

ABRAXAS ACADEMY

SECURE TREATMENT

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The Abraxas Academy offers Secure Treatment for male youth between the ages of 14-18 who demonstrate a consistent display of delinquent patterns through multiple placements, serious charges, and problematic behaviors.

At Abraxas Academy, we provide the framework for treatment through the Sanctuary® Model. Sanctuary promotes safety and recovery from adversity through the active creation of a trauma-informed community. These activities and practices enhance treatment outcomes.

Guided by the Balanced and Restorative Justice Model,

Abraxas Academy provides youth with tools to make a positive contribution to their communities, while building life skills that will benefit them far beyond their time at Abraxas. Prior to program completion, residents use their learned skills and knowledge around victim awareness, restorative justice and competency development to prepare and present a BARJ Presentation, which is a culmination of all their treatment.

Our TREATMENT APPROACH

The program offers a combination of treatment modalities which are facilitated through both weekly individual sessions and daily group sessions.

Youth attend two groups per day. We offer therapeutic groups facilitated by masters level clinicians and psychoeducational groups facilitated by treatment staff that specifically address the residents' criminogenic needs. Specific focus is placed on Attitudes and Orientation, Personality/Behavior and Behavioral Health, Peer Relations, and Family Circumstance.

Treatment modalities include but are not limited to:

- Thinking for a Change (T4C)
- Drug and Alcohol education utilizing The Matrix Model for Teens and Young Adults and Hazelton Curriculum
- The Sanctuary® Model
- Post-Traumatic Stress Disorder (PTSD)*
- Casey Life Skills
- PA Victim/Community Awareness Curriculum
- Teens on Target: Violence Prevention Curriculum
- Cognitive Behavioral Therapy – Thinking Errors
- La Red Leadership Curriculum

*PTSD group is for youth who meet specific criteria and are willing to participate in a 16 week closed group.

Clinical staff assesses competencies through the youth's ability to comprehend, internalize, and finally apply learned concepts. Through testing and critical assessment, our treatment approach is designed to prevent youth from "just getting through the program". This program aims to establish a deeper understanding of how adversity shapes each resident's choices and teaches positive decision making skills for the future.



EDUCATIONAL Opportunities

Abraxas Academy operates a year-round privately licensed school that offers a full range of educational services.

CAREER & TECHNICAL EDUCATION

Vocational Programming Offered:

- Barbershop
- Culinary Arts
- Electrician
- Horticulture
- Woodshop
- Certifications in OSHA 10, ServSafe and First Aid & CPR

The Academy has partnered with Berks Career and Technology Center to provide residents with hands-on career and technical education opportunities. With the approval of The Court, select students will be provided the opportunity to participate in this off-grounds learning experience.

Affiliated with the Pennsylvania Academic Career/Technical Training Alliance

- Residents attend school daily and credits are transferable
- Diploma and GED tracks are available
- SAT testing
- Individualized assistance in class, plus tutoring is available
- Animal Empathy Program
- Special Education teachers work with all IEP students to make sure their individual education plans are correctly implemented
- Keystone testing is offered for 9th and 11th grade students
- Interactive SMART board technology

Family INVOLVEMENT

- Family therapy is offered and encouraged every two weeks - the session is guided by the treatment plan
- Abraxas Academy will provide transportation for approved family members once a month
- Case managers or clinicians provide families with bi-weekly phone updates
- Families are invited to participate in quarterly treatment meetings via telephone or in person
- Both teleconferencing and video conferencing are available upon request

Additional SERVICES

- Psychological or Psychiatric evaluation within 30 days of admission
- On-site medical and dental services
- Restitution Program
- Community Service

RECREATIONAL & SOCIAL Activities

Youth are involved in structured recreational programs on a weekly basis to promote pro-social skills, develop positive self-image and increase self-esteem. Particular emphasis is placed on the development of healthy, drug-free leisure activities. Activities include indoor and outdoor athletic games, climbing wall, music, arts & crafts, and cooking with no-bake recipes.

Abraxas

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Abraxas Academy is licensed by the Commonwealth of Pennsylvania Department of Human Services, accredited by The Joint Commission and is partnering with the Sanctuary Institute for clinical and organizational change.



FOR MORE INFORMATION:

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