



Experience *Challenge*

Experience *Change*

Experience *Success*

Experience **ABRAXAS LDP**

**ABRAXAS**

**LEADERSHIP DEVELOPMENT PROGRAM (LDP)**





**The Abraxas Leadership Development Program (LDP)** is located in South Mountain, PA on the secluded grounds of the state owned, South Mountain Restoration Center. Since its inception in 1994, LDP has worked to instill leadership skills, promote accountability and develop competencies in youth. Guided by the Balanced and Restorative Justice Model, LDP provides residents with tools to make a positive contribution to their communities, while building life skills that will benefit them far beyond their time with Abraxas.

## BALANCED AND RESTORATIVE JUSTICE

- Victim awareness through Individual Service Plan (ISP) goals and services, weekly groups and family conferences
- Competency development through pro-social skills and vocational training
- Restorative justice through restitution and community service



Through our Leadership Curriculum, a high emphasis is placed on leadership training, leadership activities, and opportunities for youth to earn leadership positions and responsibilities. Strong staff relationships and modeling of positive leadership skills are also emphasized and provide a solid foundation for youth to develop. Acceptance for the responsibility of their actions and the realization that they are accountable for those actions are the basic building blocks for genuine change in the youth we serve. Through our Experiential Education model, residents are exposed to high-adventure wilderness and team-building activities and are subsequently challenged to explore the significance of personal determination, teamwork, and overcoming adversity.

## LEADERSHIP EXPERIENTIAL ADVENTURE PROGRAM (L.E.A.P.)

L.E.A.P. provides experiential learning opportunities, adventure-based programming, community service, restitution, vocational programming, and workforce development opportunities for youth. L.E.A.P.'s mission is to develop an awareness of community while promoting individual responsibility, accountability, and character development through experiential education and adventure programming. L.E.A.P. is accredited by the Association for Experiential Education.

### ADVENTURE ACTIVITIES INCLUDE:

Team builders; Trust Building; Low Challenge Course; High Challenge Course; 600' Zip Line; Rock Climbing; Rappelling; Canoeing; Back Packing; Historical Tour Trips; Overnight Camping; and Caving.

### VOCATIONAL AND WORKFORCE DEVELOPMENT ACTIVITIES INCLUDE:

Horticulture/Landscaping & Design; Indoor/Outdoor Maintenance; Microsoft certifications; Red Cross certifications; OSHA 10 certifications; Career planning and soft skill development. All youth make a portfolio illustrating their accomplishments and skills developed while at the program.



## SUBSTANCE ABUSE SERVICES

- Substance Abuse Prevention Groups for male LDP residents
- Includes up to 12 youth in a 10 week cycle
- Facilitated by a licensed CADC
- D/A progress assessment completed at end of 10 week cycle

## FAMILY CONFERENCES

- Over 1200 conferences facilitated annually
- Offered to families every 14 days
- Teleconferences offered in lieu of on-site conferences
- Family contracts established with youth and family prior to discharge
- Goals of Family Conferencing Process: Identify and Address Resident Issues; Address Family Dynamics; Improve Family Communication; and Establish a Foundation for Youth's Return Home

## PTSD

- Offered to youth with past trauma identified in referral packet
- Small groups of 4 to 6 female youth
- 12 week closed group; facilitators are certified

## GENDER SPECIFIC PROGRAMMING

- All individual and group services take into account issues that young women face
- Evidence based Girls Circle curriculum offered through three different tracks
  - Mind, Body, Spirit
  - Honoring Our Diversity
  - Paths to the Future

## EDUCATIONAL SERVICES

- On site, year round, licensed private elementary (grades 5-8) and secondary school (grades 9-12)
- High school diploma and GED tracks, and special education services

## AGGRESSION REPLACEMENT TRAINING (ART)

- Facilitated by certified trainers according to fidelity
- 10 week closed Anger Control Group
- 8-12 youth per group
- Three hours of training each week; one hour for Anger Control (10wks) Skillstreaming (26wks), Moral Reasoning (26wks)





# Abraxas

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## FOR MORE INFORMATION:

[info@abraxasyfs.com](mailto:info@abraxasyfs.com)

[www.abraxasyfs.com](http://www.abraxasyfs.com)

## Abraxas Leadership Development Program

10058 South Mountain Road

Building #6

South Mountain, PA 17261

(p) 717.749.7440

(f) 717.749.3551

