

*"TOGETHER BUILDING A NEW WAY OF LIFE"*



# The *Firetree Chronicle*

## Meet Mike Henderson, Facility Director

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*Drug & Alcohol  
Treatment  
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Reentry Centers*

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programs.*

[www.Firetree.com](http://www.Firetree.com)

Firetree Ltd. is pleased to announce the appointment of Mike Henderson to the position of Facility Director at Conewago Place. Conewago Place is located in Hummels-town Pennsylvania and provides inpatient drug and alcohol treatment services.

Mike is originally from Lycoming County. He received a BA in Government and Politics from Kings College in 1989. He returned to school in 1992 to continue undergraduate work towards a degree in Criminal Justice, a field that always interested him. Mike was hired by the Pennsylvania State Police in 1994 but unfortunately suffered a debilitating knee injury that forced him to rethink his career path.

Mike started working for West Branch Drug and Alcohol as the Treatment Coordinator for Lycoming County's Drug Court, one of the first drug courts started in Pennsylvania. In July of



down and de-stress from the fast-paced regimen of every day life. He has noticed that the residents also take advantage of the calming effect of their surroundings by slowing down, reflecting and concentrating on their recovery and personal growth.

2001 he began working as an Addictions Counselor at Conewago Place. Due to family issues, Mike had to leave the Firetree family but was able to return at a later date to his prior position and was soon promoted to Assistant Director. He held this title for 2 ½ years before being appointed Facility Director in July of 2009.

In his spare time, Mike enjoys the great outdoors and is an avid hunter and fisherman. The semi-rural setting of Conewago Place is one aspect of the facility that drew Mike his employment there. He feels that the bucolic location helps one to slow

Mike feels that seeds are planted during the treatment experience. The idea is that the seeds will take hold and grow over time, giving individuals a chance to utilize what they have learned and make positive and lasting changes in their lives. Mike believes that it is important to help people move from the mindset of after-the-fact accountability to before-the-fact responsibility and strives everyday to assure that all residents have the most positive and productive treatment experience possible.

*"Together Building a New Way of Life"*



# Motivational Enhancement Therapy

## *Better techniques, better outcomes*

By James R. DeSanto, LSW, ICCDP-D

Corporate Clinical Director, Firetree, Ltd.

Touted as the newest evidenced based approach for the treatment of substance abuse, Motivational Enhancement Therapy (MET) is a more “kinder, gentler” client-centered, strength-based approach. MET is rooted in the social work values of starting where the client is and utilizing the client’s own solutions to reach problem resolution. This “new” approach is being utilized effectively to assist clients address their lack of acceptance and denial issues in a less confrontational, threatening manner.

Old school substance abuse therapy addressed client denial through confrontation directed at overriding the client’s impaired view of the world and imposing an awareness which the client supposedly can not see for them selves. MET addresses the client’s apparent lack of motivation and awareness through a more collaborative approach which emphasizes the client’s own strengths and resources. The old approach assumes that addiction is perpetuated by the client’s lack of knowledge about their own addiction where MET recognizes that the motivation and resources for problem resolution lie within the client. In the old school approach the counselor assumes authority for the client’s treatment,

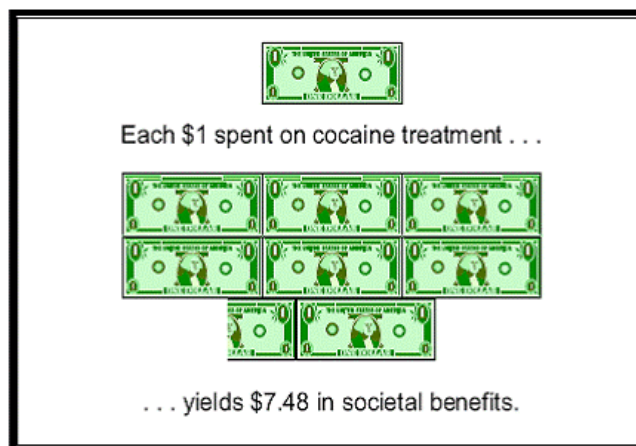
whereas in MET the counselor empowers the clients by affirming his or her right to autonomy and self direction.

The major difference in the two approaches lies in how the concept of denial is dealt with. In the old school approach, the counselor assumes that denial is an integral component of addiction and addressing this denial by attempting to tear the client down and imposing a new awareness. MET supports the concept that denial is not an inherent component of addiction, but is created by the counselor through their argumentative relationship with the client. The MET approach suggests the counselor needs to roll with the “denial” as normal resistance

to change and to address the treatment by creating discrepancy within the client’s perspectives of their own functioning.

Firetree, Ltd utilizes the MET approach along with other evidenced based treatment approaches such as Cognitive/Behavioral Therapy, Brief Intervention Therapy, 12-Step Facilitation, Anger Management, and Relapse Prevention in all of its inpatient and outpatient treatment programs. All staff are training in the MET approach during the extensive new hire orientation process and throughout their employment with on-site and off-site MET trainings.

### RETURN ON INVESTMENT FOR DRUG TREATMENT



Source: Rydell, C.P. & S.S. Everingham. "Controlling Cocaine." (1994)  
Prepared for the Office of National Drug Control Policy and the United States Army.

# Facility News



Congratulations are in order for **Conewago Place** and **Capitol Pavilion**! Both facilities went through inspections conducted by the American Correctional Association this Fall and both passed with perfect scores. The ACA inspection consists of 34 mandatory standards that must be passed and 217 non-mandatory standards of which 90% must be in compliance. ACA standards are the national measure of the effective operation of correctional systems and also help to insure that facilities are operated in a professional, safe and hygienic manner.



*Conewago Pottsville now has 16 inpatient beds available in addition to the existing 14 detoxification beds. Services are offered for Spanish-speaking individuals in both programs and transportation is also available.*

A link to virtual tours of all our facilities can be found on our homepage [www.Firetree.com](http://www.Firetree.com). Tours can also be accessed from each facilities' main page.



**Syracuse Pavillon** is scheduled to take several residents to the Mary Nelson Youth Center, a new local youth facility to speak to at-risk teens in an attempt to keep them out of trouble and out of the system. They have an arrangement to visit the center quarterly but may visit monthly depending on the response from the participants. **Syracuse Pavillon** also takes part in the yearly Youth Day Barbecue and book bag/school supply give-away sponsored by Ms. Nelson. This year over 10,000 children attended the barbecue. For more information on the barbecue and Youth Center, visit <http://youthdaybarbecue.com/>.



**Capitol Pavilion** held their annual Community Halloween Party on Saturday, November 7, 2009. This was the 14<sup>th</sup> year for this popular gathering that is part of **Capitol Pavilion's** Community Outreach Program. The party is advertised and open to anyone in the community who would like to join in on the fun. The facility played host to 34 children and their parents or guardians this year and everyone is already looking forward to next year's festivities.

## Firetree Goes "Green"!

In an effort to save trees and resources, The Firetree Chronicle will be delivered by email whenever possible. Individuals who do not have access to email will be receiving future issues via US Mail and the issues will be in black and white. If you wish to add your email address to the distribution list, please forward it to [info@firetree.com](mailto:info@firetree.com)

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[www.firetree.com](http://www.firetree.com)

## *Firetree Facilities*

### *Residential Drug & Alcohol Treatment Centers*

#### **Conewago Pottsville Detox & Inpatient**

202-204 S. Centre Street  
Pottsville PA 17901  
(570) 628-5835  
(570) 628-5836 fax  
[cpottsville@firetree.com](mailto:cpottsville@firetree.com)

#### **Conewago Place Inpatient**

424 Nye Road  
Hummelstown, PA 17036  
(717) 533-0428  
(717) 533-1050 fax  
[conewagopl@firetree.com](mailto:conewagopl@firetree.com)

### *Outpatient*

#### **Genesis House**

800 West Fourth Street  
Williamsport, PA 17701  
(570) 322-0520  
(570) 326-9674 fax  
[ghouse@firetree.com](mailto:ghouse@firetree.com)

#### **Genesis House Harrisburg**

2901 North Sixth Street  
Harrisburg, PA 17102  
(717)-236-3126  
(717) 920-5426 fax  
[ghouse@firetree.com](mailto:ghouse@firetree.com)

#### **Genesis House Bloomsburg**

320 East 2nd St.  
Bloomsburg, PA 17815  
(570) 784-4073  
(570) 784-4592 fax  
[ghouse@firetree.com](mailto:ghouse@firetree.com)

### *Community Reentry Centers*

#### **Syracuse Pavilion**

701 Erie Boulevard East  
Syracuse, New York 13210-1014  
(315) 442-5949  
(315) 442-5896 fax  
[syrpavilion@firetree.com](mailto:syrpavilion@firetree.com)

#### **Capitol Pavilion**

2012 North Fourth Street  
Harrisburg, PA 17102  
(717) 236-0132  
(717) 236-4070 fax  
[capitolpavilion@firetree.com](mailto:capitolpavilion@firetree.com)

#### **Lycoming House**

1712-1718 Point Breeze Ave.  
Philadelphia, PA 19145  
(215) 468-2797  
(215) 468-2128 fax  
[lycohouse@firetree.com](mailto:lycohouse@firetree.com)