



The Firetree Chronicle

Together Building a New Way of Life

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Treatment Tracks

Kenn Hall, MS,CAC Diplomat, CCS

**Drug & Alcohol
Treatment
Programs**

**Community
Correction
Centers**

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Determining the most appropriate treatment

track for a resident builds a strong foundation for the clinical assessment process. Correct placement directly impacts the success of the treatment process.

Four different treatment track options are available depending on the resident's needs: Stabilization, Denial, Traditional and Relapse. Depending on his/her place in recovery, a resident may be assigned to any combination of them. The vast majority of clients will follow a course of Stabilization, Denial, Traditional and Relapse Prevention tracks.

A building block of the treatment process is the **Stabilization Track**. It concentrates on assessment and evaluation. During this time frame the resident focuses on the exploration of the concepts of powerlessness and unmanageability. Determination is made as to the

appropriateness for extended care or referral to another level of care.

Residents assigned to this track are those who have recently completed a detoxification program and are awaiting assessment for referral to a more appropriate level of care.

The fourteen day **Denial Track** explores the negative consequences associated with patterns of chemical use. Additionally, the resident processes information related to the development and use of ego defense mechanisms and the concept of acceptance of the disease concept of addiction. The 12 Step models of recovery are introduced and the resident is provided the opportunity to complete a first step workbook that is in turn reviewed by the addictions counselor and then presented to the peer group for feedback.

Residents in the **Traditional Track** focus on receiving basic educational materials that place an emphasis on the

progressive patterns associated with developing chemical dependence, recovery process, and relapse process. Additionally core lectures are supported by group and individual counseling designed to highlight the recovery process, identify alternative lifestyles, support goal setting and the decision making process along with introducing life skills.

Residents who participate in the Traditional Track receive sober support through an introduction to the 12 Step Sober Support Systems available through local communities .

Treatment Tracks

Stabilization 3-7 Days

Denial 7-14 Days

Traditional 14-28 Days

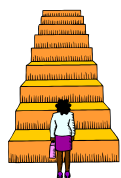
**Relapse Prevention 14-90
Days**

(cont. p.3)

Buprenorphine: A Better Alternative

“Detoxification with or without the use of Buprenorphine is only a first step in the treatment process. Unless followed by inpatient treatment, it rarely shows long term success.”

**Kenn Hall, MS,CAC
Diplomat, CCS
Firetree, Ltd.
Corporate Clinical
Director**



Buprenorphine has been established as a new FDA approved medication for detoxification treatment for opioid addicted individuals. Buprenorphine is an effective and well tolerated medication, less likely to cause respiratory depression than other medication assisted treatments as it eases the effects and symptoms of initial withdrawal. Additionally, Buprenorphine reduces opioid cravings with less chance of

abuse.

Conewago Wernersville Detoxification Center has been approved by the DEA to utilize Buprenorphine therapy in the first phase of detoxification. This new treatment was chosen to enable our staff to focus on the immediate needs of our clients during detoxification allowing our clients to move forward sooner with building a new way of life without having to be on a

long term maintenance program.

Buprenorphine medication-assisted treatment will be administered for a period of three days to those clients who have been determined appropriate for its use.

If you have questions or need additional information, you may contact Conewago Wernersville Detoxification Center at (610) 685-3733, ext. 101

Specialized D & A Outpatient Counseling

by Jim DeSanto, LSW

Addiction is commonly recognized as a chronic, generational disease, which negatively affects not only the inflicted individual but all those individuals with whom they interact. It is considered chronic because left untreated like many diseases, the end result is death. It is now known as a generational problem, because we often see the resulting dysfunction within the families of the addicted as well as the individuals involved with the particular drugs. With an increasing number of inflicted individuals becoming dually diagnosed, that is, suffering simultaneously from both addiction disorders as well as mental health disorders, this treatment population is becoming more

and more difficult to treat.

Specialized treatment facilities, which are licensed solely for the purpose of treating substance abuse disorders, have the necessary knowledge and skills to treat this increasingly difficult population. By having this skill set clinicians can treat the psychological and physiological dependencies of the disease that contribute to the sufferers desire for his/her drug of choice and their reluctance to abstain. However, the real challenge is not just abstaining but making significant changes to their former drug lifestyle since the drug/alcohol habit negatively affects every aspect of life.

Specialized treatment fa-

cilities understand the disease of addiction and the recovery process which is needed to effectively deal with it. They provide knowledgeable individuals who can provide a framework for this recovery process. They can also provide the addict with other individuals who are currently suffering the same fate. This can assist the addict with feeling an increased sense of normalcy, while providing an atmosphere conducive for change. They can address the underlying emotional triggers of addictive behavior, while assisting the individual in learning to become more independent in functioning. Specialized counseling confronts the denial inherent in addiction as well as the

(cont. p.3)



Genesis House, Williamsport

Staff Spotlight: Steve McCardell, Compliance Officer

Steve McCardell's position as Compliance Officer may sound simple on the surface; insure that Firetree's facilities comply with all licensing and standards. The complexity of these standards and licenses are multiplied by the variety of facilities and the licensing bodies seem much more like a Herculean task upon investigation.

Steve keeps up with changes in licensing requirements and facilitates their implementation in Firetree's programs. "It is

definitely not a one person job. I work with teams comprised of corporate and program staff. I see myself as a conduit; one that communicates and investigates."

A rigorous schedule of internal audits keeps Steve on the road much of the time. Firetree does not depend on external agencies to audit their facilities but rather depends on its own audits to insure not just compliance but excellence. "Our internal checklists and audit procedures are

more stringent than any imposed by outside agencies. We are not satisfied with just meeting basic requirements."

Steve's career began in 1992. As a program monitor at Capitol Pavilion. His attention to detail and concern for quality lead him naturally into his current position.

Steve's dedication is an important component in Firetree's mission statement "*Together Building a New Way of Life.*"



Steve McCardell

Treatment Tracks *(continued from page 1)*

Residents assessed and assigned to the **Relapse Track** concentrate on addressing issues related to the identification of the relapse process. Through group and individual counseling the resident identifies relapse triggers,

warning signs, and alternate coping strategies. Each participant is responsible for developing an individualized relapse prevention plan that is reviewed. The review is with the primary addiction counselor and then

presented for peer review during a process referred to as the "Relapse Court."*

*(Note: *Our Summer 2005 issue will feature an article about Relapse Court. An article describing "Breaking Barriers" appeared in our Winter 2005 Newsletter.*

All Treatment Tracks are supported by a series of therapeutic approaches that include:

A Framework for Breaking Barriers

A Commitment to Change

The Franklin Reality Model

Specialized D & A Outpatient Counseling *(continued from page 2)*

It helps individuals gain self acceptance as well as improved role fulfillment. Specialized treatment can assist in providing some stability to the addicted while in transition from their past dysfunctional lifestyle to their future more productive one. It can link the individual with expanded support systems,

to assist the individual in not only making those needed connections, but in dealing with some of the barriers to those systems they will most certainly face. Treatment does not supplant the need for the addict to participate in an outside recovery program, but supplements their participation while they gain

the stability to function without it. Treatment should be short-term, based on the functioning of the individual addict, and should be focused on the ultimate goal of fostering the individuals independence .

If you would like to schedule a presentation on Treatment Tracks, treatment modalities or other aspects of Firetree's therapeutic approach, email:

tduer@firetree.com

Clients Corner

Wandering aimless no purpose or cause,
Back in prison; another pause,
Going in circles no change in sight,
Until I found PennCapp
They showed me the LIGHT!

Don't look behind you focus ahead,
Know where you are going.
Here's what they said,
Living the past is as if you are dead.

Your thinking control's the body you're in,
Your thinking is why you're back in again,
Change your beliefs and practice each day.
You then will find a much better way.

I've broken the circle in where I was lost
Avoiding returning again at all cost.
I've drank the water, I've put it on tap.
Quenching my thirst.

THANK YOU PENN CAPP!!!

*Note:
PennCapp is a
specialized
program that
is part of
Firetree's
Community
Corrections
Services*

Circulate to:

Facilities Update

Conewago Wernersville's recent DOH inspection resulted in an average score of 99%. "Our goal for the next inspection is 100%." *Amy Ertel, VP Firetree, Ltd.*

Conewago Place once again received an 100% on its recent ACA inspection.

Members of the Firetree, Ltd Group

Detoxification and Inpatient Services

Conewago Wernersville
165 Main Street, Bldg. 18
Wernersville, PA 19565
(610) 685-3733

Conewago Place
424 Nye Road
Hummelstown, PA 17036
(717) 533-0428

Lycoming House
1712-1718 Point Breeze Ave.
Philadelphia, PA 19145
(215) 468-2797



Outpatient Services

Genesis House, Inc.
800 West Fourth Street
Williamsport, PA 17701
(570) 322-0520

Genesis House Harrisburg
1826 North Second Street
Harrisburg, PA 17102
717-236-3126 x 304

Firetree, Ltd.
800 West Fourth Street
Williamsport, PA 17701
Phone: 570-601-0877
Fax: 570-326-1050
E-mail: info@firetree.com
***Together Building a New
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Community Corrections Centers

Capitol Pavilion
2012 North Fourth Street
Harrisburg, PA 17102
(717) 236-0132

Conewago Wernersville
165 Main Street, Bldg. 19
Wernersville, PA 19565
(610) 685-3733

Syracuse Pavilion
701 Erie Boulevard East
Syracuse, New York
(315) 442-5949

Day Reporting Center
1132 Hamilton Street
Suite 108
Allentown, PA 18101
(610) 435-4296