

ABRAXAS

SPECIALIZED TREATMENT PROGRAM @ SOUTH MOUNTAIN

The Abraxas Specialized Treatment Program, formally known as The Open Residential Firesetting and Sexual Behavior Treatment Program, works with youth with firesetting and/ or sexual behavior issues as well as youth who identify with the following issues: neglect, abuse, disruptive attachments and various mental health disorders. The program serves delinquent and/or dependent male youth ages 11 to 16 (age requirements vary by program track). Youth placed for firesetting and/or sexual behaviors will be placed in our 12 month track and youth placed for behavioral issues will be placed in our 6 month track.

We work with each youth to develop healthy boundaries, establish appropriate attachments, cultivate age appropriate social skills, expand coping strategies, process trauma, and develop an understanding of and correctives for their behaviors.

EMPATHY BUILDING THROUGH ANIMAL THERAPY

**with Zero,
our Therapy Dog!**

CLINICAL SERVICES

The clinical program is facilitated by a Master's level clinical director and overseen by a consulting psychiatrist.

THE PROGRAM IS BASED ON A FOUR PHASE CURRICULUM:

Phase I: Introduction, Disclosure of problematic behaviors

Phase II: Impulse Control, Affect Management, Thinking Errors and Cognitive Distortions

Phase III: Moral Reasoning and improving Empathy Development

Phase IV: Critical Advanced Skills (Triggers and Cues and Relapse Prevention)

ASSESSMENTS

- FRAT-Y – Firesetting Risk Assessment Tool for Youth – Firesetting specific
- ERASOR: Estimate of Risk of Adolescent Sexual Offense Recidivism – Sexual Behavior specific
- Casey Life Skills
- Psychiatric evaluation at intake and discharge

FAMILY INVOLVEMENT

- Family involvement is highly encouraged
- Families are encouraged to visit youth bi-weekly for family conferencing sessions which are facilitated by the youth's counselor and directed by a master's level clinician
- Family therapy is offered by a master's level clinician on a case by case basis as determined by the treatment team

EDUCATIONAL OPPORTUNITIES

- Private, licensed, on-site school
- Certified Special Education teachers on staff
- Experiential education opportunities are available through our Leadership Experiential Adventure Program
- Numerous community partnerships which provide educational opportunities, community awareness/engagement, and community service hours. In 2019, residents completed nearly 650 hours of community service. Residents and staff of the Open Residential Program support the local and surrounding communities by participating in service learning projects at:
 - Knick Knack Pittie Pack Animal Shelter
 - Antietam Animal Shelter
 - East Coast Exotic Animal Rescue
 - Therapeutic Riding Center in Chambersburg

Specialized Treatment Program @ South Mountain

10058 South Mountain Road
Building #6
PO Box 354
South Mountain, PA 17261
717.749.7440
info@abraxasyfs.com

www.abraxasyfs.com

Abraxas
Youth & Family Services

**CHANGING BEHAVIOR.
CHANGING LIVES.**