excel on the wrestling team, he realized his hair would no longer fit in the headgear. He made a personal decision to cut his hair and go for a more professional look. Michael wasn't quite ready to give up his long hair just yet, but he was ready to give up some.



Both students made the decision to generously donate their hair to Wigs 4 Kids of Michigan. No child is turned away and no family ever pays. This organization would not be successful without the help and efforts of people such as Maximus and Michael. Please make sure you give these young men the praise they deserve for their thoughtfulness.

## Naperville Bridge Students Start a Donation Garden to Aid Local Community

BY:  
**Dr. Jim Shellard**  
Naperville Bridge School  
Woodridge, IL



The Naperville Bridge School is working in conjunction with the West Suburban Community Pantry to create a Donation Garden of fresh vegetables. Students have selected vegetables to grow based upon the Pantry's list of needed vegetables and have grown starter plants under grow lights in the science classroom. Vegetables that have been planted include: eggplant, lettuce, celery, tomatoes, cucumbers, broccoli, onions, and carrots. Students have created sign markers for each of the crops planted and work daily to water, weed, and nourish the vegetables in the garden. This care for the vegetable garden will carry over into the summer school where students will continue to do daily care. Once harvested, the vegetables will be taken to the West Suburban Community Pantry for distribution to their clients.



## Hector Garza Center Supports Special Olympics

BY:  
**Angel Amador**  
Hector Garza Center  
San Antonio, TX

**Special  
Olympics**



The Special Olympics Texas 2019 Summer Games in San Antonio has been bringing together passionate volunteers and supporters since 1969. On May 3rd and 4th 2019 Hector Garza administrators, clients and staff volunteered with track and field events (shot put, long jump, high jump) assisting with motivating athletes, score keeping, distance measuring and other duties as needed. Hector Garza Treatment Center has been involved with Special Olympics since 2004.



## Abraxas Youth Center Partners with Fort Loudon Historical Society for the Fort Loudon Restoration Project

Helping to restore Fort Loudon has instilled in our residents a curiosity about history and an appreciation for preserving it.

BY:  
**Trevor Peachey**  
Abraxas Youth Center  
South Mountain, PA

Restorative justice is a common theme in the juvenile justice system, with emphasis on accountability, making personal amends, and giving back to one's community. For the last several months, the Abraxas Youth Center (AYC) Secure Treatment Program has provided clients with a direct way to give back to the local community. Since November 2018, clients from AYC have been participating in the Fort Loudon Restoration Project, under the guidance of the Fort Loudon Historical Society, to restore the Patton House and historical fort.

### A Brief History:

Fort Loudoun was one of the frontier stockade posts built in Pennsylvania in 1756, to fortify its western communities against hostile Native American tribes. During the French and Indian War, many forts were raided for food and supplies. Fort Loudoun replaced a fortification at nearby McDowell's Mill and provided the settlers with protection during the war. After the French and Indian War ended, the fort experienced a plethora of small rebellions and conflicts. Some of the events that took place were Pontiac's Rebellion in 1763 and in 1765; the fort was fired upon by James Smith and his Black Boys. These historic events made Fort Loudoun a significant piece of Pennsylvania's history. In 2018, the Fort Loudoun Historical Society began the restoration of the fort and so the partnership began.



To date, our clients have assisted in completing the remodeling of the Patton House into a historical museum and aided the Historical Society with the demolition, dry walling, carpentry, and gardening for the museum. Now as the weather gets warmer, the opportunities are endless. Currently, the focus of the project will be inside the actual fort. Our clients along with the Fort Loudoun Historical Society will remodel the fort to resemble its original structure in the early 1760s.

This opportunity has provided our clients with hands on skills that will benefit them for the rest of their lives. It has also instilled in our residents a curiosity about history and an appreciation for preserving it. Our clients have benefited by utilizing problem solving, active communication and teamwork skills. The opportunity to participate in the project has positively affected their motivation and drive to better themselves and achieve their treatment goals. As a vocational project, the reward is often quite visible by simply observing the pride each resident has in their contribution.



## THE ABRAXAS CHRONICLE

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We welcome your input.  
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