

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

ADMISSIONS CRITERIA

- Youth (ages 10-18) and their families involved with Juvenile Probation

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 is a multi-dimensional approach that assists families in creating a solid foundation from which to build positive, sustainable change for the future. It is based on three main components: *Brokering Community Resources, 1 on 1 Decision Making Skills, and Balanced Parenting.*

The program is committed to strengthening overall structure and cohesion, improving parental/child communication skills, improving day to day decision making skills and improving parental skills in dealing with adolescent's challenging behaviors.

Brokering Community Resources connects adolescents and their families to community resources and developing systems for sustainability. This includes: education services, recreational activities, enrollment in mental health and/or drug and alcohol services, employment and any assistance the family may need in maintaining the family home.

1 on 1 Decision Making Skills consists of working 1 on 1 with the adolescent on improving day to day decision making skills focusing on:

- processing day to day situations
- focusing on current and future goals while removing day to day barriers
- making pro-social lifestyle changes and improving communication skills

Balanced Parenting is a process to teach, adapt, role model, empower and motivate parents to make fundamental changes to create a strong family foundation. Examples include: teaching parents effective interventions when dealing with challenging behaviors, stressing the importance of +/- reinforcement strategies and how to implement, creating interventions for things like truancy, improving and removing communication barriers, parental empowerment and strength based relationship building.

Aggression Replacement Training® (ART) 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:

1444 W. Hamilton Street, Suite 104
Allentown, PA 18102

rschoeneberger@abraxasyfs.com

Abraxas
a GE Group Company®

Telephone: (610) 432-0106

Fax: (610) 432-1280

www.abraxasyfs.com