

Lehigh Valley Community Programs offer a wide variety of services for at-risk youth and their families in Lehigh and Northampton Counties.

ADMISSIONS CRITERIA

- Families and/or youth involved with Children and Youth Services
- Adolescents (males and females) age 10-18 or families with children up to age 18

Youth/families in the program have access to Abraxas staff 24 hours a day/7 days a week. Our staff is available for the challenging behaviors exhibited by the adolescents to truly assess their needs and to fully assess the parents/guardians parenting capabilities. A core component of the program is educating parents and this includes assessing their learning style and their needs. We believe the most opportune time to do this is during a crisis/out of control situation. Success is not measured by how sessions go with the Abraxas team, but rather the time in between each session.



SERVICES OVERVIEW

FAMILY STRUCTURE RESTORATION

Family Structure Restoration is a multi-dimensional approach that assists families in creating a solid foundation from which to build positive, sustainable change for the future. This approach can be applied to Reunification, Diversion and In Home Services.

The three main components of the program are: Balanced Parenting, Brokering of Community Resources and Developing Self Sufficiency, to include individual case management for the adolescents in the home setting. The program is committed to strengthening family structure and cohesion, improving parental communication skills and increasing the parental skills for applying structure in the home.

VISIT COACHING

Visit Coaching aims to help parents understand the effects the parent/child separation process can have on their child. The Visit Coach works to empower the parents to plan visits around their strengths, identify the child's needs and determine how to meet those needs. The Visit Coach actively supports the parents by helping them demonstrate their best parenting skills to improve visits for their child. The support provided by the Visit Coach facilitates reunification.

AGGRESSION REPLACEMENT TRAINING® (ART)

Aggression Replacement Training is a cognitive behavioral intervention specifically targeting chronically aggressive youth ages 12 to 17. It consists of 10 weeks of group training sessions for each of the targeted interventions: *Skill Streaming, Anger Control Training, and Moral Reasoning*. Skill Streaming teaches participants how to replace anti-social behaviors with positive behaviors. Anger Control teaches participants how to respond to anger in a non-aggressive manner and re-think anger provoking situations. Moral Reasoning helps raise participants' levels of fairness, justice and concern for the needs and rights of others.

FOR MORE INFORMATION AND REFERRALS:

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