TREATMENT MATRIX
SUPERVISED INDEPENDENT LIVING

Our **SUPERVISED INDEPENDENT LIVING (SIL)** program provides a comprehensive **array of treatment services and interventions** designed to support individualized growth, recovery, and successful transition into adulthood. We specifically focus on the domains of Substance Abuse, Education/Employment, Leisure and Recreation, and Personality/Behavior through individualized treatment, community integration, and independent living skill development.

FAMILY CIRCUMSTANCES
- Family orientation meeting
- Family counseling available 1-2 times monthly
- Themed family engagement nights
- Weekly visitation
- Family community passes
- Family weekend home passes
- Graduation ceremonies with family participation
- Parenting skills classes
- Family discharge planning conferences

PEER RELATIONS
- 24-hour staff-supervised peer interaction
- Life Skills Classes on healthy relationships
- Forward Thinking journal (Relationships and Communication)
- Daily group therapy sessions
- Daily structured recreation
- Art and music collaboration opportunities
- Weekend pro-social activity trips
- Individual dormitory-style rooms



ATTITUDES & ORIENTATION
- Stages of Change treatment framework
- Motivational Interviewing approach
- Cognitive Behavioral Therapy (CBT)
- Forward Thinking journal (What Got Me Here?)
- Contingency Management through level advancement and privileges
- Structured advancement timeframes to reinforce delayed gratification
- Safe Crisis Management (SCM) and trauma-informed behavior management practices
- Individual coping skills integrated into safety and treatment planning

PERSONALITY / BEHAVIOR
- Individual psychotherapy sessions
- Forward Thinking journal (Handling Difficult Feelings)
- Group therapy with structured peer feedback
- Minnesota Multiphasic Personality Inventory-Adolescent (MMPI-A), as clinically indicated
- Outpatient psychiatric services
- Be Proud! Be Responsible! curriculum (8 sessions)
- Daily living skill development
- Employability Portfolio completion with career and interest assessments

(Continued on back)

GIVING YOUNG MEN A CHANCE TO CHANGE.

TREATMENT MATRIX
SUPERVISED INDEPENDENT LIVING

(Continued)

SUBSTANCE ABUSE
- Drug- and alcohol-free therapeutic environment
- Completion of drug and alcohol assessment
- Weekly individual therapy sessions
- Forward Thinking journal (Individual Change Plan; What About Marijuana?)
- Stages of Change-based group therapy sessions
- Family counseling sessions exploring family needs associated with substance use
- Random and scheduled urine drug screening
- K-9 narcotic detection partnership (Lancaster County)
- Individualized, strengths-based treatment planning
- 12-Step meetings onsite and in the community
- Community prevention speaking engagements
- Individual relapse prevention planning (Reentry Planning journal)

EDUCATION / EMPLOYMENT
- Educational services through Prospect Grove High School (PGHS)
- GED preparation and certified testing site
- On-site Special Education services and supports
- Graduation ceremonies
- Employment readiness training and Employability Portfolio development
- Community-based employment opportunities
- Post-secondary vocational linkage opportunities
- Computer Lab for employment, FAFSA, and career research
- Culinary Foundations Course completion
- ServSafe Food Handler Certification
- CPR Certification
- Financial Life Skills Course
- Career and Education Readiness Life Skills Course
- Metrix Learning (via the SkillUp PA initiative)
- Office of Vocational Rehabilitation (OVR) Resources

PRIOR & CURRENT OFFENSES / DISPOSITIONS
- Individualized treatment planning targeting criminogenic needs
- Comprehensive biopsychosocial interview
- Balanced and Restorative Justice framework
- Restitution payments
- Victim empathy and moral reasoning education
- Community service benefiting local nonprofits

LEISURE & RECREATION
- Daily structured recreation (fitness, sports, pro-social activities)
- Partnership with the Bench Mark Program
- Weekend community recreational trips
- Fully equipped music studio with soundproof recording booth
- Art studio programming
- Housing and Home Management Life Skills Course
- Self-Care Life Skills Course
- Computer Lab access for online courses, college applications, and job search



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MANOSHOUSE
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