

Finding The Way Forward.



Using an individualized, strengths- based approach, YSA's ACT program provides impactful, evidence-informed interventions geared towards adjudicated adolescent males and females struggling with behavioral problems, emotional issues, trauma, substance abuse, school problems, and relational difficulties. The therapeutic milieu emphasizes skill building, the development of personal strengths, and the promotion of self-efficacy.

The youth best served and most likely to benefit fall within the following parameters:

- **Adjudicated males and females ages 14-19 years old**
- **9-12th grade level**
- **Either no prior residential placements or have been successfully discharged from a previous residential placement**
- **Substance use/abuse not requiring inpatient treatment**
- **Defined permanency plan for discharge**
- **Family/guardian resource for therapeutic engagement**
- **Non-gang affiliated**
- **Stable behavioral health history within past 6 months (no suicidal ideation/hospitalization)**
- **Compliant with medication recommendations**

Exclusionary Criteria

Adventure-based interventions are recognized as an effective treatment modality for adolescent issues; however, certain diagnoses and characteristics present challenges. Our exclusionary criteria are designed to ensure that each student receives effective treatment, without compromising safety or efficacy.

We do not treat current untreated sex offenders, students with a history of significant aggressive or assaultive behavior, certain severe clinical diagnoses (e.g., active psychosis, extreme conduct disorder, autism spectrum disorder), certain severe health conditions (diabetes) and low cognitive profiles. For more information on the exclusionary criteria, please contact Ed Weaver at (484)880-8654.



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YSA's ACT Weekend program serves court ordered adolescent boys and girls between the ages of 13-20 who have not responded to interventions and sanctions within their community. The program provides a weekend "retreat" format with psycho-educational groups and homework/journaling, adventure activities and community service opportunities.

The youth best served and most likely to benefit from the ACT Weekend Program fall within the following parameters:

- **Adjudicated males and females aged 13-20 years old**
- **Substance use/abuse not requiring inpatient treatment**
- **Non-gang affiliated**
- **Stable behavioral health history within past 6 months (no suicidal ideation/hospitalization)**
- **Compliant with medication recommendations**
- **Physically able to participate in adventure activities, including several miles of hiking**

Exclusionary Criteria

We do not treat current untreated sex offenders, students with a history of significant aggressive or assaultive behavior, certain severe clinical diagnoses (e.g., active psychosis, extreme conduct disorder, autism spectrum disorder), certain severe health conditions (e.g., diabetes) and very low cognitive function. For more information on the exclusionary criteria, please contact Sierra Titus at (484) 221-0648.

