

# THE WEEKEND ALTERNATIVE PROGRAM



## GOAL:

The weekend alternative program operates Friday through Sunday at the Diakon Wilderness Center campus near Boiling Springs, Pennsylvania. Youths receive therapeutically beneficial services on the weekend focused on individual treatment goal areas.

The six to ten weekend program serves as an alternative to out-of-home placement for youths who are determined medium to high risk criminogenically and are heading down the wrong path in life. Our therapeutic components help to address parent/child relationships, positive conflict resolution, and development of life skills, particularly for older youths. In fact, many participants begin the program with feelings of hostility, anxiety, and denial, but as a result of our efforts replace these self-destructive emotions with self-confidence, self-control, and a sense of accountability.

## WAP SERVICES INCLUDE:

- Strengths-based family engagement; family goal-setting occurs first weekend of involvement and is reviewed at program completion.
- Focus of family engagement is on transitioning weekend accomplishments to success at home
- Trauma-informed, gender-responsive programming
- Weekly reports that reflect results from goal-oriented motivational interviewing sessions and cognitive behavioral therapies
- Program focus on individual treatment goals and competency development based on identified treatment issues
- Counseling curriculum and activities for communication, decision-making, accountability, emotional management, substance use, positive peer identification, support for positive attitudes toward academic and social growth, and victim awareness.
- Community service activities that teach the value of giving back
- Incentive-based advancement to promote self-motivation and investment
- Range of adventure-based therapies (e.g., hiking, caving, canoeing, rock climbing, 50 ft. Alpine Tower, High ropes and low ropes courses, and zip lining) that promote trust, self-respect, and team development
- Adaptable program configurations: 2-to 5 (sanction track) and 6- to 10-weekend schedules, based on individual need
- Ability to apply for Diakon Youth Scholarship and 2nd Chance Fund by youths who successfully complete the program
- Weekly reporting that communicates youths progress with individual behavioral goals and therapeutic effort to succeed in the program and home environments

The Weekend Alternative Program  
571 Mountain Road  
Boiling Springs, PA17007

## Referrals

The Diakon Weekend Alternative Program serves male and female youths from 12 to 18 years of age. To make a referral to Diakon Youth Services Weekend Alternative Program – Contact:

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