

Abraxas Non-Residential Treatment (NRT) is a community based in-home treatment service for court-involved youth and their families in Cumberland County. NRT works with both delinquent and dependent male and female youth, up to the age of 21 who are amenable to treatment and can be maintained safely in the community. The program is committed to strengthening overall structure and cohesion in the home, improving parent/child communication skills and teaching responsible decision making skills.

3 THE THREE MAIN COMPONENTS OF NRT:

INDIVIDUAL SESSIONS

Sessions occur twice a week with the youth with the goal of developing and improving day-to-day decision-making skills. This includes processing everyday situations, focusing on current and future goals while removing barriers, and assisting in making pro-social lifestyle changes. Staff will coach youth around learning more effective communication and problem-solving skills. This may include teaching various coping strategies to help deal with frustration and anger.

FAMILY STRENGTHENING

Weekly family sessions focus on strengthening families and generalization of skills in the home. It is a process to coach, adapt, role model, and empower parents to make the best decisions for their family in order to build a strong foundation. Areas of focus may include: establishing and applying healthy family ground rules, improving communication skills, sharing positive experiences, resolving conflicts effectively, and exploring parental roles.

COMMUNITY CONNECTIONS

NRT connects youth and their families to community resources for the purpose of developing sustainable systems. These connections may include education services, recreational activities, community service connections, enrollment in mental health and/or drug and alcohol services, employment, as well as any other assistance the family may need in maintaining the home.

ADDITIONAL SERVICES

- ▲ A Juvenile Inventory for Functioning (JIFF) assessment, an interactive computerized assessment helps identify potential areas of concern across 10 domain areas (School/Job, Peers, Home, Family Environment, Community Behavior, Depression/Anxiety/Trauma, Self-Harm, Substance Use, Irrationality, Health Needs).
- ▲ Within 30 days, the Case Manager will develop a comprehensive treatment plan focusing on identified concerns. These goals will be evaluated and updated every 30 days.
- ▲ Truancy reduction and school re-engagement for youth identified with educational concerns.
- ▲ Employment/workforce development assistance as needed, with emphasis on resume development, application process, interviewing skills, finding employment, and budgeting.
- ▲ Curfew monitoring in the form of curfew calls, Voice ID, and/or Electronic Monitoring / GPS (EM/GPS for JPO only).
- ▲ Random drug testing for youth with identified substance abuse concerns.
- ▲ Mentoring and Adventure-based activities may also occur to provide opportunities for youth to participate in pro-social community activities.
- ▲ Group counseling - Youth may be required to participate in group, as recommended by the treatment team (referral agency, parent, NRT staff). Clinical groups are held **Tuesdays** after school from 4PM to 5PM at the Abraxas location in Harrisburg. Skillstreaming, an evidence-based, social skill curriculum is utilized for these groups. Additional groups on Thursdays (times may vary) will provide an opportunity for youth to apply the skills learned from Tuesday's group.

For more information or to make a referral contact:

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