

The **Firetree** *Chronicle*

Together Building a New Way of Life

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Relapse Court

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**Drug & Alcohol
Treatment
Programs**

**Community
Correction
Centers**

Inside this issue:

Relapse Court	1
Why Employ a Conewago Resident?	2
Staff Highlights	3
"User Friendly" is the Word	3
Client's Corner	4
Facilities Update	4

Order in the Court, Order in the Court! Relapse Court is in session throughout Firetree, Ltd.

Sometimes mistaken as a form of the referral process used by the legal system, Relapse Court is much different than Drug Court and Family Court. As a component of treatment conducted in the drug and alcohol treatment programs offered by Firetree, Ltd., the Relapse Court is a therapeutic approach applied in the prevention of relapse. The approach, when applied by appropriately trained clinicians, explores the symptoms leading to relapse and the development of a functional individualized relapse prevention plan.

The use of Relapse Court evolved from clinical experiences with the criminal justice population. Together, a team of clinicians working at Firetree's Conewago Place, an inpatient, non-hospital residential treatment program, designed the approach as a method of teaching and reinforcing concepts associated with relapse prevention.

Relapse Court is designed to provide an interactive learning experience based on the courtroom, a setting familiar to most clients referred to the residential level of care.

Relapse Court is a tool used to evaluate the strengths and weaknesses of an individual's relapse prevention plan. It provides an atmosphere that stimulates creative thinking and allows the participants to view the relapse process from a number of different angles. Relapse Court stimulates an awareness of the relapse triggers, cues, signs and symptoms, as well as alternative coping strategies. Participants in Relapse Court portray the roles of judge, prosecuting attorney, defense attorney, and jury member. By challenging the weaknesses and defending the strengths of a defendant's relapse prevention plan, Relapse Court participants learn how to evaluate the plan, and not the individual, in a way that provides encouragement and empowerment. In addition, participants work together to

develop cohesiveness and establish a peer group that extends beyond the boundaries of the courtroom. Subsequent individual counseling sessions reinforce the feeling generated during Relapse Court in the development of a negotiated aftercare plan.

The verdict is in! Throughout the last nine years, clients have continually rated Relapse Court as an extremely helpful tool in their treatment recovery experience.



**For more
information on
Firetree, Ltd. check
out our website at
www.Firetree.com**

Why Employ a Conewago Resident?

Harold Imber, Special Projects

Hippocrates "Lucky" Deligiannis came to Reading from Greece intent on making a good life for his family. He spent years working on just that. He opened **Crystal Springs Family Restaurant** in 1979. During the restaurant's 5th anniversary, he had the inventive idea of selling barbecued chicken cooked on an open charcoal pit. No one knew, except maybe for Lucky, how popular the concept would become. Today, this concept adjoins his traditional indoor and takeout facilities.

During the past 7 years, Lucky has been a steady employer of Conewago-Wernersville residents whose programs allow them to be employed outside the facility. Community Corrections, DUI, Drug and Alcohol Halfway House and Domestic Relations clients have all benefited from Lucky's open-minded attitude.

I asked Lucky... Why? Did he have a special interest? "No special interests!" he replied. "Everyone needs a break sometime. If a person is willing to work, he or she can find a working home in my establishment. Fortunately, I have never been in trouble with the law, but I don't resent those who have.

I have always found suitable people at Conewago."

"Of course, we have our share of problems, but I cannot say there are more problems with your residents that with any other employees. Besides, your residents are drug and alcohol tested. This would be a real expense for me as well as all kinds of other problems. This alone makes them more desirable than someone unknown off the street."

"If they want to learn as well as work, I teach them food preparation and service. After all, 30 years in the business I learned something. The food industry treated me well. It is more forgiving of someone's background than other businesses. I require clean appearance and good health habits, but you don't have to dress like a movie star to work in a kitchen. I do expect proper grooming for food service. All in all I am happy to hire and train Conewago residents. It's good for me....it's good for them....and it's good for business".

Thanks and well done, Lucky.



Lucky and daughter

Food Industry Statistics

The restaurant industry employs 12.2 million people, making it the nation's largest employer outside the government.

Restaurant industry sales on a typical day in 2005—\$1.3 billion

Nine out of ten salaried employees at table service restaurants started as hourly employees.

The number of food service managers is projected to increase 11% from 2005 to 2015.

Statistics from:
National Restaurant
Association





Staff Spotlight: Kathy-Anne Winnie—Behind the Scenes

Terri Duer, Marketing

Kathy-Anne Winnie is a vital part of the “behind the scenes” infrastructure of Firetree, Ltd. A simple job description may say she is the liaison between Firetree and RegScan, Inc., the developer of the EM software system. (see article below). Although the description is simple the job itself can be very complex and demanding.

One of Kathy-Anne’s primary responsibilities is acting as the first line of customer support for facilities staff. “I love the problem solving aspect—hearing what needs to be accomplished and explaining it to them. That usually involves knowing how the software works while also understanding the needs of my ‘front-line’ coworkers.”

A related function is being the

conduit between the two companies in the product development process. Because of her daily contact with the users, hearing their wish lists and understanding how the software is used, she is in a unique interface position.

“After three years, I’ve become fairly adept at recognizing the do-able requests vs. the technically impossible. My understanding of both sides, the engineers and the users, means I can usually translate for both parties.”

Kathy-Anne’s degree in accounting and 20 years experience in the insurance industry may seem unrelated at first glance but that is far from the truth. Aside from her experience as an underwriter, she was a key player in the development of a complex software program designed to track money market

accounts. The precise attention to detail necessary in the finance industry is not dissimilar to the rigorous reporting requirements facilitated by EM.

What does Kathy-Anne like best about working for Firetree? “As a single mother it’s the supportive family atmosphere, hands down!”



“User Friendly” is the Word

Steven McCardell, Compliance Officer

“Extremely user friendly” was the defining phrase articulated by the Pennsylvania Department of Health auditors in characterizing Firetree, Ltd.’s EM system [Enterprise Manager computerized data system]. This month’s comment, made during Wernersville’s successful Buphrenorphine compliance review, echoed similar characterizations made by other contractual and regulatory agencies throughout the year.

EM’s most favored attribute is ‘ease of navigation.’ Auditors, following receipt of proper case access, are able to maneuver virtually unassisted through chart data (although staff are available to answer any questions that may arise). Firetree, Ltd. strives to stay on the leading edge of technology. The EM system is

periodically updated to meet the ever-changing dynamic treatment and correctional environment. Another technical advance was placing Firetree, Ltd.’s policy and procedure manual in a computer database. Department of Health auditors favorably noted the carefully considered labeling system of the various policies that made accessing certain policies virtually effortless.

Firetree’s compliance efforts are greatly enhanced by these computerized databases. Having organized and categorized data only a fingertip away improves both the efficiency and effectiveness of the internal audit process. The compliance department can review more client charts and more statistical data, all of which assists the continual quality improvement process.



Client's Corner

The following is a letter from a former Lycoming House resident

Page 4

Lycoming House Experience

It all began for me on 6/7/05 that I entered this facility to receive treatment for substance abuse. Initially, I didn't know what to expect or how to accept treatment. All I knew was that change was necessary. (inside out)

Quite naturally in the beginning, I didn't want to accept the blow that I dealt myself by being here.

Lycoming House has introduced me to the tools necessary to building on a firm foundation for recovery to accept change for what it is worth. While being here at Lycoming House, the tools given to me gave me a chance to look at my inner self, which demanded vigorous honesty.

It became a bit challenging at first, but after each day, I continued to take a personal inventory of myself and welcome the change that is needed.

I'm grateful to the staff here at Lycoming House for extending their time to me & making this change possible.

For a period of time, I didn't feel good on the inside and it is only to the clear direction of Lycoming House.

That all has changed. I extend a great deal of gratitude to the staff at Lycoming House because I now feel good about myself and not only that, I certainly believe in me.

Circulate to:

- _____
- _____
- _____

Facilities Update

Conewago-Wernersville Bakery Program - Dave Albright, Food Service Supervisor
Since opening a little over a year ago, the bakery program has enrolled 67 clients, and 51 have completed the 100 hour syllabus and approximately half have finished the 250 hour course. The program has assisted and placed about 8 clients in the work field upon completion of their program. Currently, bakery items are sold to the Reading Courthouse, visitor, clients, and staff. Recent products include Chocolate Divine Cake, Chocolate Moca Torte, Apple Spice Cake, and Carrot Cake. Bakery Instructor, Shirl Schlegel currently has 8 students in her class and 2 on the waiting list. Future plans include a water/waitress training program to complement the bakery program.

Members of the Firetree, Ltd. Group

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