

**ABRAXAS**

**Leadership Development**

for **Girls**



**Experience** *Challenge*

**Experience** *Change*

**Experience** *Success*

*Experience*

**ABRAXAS LDP**

Utilizing a cognitive behavioral approach, LDP challenges young women to increase their level of accountability for their actions, explore the significance of personal determination, overcome adversity in their lives and practice being productive members of a team.



## HIGHLIGHTS

*Instills leadership skills, promotes accountability and works to develop competencies in young women ages 13 to 18*

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The Sanctuary Model® is utilized as a framework for treatment through the active creation of a trauma-informed community.

Areas of risk/need as identified on the Youth Level of Service (YLS) are addressed through individual and group counseling. Specific focus is placed on Attitudes/Orientation; Personality/Behavior; Education; and Community Engagement.

Leadership Experiential Adventure Program provides experiential learning opportunities, adventure-based programming, community service, restitution, vocational programming, and workforce development opportunities.

Girls Circle: Facilitated in small groups and covers topics to include: Relationships; Mental/Physical Health; Diversity; Values; Body Image; Boundaries; and Sexuality.

Healing the Experience of Trauma is offered as an additional group for appropriate youth.

ART® is facilitated by certified trainers according to fidelity.

Independent Living Group for girls 16 and over which covers the following topics: Employment Skills, Living on Your Own, and Money Management.

Substance Abuse Services - 10 week Specialized Drug & Alcohol Group for youth identified at higher risk for relapse.

*Affiliated with the Pennsylvania Academic Career/Technical Training Alliance*

### Abraxas Leadership Development Program

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