



ABRAXAS I

Intensive Drug & Alcohol Treatment for Girls

Our goal is to assist young women in developing a strategy for recovery through building positive relationships; enhancing self-esteem and body image; teaching life skills; and providing clinical services, in effort to support a sober and successful future.



CLINICAL SERVICES

- Cognitive behavioral team approach to treatment and case management
- Minimum of 10 hours of primary care services per week provided to each youth
- Gender specific programming:
 - Hazelden curricula for women to include A Woman's Way Through the Twelve Steps and Moving On
 - Girls Circle
- On-site PTSD groups
- Outpatient individual trauma focused therapy as deemed necessary
- Outpatient group counseling and education focused around sexual assault and violence
- Anger Management for Substance Abusing and Mental Health Clients curricula utilized weekly
- Individual, group and family counseling - family counseling is provided via phone, on-site and via video (*video in select PA counties*)
- Daily group counseling - topics include domestic violence, abusive relationships, sexual assault, self-esteem and life skills

ADMISSION CRITERIA

- Delinquent and/or dependent female youth ages 13 to 18+
- Current chemical abuse and/or dependency
- IQ of 70 or above

EDUCATIONAL SERVICES

- On grounds, privately licensed middle and high school offering diploma and GED tracks, credit recovery, SAT prep and testing and college courses through a local community college
- Career and technical education and workforce development opportunities
- Restitution and community service opportunities
- Therapeutic recreation at both on-site and off-site fitness facilities
- Experiential learning
- Daily tutoring
- Field trips
- Interscholastic athletic opportunities through a co-op with a local high school

CLINICAL CURRICULUM & ACTIVITY MATRIX

Family Circumstance; Parenting	Family Conferencing Process
Education / Academic Skills	Casey Life Skills CTE Programs Employability Soft Skills
	High School Diploma/GED College Courses Credit Recovery
Peer Relations	Moving On Girls Circle
Substance Abuse	Living in Balance Woman's Way Through the 12 Steps The Truth About Drugs
Leisure, Recreation & Community Engagement	Victim Awareness Restitution Community Service Intramural Sports PIAA Athletics
Personality / Behavior, Behavioral Health	Victim Awareness PTSD SELF Psycho-Education CBT - Thinking Errors (New Direction Criminal & Addictive Thinking)
Attitudes; Orientation	Anger Management Transforming Anger into Personal Power Victim Awareness Gun Violence Prevention
Employment / Workforce Development	Girls Circle Casey Life Skills Employability Soft Skills



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Fully funded by Managed Care for Pennsylvania youth who meet the requirements for this level of treatment (ASAM Level III.1 or III.5). Managed Care Organizations include PerformCARE, CBH, CCBHO, MHS and VBH.

The Intensive Drug and Alcohol Treatment Program for Girls is a service of Abraxas I, licensed by the Commonwealth of Pennsylvania Department of Health, Division of Drug and Alcohol Program Licensure and Department of Human Services, Bureau of Human Services Licensing, accredited by The Joint Commission and partnering with the Sanctuary Institute for clinical and organizational change.