

THE ABRAXAS ACADEMY



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Located in Morgantown, Pennsylvania, just minutes off the Morgantown exit of the PA Turnpike, the Abraxas Academy is a secure residential treatment program which offers treatment for male sexual offenders and male habitual offenders as well as a detention unit for male and female youth between the ages of 10 to 18.

All the programs at the Abraxas Academy are licensed by the Department of Public Welfare (Office of Children, Youth and Families). Abraxas Academy is one of the few Joint Commission accredited and Sanctuary Model certified secure programs in the state of Pennsylvania.

Treatment at Abraxas Academy is based on the Sanctuary Model. The Sanctuary Model represents a trauma-informed method for creating or changing an organizational culture in order to more effectively provide a cohesive context in which healing from psychological and social traumatic experiences can be addressed. This treatment approach emphasizes the importance of community principles, focusing on restoring the connection with others and mutual accountability through the S.E.L.F Model and the Seven Commitments. These include committing to Non-Violence, Emotional Intelligence, Social Learning, Social Responsibility, Open Communication, Democracy, and Growth & Change.

Our Sanctuary rules of the road give residents a greater voice in their treatment and no longer can only clinical staff support a resident's progress. Operational staff now know the terminology and have received Sanctuary training to understand that the critical question in treatment is not, "what's wrong with that child?" but, "what has happened to that child?" The change in perspective is quite significant and palpable. Particularly in our Sex Offender Program, residents receive an increase in interaction and support because they quickly come to trust the staff's commitment to their healing.

In addition to the Sanctuary Model, both treatment programs also offer Aggression Replacement Training (ART) which focuses on skill streaming, anger control and moral reasoning.

ADMISSION CRITERIA

Sexual Offender Treatment Program

- Delinquent males, between the ages of 14-18 (12 and 13 year olds will be reviewed on a case by case basis)
- History of sexual offenses or current sexual offense adjudication
- IQ of 70 or higher
- May have a history of aggression
- May have some co-occurring mental health diagnoses

Habitual Offender Treatment Program

- Delinquent males, between the ages of 14-18 (12 and 13 year olds will be reviewed on a case by case basis)
- IQ of 70 or higher
- History of multiple placements, serious charges, and/or aggressive behaviors



TREATMENT TRACKS

The Sexual Offender Treatment Program

provides offense specific treatment for delinquent males between the ages of 14-18. Additional curriculums offered within this unit include: Cognitive Restructuring; Conflict Resolution; Social Skills Training; Drug & Alcohol Education; S.E.L.F Model; and Balanced and Restorative Justice.

The ERASOR (Estimate of Risk of Adolescent Sexual Offense Recidivism) is completed at admission, every six months thereafter, and at discharge for all residents in this unit. The Pathways curriculum is also used in conjunction with appropriate assessment, weekly core group and individual counseling sessions to address the sexual behavior issues of youth in our care. Through progressive stages of clinical treatment, youth are expected to gain a better understanding on issues of clarification, boundaries, relationships, consent, empathy, distortions, alternatives, relapse prevention, and overall accountability for their sexual behavior and contributing issues that led to placement.

CLIENTS IN THE SEX OFFENDER TREATMENT PROGRAM RECEIVE THE FOLLOWING ASSESSMENTS:

MAYSI-2: The MAYSI-2 is a measure designed to assist juvenile justice facilities in identifying youth who may have special mental health needs. The MAYSI-2 provides information in the following areas:

- Alcohol/Drug Use
- Anger-Irritability
- Depression-Anxiety
- Somatic Complaints
- Suicide Ideations
- Thought Disturbance
- Traumatic Experience

Estimated Risk of Adolescent Sex Offender Recidivism (ERASOR):

The ERASOR is an empirically grounded structured risk assessment, designed to assist evaluators to estimate the risk of sexual re-offenses for individuals aged 12-18 who have previously committed a sexual assault. The ERASOR can be used as a tool for evaluation, treatment planning, and delivery.

RISC Assessment: The RISC assessment assists practitioners in determining the level of suicide/self-harm risk for each resident.

STAXI-2: This is utilized when a resident has a caution or warning on the Anger/Irritability section of the MAYSI-2.

Beck Depression inventory: This is utilized when a resident has a caution or warning on the Depression-Anxiety section of the MAYSI-2.

Ansell-Casey Life Skills Assessment: This assessment identifies how well a client knows and can implement certain life skills.

Trauma Symptom Checklist for Children (ages 13-17)-TSCC: This assessment is intended for evaluating children who have experienced traumatic events.

Polygraph as an assessment tool: Polygraphs are conducted on residents by an experienced polygraph examiner who is an American Polygraph Association Primary Polygraph Instructor, a member of the American Association of Police Polygraphists and a Polygraph Instructor at Harrisburg Area Community College, Harrisburg, PA and the PA State Police Polygraph Academy at Fort Indiantown Gap. He is a certified Forensic Law Enforcement Polygraph Examiner and is certified in Post Conviction Sex Offender Polygraph Testing.

ABEL Sexual Interest Assessment for offenders: The Abel Assessment is used for an objective measure of an offender's possible sexual interest in children. Gene G. Abel, M.D., who formed the company in 1995, had spent the previous eight years developing a new technology to measure a person's sexual interests in 22 categories with emphasis on his/her sexual interest in children. This assessment is utilized in the development of the resident's individual treatment goals.

Psychosexual Evaluation as an assessment tool: This evaluation provides a detailed sexual history about a resident. The information is used in the development of the individualized treatment goals.

Abraxas employs highly qualified staff to support this unit. All clinicians are master's level and administer the majority of the weekly individual sessions. Clinicians also facilitate groups two evenings per week. Each clinician is responsible for no more than 15 youth with the assistance of two case managers. Various consultants specializing in sexual offender treatment also support this unit. In addition, Abraxas Academy currently has four Certified Sex Offender Treatment Specialists (CSOTS) on staff.

The Habitual Offender Treatment Program is for male youth between the ages of 14-18 who demonstrate a consistent display of delinquent patterns through multiple placements, serious charges, and aggressive behaviors.

The program offers a combination of treatment modalities which are facilitated through both weekly individual sessions and daily group sessions. Treatment modalities include Aggression Replacement Training (ART) which is provided three times per week and focuses on skill streaming and moral reasoning; Men's Work, which is designed to teach clients about positive male identity and the difference between stereotypes and reality; Drug & Alcohol education utilizing the Matrix Model and Hazelton Curriculum; Balanced and Restorative Justice; and Cognitive Distortions/Thinking Errors.

CLIENTS IN THE HABITUAL OFFENDER TREATMENT PROGRAM RECEIVE THE FOLLOWING ASSESSMENTS:

Ansell-Casey Life Skills Assessment: This assessment identifies how well a client knows and can implement certain life skills.

MAYSI-2: The MAYSI-2 is a measure designed to assist juvenile justice facilities in identifying youth who may have special mental health needs. The MAYSI-2 provides information in the following areas:

- Alcohol/Drug Use
- Anger-Irritability
- Depression-Anxiety
- Somatic Complaints
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RISC Assessment: The RISC assessment assists practitioners in determining the level of suicide/self-harm risk for each resident.

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Beck Depression inventory: This is utilized when a resident has a caution or warning on the Depression-Anxiety section of the MAYSI-2.

Trauma Symptom Checklist for Children (ages 13-17)-TSCC: This assessment is intended for evaluating children who have experienced traumatic events.

EDUCATIONAL SERVICES

Abraxas Academy operates a year-round privately licensed school that offers a full range of educational services.

Educational Highlights include:

- Residents attend school daily and all credits are transferable
- Diploma and GED tracks are available
- SAT prep and testing
- Small class sizes
- Individualized assistance in class, plus tutoring is available
- Special Education instructors work with all IEP students to make sure their individual education plans are correctly implemented
- PSSA testing is offered for 8th and 11th grade students

Twin Valley School District (the local public school district) provides oversight for Special Education services. The Director of Education is certified as a Special Education Teacher (SET) and oversees all required timelines and processes required for Special Education.

Education is an integral part of the Abraxas Academy treatment regiment. All students attend school Monday through Friday 8:35 AM to 3:35 PM. Students attend five different classes throughout their day. The subjects taught include English, Math, Science, Social Studies, and Health/PE. The following electives will also be offered at certain times throughout the year: Computer Science, Industrial Arts, Graphic Arts, Humanities and Keys2Work.

FAMILY INVOLVEMENT

- Families may visit once every two weeks
- Abraxas Academy will provide transportation for select family members once a month
- On-site licensed professional counselor is available for family counseling
- Counselors have weekly phone conferences with each family
- Video conferencing is available
- Teleconferencing is available
- Families are invited to participate in Quarterly Treatment Meetings
- Additional conferences with families will be based on need or by request

CONTINUING CARE

Abraxas Academy supports continued counseling and support services after discharge. Residents will leave Abraxas Academy with a Continuing Care Plan to aid in their continued success. This plan will be devised by gathering input from families, the resident, the probation officer or case manager, the resident's treatment team, and the resident's continuing care coordinator.

The family's encouragement and support in completion of this continuing care plan is very important. If a family needs additional related information, program staff will be glad to assist with more information.

MEDICAL/DENTAL/BEHAVIORAL HEALTH

Residents will be provided with a physical examination within the first week, a dental examination within 30 days, and a psychological examination within 30 days of admission. Residents are provided with other routine medical and dental care as needed by a contracted physician and dentist. All residents who are admitted on medication will have a psychiatric evaluation and have monthly medication monitoring by the program's consulting psychiatrist.

Career & Technical Education

Currently residents must have a GED or diploma to participate in the vocational curriculums which include masonry and carpentry. All residents however can participate in film/video production through the school. In addition, all residents can participate in Workforce Development, but residents are required to submit a resume, an application and must participate in an interview for the Workforce Development programs.

Abraxas Academy recently erected a greenhouse on site which will provide future vocational and restitution opportunities once it is fully functional.

All residents will receive certification in the following areas:

- Microsoft Word 2010
- Microsoft Excel
- ServSafe
- OSHA
- CPR/First Aid

All residents will complete a portfolio and take it with them at discharge. Portfolios will include:

- Photographs of residents completing various activities
- All certifications received
- Resume
- Competency Lists
- Evaluations
- Identification (birth certificate, social security card, photo ID)

ABRAXAS ACADEMY UTILIZES EVIDENCE BASED CURRICULUMS THROUGHOUT THE COURSE OF TREATMENT.

- **Aggression Replacement Training (ART)**
- **Olweus Bullying Prevention Program**
- **The Matrix Model for Teens and Young Adults**
- **The Sanctuary Model**

ADDITIONAL CURRICULA TO SUPPORT RESIDENTS' INDIVIDUAL NEEDS INCLUDE THE FOLLOWING:

- **Pathways: A Guided Workbook for Youth Beginning Treatment**
- **PA Victim/Community Awareness Curriculum**
- **Teens on Target: Violence Prevention Curriculum**
- **Young Men's Work: Stopping Violence and Building Community**



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To learn more about the Abraxas Academy, please contact your local Client Relations Liaison or call the facility directly at 610.913.8000.

