



The Abraxas Specialized Treatment Program offers residential treatment services for delinquent and dependent male youth between the ages of 11 to 16.

The program was established to provide early intervention and support for youth in an open residential setting in which they are able to participate in specifically designed treatment programs. Youth learn to take responsibility for their behaviors, develop a thorough understanding of their behavioral cycles and explore the life experiences that may have contributed to their behaviors.

## THE PROGRAM OFFERS

THREE TREATMENT PATHS: ▲ FIRE MISUSE ▲ SEXUAL BEHAVIOR ▲ INTENSIVE NEEDS

**The Specialized Treatment Program is certified by the State of Pennsylvania as a Specialized Treatment Setting for youth who are at risk for sex trafficking or human trafficking.**

### ▲ FIRE MISUSE:

The Firesetting treatment path teaches youth about appropriate and non-appropriate uses of fire. Youth participate in our Core Firesetters Curriculum through which they develop replacement strategies, moral reasoning, and empathy. They link consequences to high risk firesetting impulses. Youth address trauma both individually and through a facility wide trauma informed model.

### ▲ SEXUAL BEHAVIOR:

The Sexual Behaviors treatment path teaches youth to take responsibility for their past behaviors, develop an understanding of their offense cycle, and their deviant arousal patterns. They explore and discuss life experiences that may have contributed to their behaviors and begin to develop a sense of awareness of how their actions have impacted others. As they work through their past behaviors, youth begin to work on creating healthy, appropriate relationships with clear boundaries and attachments. Youth work through this treatment path with their clinician in an individual manner with each step tailored to the youth's specific behavior and offense. Goals include to create age appropriate coping skills, expand their coping strategies, process trauma, and implement behavior correctives.

### ▲ INTENSIVE NEEDS

The Intensive Needs treatment path is for youth who identify with the following: neglect, abuse, disruptive attachment, various mental health disorders and those who identify as high risk for trafficking.

The Abraxas Specialized Treatment Program at South Mountain is equipped with three master's level clinicians with extensive experience in working with children and families utilizing the TF-CBT model. Leadership, clinicians and all other staff members are trained specifically to utilize a trauma informed approach outlined by the Sanctuary Model. The treatment process at Abraxas is designed to address these issues with youth in an individualized manner. Therapeutic staff works with 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. Youth are provided with numerous age-appropriate and experiential learning techniques to express themselves in more socially appropriate ways. This includes community service events, field trips and challenge course activities.

## ASSESSMENTS:

Youth participate in various assessments based on their treatment needs.

Assessments include:

- 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
- Child Victims of Human Trafficking

## THE PROGRAM IS BASED ON A FOUR PHASE CLINICAL CURRICULUM:

Phase 1: Clarification and Ownership

Phase 2: Cognitive Distortions and Cyclical Patterns

Phase 3: BARJ (Balance and Restorative Justice)

Phase 4: Relapse Prevention and Planning

Upon admission and prior to discharge, every youth receives a psychiatric evaluation. Various evidence and competency based curricula are utilized throughout the course of treatment.

- Sanctuary Model® Psycho-Ed Groups
- Boys Council
- Aggression Replacement Training (ART®)
- Pennsylvania Victim/Community Awareness
- Structured Sensory Interventions for Traumatized Children (SITCAP)
- Cognitive Behavioral Therapy
- PTSD Residential Treatment Curriculum
- Casey Life Skills
- Love146 Not A Number Trafficking Curriculum

Youth participate in daily group counseling and have individual sessions once a week with a counselor and bi-weekly with a clinician. The program offers an individualized emphasis on trauma recovery and issues related to PTSD.

## EDUCATION:

All students attend the private, licensed, onsite school which is Pennsylvania Academic and Career Technical Training (PACTT) affiliated. Certified Special Education teachers are on staff as well as regular education teachers to provide support to students by adapting assignments and assessments to meet the individual developmental needs of each student. Upon arrival, students are assessed and placed in the elementary/middle school or the high school classrooms depending on their age and ability level. Both classrooms are designed to closely parallel public school practices to ensure positive academic performance upon discharge from the program. Cooperative learning and hands on manipulatives are commonly used to supplement lessons. Students visit the onsite library to encourage reading and literacy improvement outside of the classroom. Students are consistently rewarded for academic accomplishment, achieving honor roll and maintaining positive behavior in the classroom. For older or more academically advanced students, preparation programs are offered along with PSAT and SAT testing to prepare for post-secondary education.

## FAMILY INVOLVEMENT:

Family involvement is highly encouraged and paramount for successful reintegration upon completion of the program. 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. Families are contacted by both the facility and the youth weekly to discuss treatment progress. In the event that families are unable to visit the program, conference sessions are made available via telephone or video. Transportation assistance is provided on a case by case basis.

## LEAP (Leadership Experiential Adventure Program):

LEAP provides experiential learning opportunities, adventure-based programming, community service, restitution, vocational programming and workforce development opportunities.

## DISCHARGE PLANNING AND REINTEGRATION:

Aftercare planning begins upon admission and is the primary focus of the fourth and final phase of the program, Relapse Prevention and Planning. Youth work with treatment staff to develop a detailed relapse prevention plan to support youth in transitioning from the program. Youth are encouraged to participate in a series of day and/or home passes to help them integrate the concepts they have learned throughout treatment in their home community. Counselors work with referring agencies and families to determine available resources in their area and make recommendations specific to the youth's treatment needs.

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## Specialized Treatment Program

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