

ABRAXAS I

Residential Mental Health Services Unit



FOR OVER 40 YEARS....

Abraxas Youth & Family Services

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

With a 1:4 staff to youth 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.

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 youth use the Sanctuary Tools. These activities and practices enhance treatment outcomes and overlay an element of trauma-sensitivity to all that we do.

OUR TREATMENT APPROACH

The treatment milieu is highly structured, consistent, and predictable in order to match the treatment environment with the functional level of each resident. Each youth's individualized course of treatment is designed through a multi-disciplinary team approach which includes assessment, treatment planning and intervention strategies.

All youth participate in an intensive evidence-based group curriculum which includes anger management, social skill development and Balanced and Restorative Justice. Our goal is to holistically address each youth's emotional needs and assist him in developing the skills necessary to function in the least restrictive environment that is clinically appropriate.

Treatment modalities include, but are not limited to:

- Individual, group and family therapy
- Trauma Focused Cognitive Behavioral Therapy
- Aggression Replacement Training (ART®)
- Dialectical Behavioral Therapy
- Psychiatric Services (Weekly)
- Casey Life Skills
- La Red Leadership Curriculum
- The Truth About Drugs
- Project Alert
- PTSD Residential Treatment Curriculum
- SELF - Psychoeducation
- Parenting Skills

Our 90 acre campus sits 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.

EDUCATIONAL OPPORTUNITIES

The on-site Arlene Lissner Middle/High School is a private school, fully accredited and licensed by the Pennsylvania Department of Education, serving grades 7-12. Our school is staffed by certified teachers who are committed to assisting all of the students with their educational needs and goals. We offer diploma and GED tracks, credit recovery, SAT prep and testing and college courses through a local community college. A variety of career and technical education opportunities are offered as well as the opportunity to earn industry standard certifications including OSHA, ServSafe, and ALISON certifications, among others.

FAMILY ENGAGEMENT

We can assist families with monthly transportation on an as needed basis. Structural Family Therapy occurs weekly with the youth and their parents/guardians throughout the entire length of stay. Structural Family Therapy addresses problems in functioning within a family. Each youth's Master's level Mental Health Professional (MHP) will assist and support the family as a system in therapy in order to understand the invisible rules which determine its functioning and define the relationships between family members with the goal of stabilization into healthier patterns.

ADDITIONAL SERVICES

Work force development, restitution & community service opportunities, and interscholastic & intramural athletics are available.

**In a Safe, Nurturing and Structured Environment,
WE EMPOWER YOUNG MEN TO
MAKE POSITIVE CHANGES
in their behavior, attitude and beliefs.**



Abraxas

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FOR MORE INFORMATION:

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

Abraxas I

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The Residential Mental Health Services Unit (PRTF) is a service of Abraxas I, licensed by The Commonwealth of Pennsylvania Department of Human Services, Bureau of Human Services Licensing 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.