

# Abraxas Youth & Family Services

# Hi 5

ISSUE #7

Check out **WHAT'S HAPPENING** across Abraxas PA Residential Programs

#1  
**AI** Abraxas I  
Community Garden

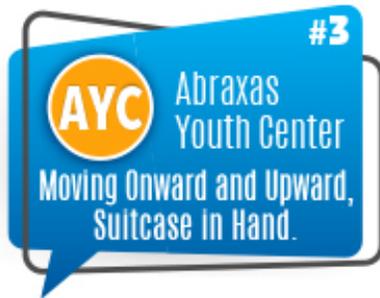


Both kids and team members at Abraxas I have been working very hard to help upgrade and beautify the Marienville Community Garden! This project is a combination of community service as well as work opportunities funded through the OVR My Work Program. In the next few weeks, you will see a lot of the projects the kids and staff have been working on to make this garden a great area for the entire community to enjoy! Here's the first peek at the newly installed fence, painted by our extremely talented young ladies at AI in our woodshop. **What a magnificent addition to what is turning out to be an amazing space!**

#2  
**AA** Abraxas Academy  
Preparing Young Men for the Future



**Abraxas Academy is Preparing Young Men for the Future!**  
From Drafting to Welding to Small Engine Repair to Electrical, Abraxas Academy is providing unique and valuable skills training to the young men in the program that will open up a world of opportunities. And the opportunities don't stop there! The Academy has gardens, a greenhouse and a farm animal care program that the kids are involved in.



### Moving Onward and Upward, Suitcase in Hand.

AYC's famous DTN Designers (Dream the New) started the suitcase project 3 months ago where team members donate suitcases for DTN Designers to clean up and make them as good as new for any resident in AYC transitioning to home, independent living or foster care. *"When I came to AYC I felt like a bum because all my belongings were in a trash bag. Now, when I leave and see my mom, I will feel good about myself. This suitcase represents that I am moving on to better things!"*



### SISYPHUS, A FIGURE IN GREEK MYTHOLOGY

*"Sisyphus, a figure in Greek mythology who plays a central role at Abraxas is something that has always stuck with me. He is tasked with pushing a huge boulder up a mountain everyday only to have to start anew the next. Whether it be drug addiction, addiction to money or street life, or just the everyday highs and lows of real life, we will all have to push our rock. Abraxas taught me that life is hard enough, and that your actions and ways of thinking are the only thing you are completely in control of. This is a lesson we should all know. Whether you are a client, a parent or a PO reading this, I'd like you to know that my nine months at Abraxas saved my life."*

*The staff was stern but kind. They care and want to help those who want to be helped. I have carried many of my lessons from that year through all of my successes and setbacks and I believe my experience helped shape who I am."*

<https://www.abraxasyfs.com/my-abraxas-story.html>



**ABRAXAS PATH**  
Preparation for Adolescent Transition to Home

**TEAM MEMBER NICK SALVATORE**

Through the hard work and commitment of team members like Nick Salvatore, Abraxas runs successful re-entry programming in various counties in PA. We caught up today with Nick who is an Abraxas PATH (Preparation for Adolescent Transition to Home) case manager who shared a few thoughts about PATH.

*"Abraxas PATH helps juveniles transition from placement back into the community. A lot of times communities and society in general give up on these kids. Our program works hand and hand with them to help them use the skills they learned in residential placement and also show them other ways to deal and cope with their specific situation. Whether it be drug and alcohol addiction, gang affiliation, decision making skills, dealing with negative feelings and emotions, or just basic life skills, we are there to help guide them into being productive members of society."*

# PATH

Preparation for Adolescent Transition to Home

## At A Glance

In effort to continue the success achieved while in residential treatment, the Preparation for Adolescent Transition to Home (PATH) Program is a comprehensive re-entry program for juveniles that begins at admission into a residential program and continues upon their return to the community for a period of five months. PATH aims to reduce the risk of recidivism by using a cognitive behavioral approach that encourages youth to develop and integrate the pro-social skills and behaviors they learned while in residential placement while enhancing protective factors within the home and community.

### Three Main Components of PATH:

- Cognitive Behavioral Treatment using Interactive Journaling<sup>®</sup> through The Change Companies<sup>®</sup> Forward Thinking Series.
- Strengthening Families by helping to identify family strengths and concerns, assess overall family structure and routine and assist in the successful reintegration of the youth into the home.
- PATH connects juveniles and their families to community resources and develops systems for sustainability through practicing and refining pro-social skills, engaging in positive community activities, assisting in school re-enrollment, and scheduling follow up mental health and substance abuse treatment as needed. The PATH program will help the youth/parents obtain documents or resources that are necessary for a smooth transition back into the community.

**Abraxas**  
Youth & Family Services

1.800.ABRAXAS | [www.abraxasyfs.com](http://www.abraxasyfs.com)

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