

ReSET at ABRAXAS YOUTH CENTER

ABRAXAS YOUTH CENTER provides a highly structured, secure environment with emphasis both on treatment, and accountability in the Responsible Social Engagement Treatment (ReSET) Program. For male youth, ages 12 to 18 with histories of repeated delinquency, we offer a 6-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 works with a master's level therapist who works to change attitudes supportive of delinquency and the opposition of authority. With a concerted effort to introduce structure and self-care, residents of the ReSET Program are provided the opportunity to break cycles of delinquency and establish healthier relationships with both their families and communities.



TREATMENT HIGHLIGHTS

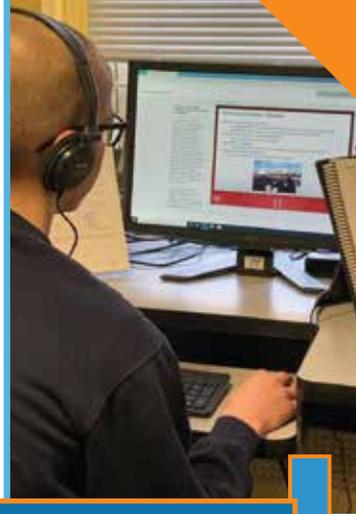
PHASE I: Disclosure and Pattern Identification

PHASE II: Victim Impact and Future Planning

- Psychiatric evaluation upon admission & prior to discharge
- Specialized core groups on Conflict Resolution & Social Skills and Goal-Setting & Personal Development
- Daily groups with focus on Impulse Control, Moral Reasoning & Relapse Prevention
- Individual counseling & master's level therapy
- Family counseling
- Aggression Replacement Training (ART)
- Healthy Masculinity & Teen Violence groups
- Cognitive Behavioral Therapy
- Eye Movement Desensitization & Reprocessing (EMDR)
- Healing the Experience of Trauma
- Botvin Life Skills
- Victim/Community Awareness
- Addressing criminogenic needs with specific focus on Attitudes & Orientation, Personality/Behavior, Peer Relations & Family Circumstance

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. Smart Boards are used in every classroom and the on-site computer lab helps 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 and positive behavior. Both diploma and GED tracks are offered. PSAT and SAT testing is also available.



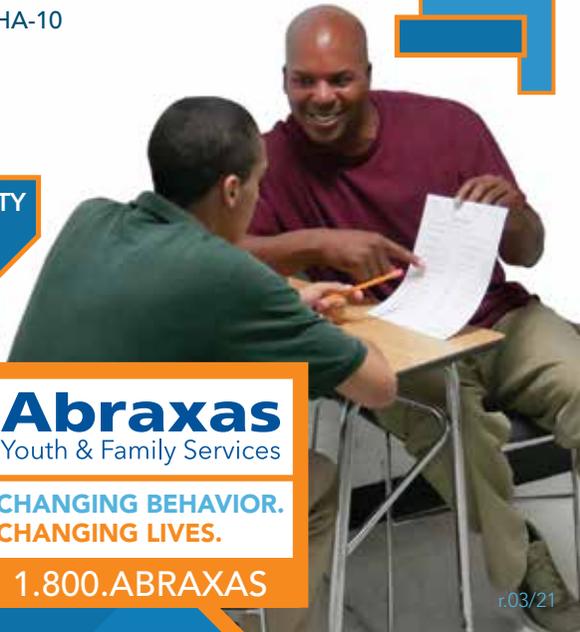
CAREER & TECHNICAL EDUCATION

The Abraxas Youth Center provides residents with opportunities for career exploration, and vocational experiences. As an affiliate of Pennsylvania Academic & Career/Technical Training (PACTT), these experiences can lead to certifications and job training. Residents can participate in programming focused on Building & Property Maintenance, Construction, Culinary Arts, Gardening, 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
- O*NET career aptitude assessment tool



RESTITUTION & COMMUNITY SERVICE OPPORTUNITIES ARE AVAILABLE.



FOR MORE INFORMATION:

Contact your local Admissions and Customer Relations Liaison or email info@abraxasyfs.com

ABRAXAS YOUTH CENTER

10058 South Mountain Road | Building #3
PO Box 334 | South Mountain, PA 17261
800.560.7731 | www.abraxasyfs.com

Abraxas
Youth & Family Services

CHANGING BEHAVIOR.
CHANGING LIVES.

1.800.ABRAXAS