

ABRAXAS I | STEP (Social Training and Education Program)

This 14 bed, open residential unit provides social skill development and substance abuse education/prevention to male youth between the ages of 13 to 18+.

The STEP program enables youth to transition within the Abraxas I continuum of services on the Marienville, PA campus. Utilizing a cognitive behavioral model and a trauma informed care approach, a strong emphasis is placed on life skill development and Balanced and Restorative Justice.

HIGHLIGHTS

- Primary focus on substance abuse education/prevention, social skill development, and Balanced & Restorative Justice
- Evidence Based and Supporting Curricula:
 - Casey Life Skills - modules facilitated on a twice-weekly basis
 - Teens on Target Violence Prevention - modules facilitated on a weekly basis; curriculum completion within 13 weeks
 - Pennsylvania Victim/Community Awareness Curriculum - modules facilitated on a weekly basis; curriculum completion within 26 weeks
 - Project Alert - modules facilitated weekly; depending upon admission date, residents have the potential to complete the curriculum within 21 weeks
 - The Truth About Drugs - modules facilitated weekly; depending upon admission date, residents have the potential to complete the curriculum within 31 weeks
 - Transforming Anger into Personal Power - modules facilitated weekly; curriculum completion within 13 weeks
 - Those youth with drug-selling and/or gang related issues will receive individualized services. Those with gang related activity will participate in the Phoenix Curriculum
- Trauma-informed care approach utilizing the Sanctuary Model
- Individual and group counseling
- Family sessions
- On grounds, privately licensed middle and high school which offers diploma and GED tracks, credit recovery, SAT prep and testing and college courses through a local community college
- Career and technical education opportunities
- Restitution and community service opportunities
- Interscholastic and intramural athletics
- Program length is 6-9 months but variable lengths of stay will be accommodated for youth transitioning from other units on campus



CLINICAL CURRICULUM & ACTIVITY MATRIX

Family Circumstance; Parenting	Family Sessions Carey Guides	
Education / Academic Skills	Casey Life Skills CTE Programs Employability Soft Skills Carey Guides	High School Diploma/GED College Courses Credit Recovery
Peer Relations	New Direction-Socialization Carey Guides	
Substance Abuse	Project Alert The Truth About Drugs Carey Guides	
Leisure, Recreation & Community Engagement	Victim Awareness Restitution Community Service Intramural Sports PIAA Athletics Carey Guides	
Personality / Behavior, Behavioral Health	Victim Awareness PTSD SELF Psycho-Education CBT - Thinking Errors Carey Guides	
Attitudes; Orientation	Transforming Anger into Personal Power Victim Awareness Gun Violence Prevention Beyond Anger Carey Guides	
Employment / Workforce Development	Casey Life Skills Employability Soft Skills Carey Guides	



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The Social Training and Education Program is a service of Abraxas I, licensed by the Commonwealth of Pennsylvania 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.