

ABRAXAS I

RESIDENTIAL
Mental Health Services



ABRAXAS
Youth & Family Services

BUILDING
BETTER
FUTURES



FOR OVER **45** YEARS...

Abraxas Youth & Family Services

The Abraxas Residential Mental Health Services Unit at Abraxas I is a PRTF (Psychiatric Residential Treatment Facility) for male adolescents ages 12 to 18+.

At ABRAXAS I, We lay the framework for treatment through The Sanctuary Model®. Sanctuary promotes safety and recovery from adversity through the active creation of a trauma-informed community. Both staff and adolescents use the Sanctuary Tools. These activities and practices enhance treatment outcomes and overlay an element of trauma-sensitivity to all that we do.

With a 1:4 staff to child ratio and 24/7 supervision, the PRTF program provides a supportive environment that promotes success through the development of pro-social behaviors and adaptive living skills.

OUR TREATMENT APPROACH

The treatment milieu is structured, consistent, and tailored to match the functional level of each child. Each child's individualized course of treatment is designed through a multi-disciplinary team approach which includes assessment, treatment planning and intervention strategies. Our mental health therapists are certified Trauma Practitioners with enhanced training in attachment and autism spectrum disorders, as well as adolescents with suicidal and self-harming behaviors.

All children participate in a comprehensive set of evidence-based group curricula which includes anger management, social skills development and affective modulation. Our goal is to holistically address each child's emotional needs and assist him in developing the skills necessary to function in the least restrictive environment that is clinically appropriate.

TREATMENT SERVICES INCLUDE (BUT ARE NOT LIMITED TO):

- Individual, Group and Family Therapy
- Structured Sensory Interventions for Traumatized Children, Adolescents, and Parents (SITCAP)
- Aggression Replacement Training (ART®)
- Dialectical Behavioral Therapy
- Regular Psychiatric Services
- Casey Life Skills
- The Truth About Drugs
- Quarterly Conner's Behavior Rating Scale to quantify treatment progress
- Attachment Centered Family Therapy
- SELF - Psychoeducation
- Comprehensive Sensory Room for sensory modulation
- ARISE

EDUCATIONAL Opportunities

- ▶ On grounds, privately licensed middle and high school offers the opportunity to earn transferable credits, high school diplomas, GED prep and testing, credit recovery, SAT prep and testing and online college courses.
- ▶ Certified Special Education Teachers.
- ▶ School psychologist and Guidance Counselors.
- ▶ Career and technical education opportunities to include earning industry standard certifications (OSHA, ServSafe and Ed2Go).
- ▶ Music and Art classes are offered through the school as well as a number of clubs to include: Ornithology Club, Ichthyology Club, Industry Club, Wellness Club and Craft Room.

FAMILY ENGAGEMENT

Master's level Mental Health Therapists engage in weekly family therapy via phone or in person. These sessions revolve around addressing presenting issues that have occurred in the home and work to return the family unit to a healthier level of functioning. Additionally, these sessions are geared to assist the family in preparing for the return of their child to the home and to enable the family to sustain the progress the child has made while in placement. In addition to family therapy, additional family visitation opportunities are offered every two weeks. Transportation assistance is available on as needed basis. Quarterly, we offer a family support event on campus which allows families of children with severe behavioral/mental health needs an opportunity to support each other and share their experiences.

ADDITIONAL OPPORTUNITIES

Work force development, restitution and community service opportunities, on-site provider of services with the Office of Vocational Rehabilitation (OVR) and the Pennsylvania Alliance for Career and Technical Training (PACTT). Interscholastic and intramural athletics are also available.

Our **90** ACRE Campus IN THE Allegheny National Forest in northwestern Pennsylvania,

TUCKED QUIETLY AWAY from what many of our kids are accustomed to. THIS SETTING PROVIDES A FRESH START, FROM THE MOMENT YOU TURN ONTO OUR TREE LINED DRIVE.

IN A SAFE, NURTURING AND STRUCTURED ENVIRONMENT, WE *Empower* YOUNG MEN TO MAKE POSITIVE CHANGES in their behavior, attitude and beliefs.



BUILDING Since 1973
**BETTER
FUTURES**

1.800.ABRAXAS | www.abraxasyfs.org

FOR MORE INFORMATION:

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

Abraxas I

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Abraxas Residential Mental Health Services (PRTF) is a service of Abraxas I, licensed by The Commonwealth of Pennsylvania Department of Human Services and the Office of Mental Health and Substance Abuse Services, accredited by The Joint Commission, member of the National Alliance On Mental Illness, and partnering with the Sanctuary Institute for clinical and organizational change.