

Highlights:

- Community based intensive in home treatment service for youth and families. Serving both delinquent and dependent males and females, up to the age of 21 who are amenable to treatment and can be maintained safely in the community.
- Mixed counseling program offers weekly individual, group and family sessions.
- Evidence based practices incorporated in all areas of treatment.
- Individual sessions focus on development of prosocial skills, anger management and effective communication and problem solving skills.
- Mentoring through one-on-one and group activities revolve around adventure and enrichment. These activities and trips provide positive opportunities for youth to improve social skills and competencies.
- Family component includes parent management training and generalization of skills in the home.
- Truancy reduction is a key part of the programs treatment goal of education with youth having concerns in this area.
- Assistance in the area of employment/workforce development as needed, with emphasis on assisting youth with resume development, application process, interviewing skills, finding employment, and budgeting.
- Many program activities and group sessions are held after school hours to create time for youth to be involved in a positive and safe learning/growth environment.
- Community service opportunities are an integrated part of the program for all youth.
- Juveniles receive curfew calls each night.
- The program provides random drug testing weekly for all youth involved to assist in monitoring and treatment of substance abuse.
- Youth that fail to follow program expectations may attend adjustment group held every Saturday at eight AM.
- Electronic monitoring/GPS is provided if identified as a needed resource.
- Transportation to and from group sessions and activities is provided by the program.

Clinical:

- Each juvenile and family is assigned a case manager that completes a comprehensive treatment plan with goals that are continually evaluated and updated every 30 days.
- Involvement of the parents in treatment is an integral part of programming. Parents are involved and supported to affect future success with youth once clients are discharged. Case managers start by reviewing parent management strategies with the family. Furthermore the utilization of the *Family TIES curriculum* with the youth and parents serves to bridge learning from the program to the home.
- Clinical groups are held once per week after school (day/time depending on the county served). The use of *Aggression Replacement Training* and the *expanded PREPARE curriculum* and *Girl's Circle*, evidenced based curriculums, are used to address area of concerns involving but not limited to anger management, social skills, problem solving/decision making, and moral reasoning.
- Measures used to evaluate progress include How I Think Questionnaire(HIT) and the Family Assessment Device (FAD).

Evidence Based Practices:

Theoretical Framework:

- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing (MI)
- Transtheoretical Model of Change

Evidence Based Curriculum:

- Aggression Replacement Training (ART)/PREPARE
- Family TIES
- Girl's Circle



**For more information or to make a referral, contact Kelli Petterson at:
717-648-2878 (p) kpettersson@abraxasyfs.com (e)**