

**FIRETREE,
LTD.**

**Drug and
Alcohol
Treatment
Programs and
Community
Corrections
Centers
Facilities
Firetree,**



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The Firetree Chronicle

Together Building a New Way of Life

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New Intensive Treatment Model Adopted at Conewago-Wernersville by Allen Ertel

Conewago Wernersville has established a more intensive treatment program for drug and alcohol clients. This is due in part to the decline in funding that has limited the number of days a client can receive services. This limitation has led Conewago Wernersville to develop a more intensive treatment plan. "With less time for treatment, Conewago Wernersville has looked for a more effective way to deliver appropriate treatment for our clients while they are here in our facility," said Kenn Hall, Firetree, Ltd.'s Corporate Clinical Director. "We have now incorporated all of our previous treatment models into an intensive program that operates 8:00 AM to 10:00 PM every single day of the week."

The intensive treatment model requires clients to participate in sessions that integrate such programs as Breaking Barriers and the Franklin Model. All clients in detoxification, inpatient

and halfway house programs participate in the intensive treatment model. Additionally, all programs have been integrated into a computer tracking system that inputs and provides current information on each client. This new tracking system was reviewed and praised by the Department of Health in a prior inspection at Conewago Place in Hummelstown. Along with the new computer system, the more intensive treatment model, Conewago Wernersville did an integration to provide a more comprehensive continuum of care. With all of these changes taking place at the same time, some glitches in the reporting system occurred. The Department of Health chose this time to inspect and located some of the glitches. As a result, Conewago Wernersville received a provisional license. Had the Department of Health arrived two weeks later, these glitches would have been corrected and to prove it Conewago Wernersville asked the Department of

Health to re-inspect immediately. They have agreed to do so and we will pass with flying colors. This intensive treatment and newly provided continuum of care model has been incorporated into all phases of Conewago Wernersville's operations – detox-inpatient-halfway house. These changes, intensive treatment and continuum of care, will create better treatment programs for all clients who need drug and alcohol treatment. Firetree is dedicated to innovating and continuing its commitment to a better way of life.



Conewago Wernersville
*****Temporary Outage*****
One of Firetree, Ltd.'s halfway houses is closed due to an accident (see page 4). Limited admissions will occur until damage is repaired. Detox and inpatient operations are not affected.

New Parole Day Reporting Center Opens

Lisa received her Bachelor's degree from Moravian College and has a background working in

DRC

Firetree, Ltd. and Genesis House, Inc. have created a new program. The Day Reporting Center (DRC) in Allentown is a joint venture that provides parolees with assistance for a smooth transition into a productive member of the community. The Center opened on January 18, 2005 and is located at 1132 Hamilton Street, Suite 108. This twelve week program is open Monday through Friday from 8:00 am to 10:00 pm. It specifically targets parolees

who are in need of employment, educational services, family support, life skills, alcohol and drug awareness, relapse-prevention assistance to prepare them for independent living. Participants meet with a counselor and their parole officer together to develop a treatment plan. Genesis House helps coordinate community resources, provides follow-up to meetings and offers computer skills training and

resume preparation. This comprehensive approach is geared towards the total re-integration of our clients into the community. Lisa Boerstler serves as the Director of the DRC "The most exciting thing about being part of this program is that it is brand new," stated Lisa. "This program can be a model for the development of other programs throughout the state". The DRC expects to receive 15-20 new clients per week. For information

Wellness Program at Conewago Place



In October, 2004, a new wellness program began at Conewago Place. The clinical team decided that both the clients and staff could benefit from physical activities. Careful consideration was given to the program. It was determined that the program be directed toward wellness and the promotion of unity of the staff and clients. The voluntary program is designed to benefit both clients and staff. An activity session is held for an hour each afternoon. Aerobic exercises, com-

bined with Richard Simmons' Sweatn' to the Oldies, Billy Blank's Taebo, and pilates videos are utilized. Participants also learn proper eating habits, focus on healthy heart activities and stress reduction. At first some clients were skeptical, but the wellness program and its benefits has caught on quickly. Those clients who initially took part were so enthusiastic about the program that others wanted to participate. The program is now completely full! Clients and staff look

forward to the afternoon wellness hour. It also serves a way to bridge the gap between clients and the staff through the social interaction that takes place. The Wellness program is a great therapeutic tool. Our staff and clients are having fun, burning off negative energy and calories along with getting fit at the same time. The Wellness program is having a positive impact on everyone.

By Marlena Seguin

New Professional Staff



Firetree, Ltd. is proud to announce additions to the management team.

Corby A. Myers, Ed.D., has been chosen to fill the newly created position of Chief Operating Officer (COO) at Conewago Wernersville. Corby brings a wealth of experiences to the COO position. Prior to coming to Firetree, Ltd., Corby was Regional Director of Residential Programs and Director for Performance Improvement and Professional Development for Cornell-Abraxas. He serves as an adjunct professor, teaching criminal justice courses at Harrisburg Area Community College. Corby has a Bachelor of Arts in Psychology from York College, a Masters Degree from the University of Pennsylvania in

Governmental Administration at the Fels Center of Government and holds a Doctorate in Adult Education from Temple University.

Terry L. Stockholm is filling the position of Clinical Director at Conewago Wernersville. Terry holds a Masters Degree in Human Services from Lincoln University and is a Certified Addictions Counselor. Terry has a strong background in working in the therapeutic community in several state correctional institutions in Pennsylvania. For the past five years, Terry served as a Drug and Alcohol Treatment Specialist Supervisor at the State Correctional Institution in Frackville, Pennsylvania. Terry also is an adjunct instructor in interpersonal communication and

leadership training.

Susan M. Fennessy is the Director of Syracuse Pavilion, Firetree, Ltd.'s newest Community Corrections Center. Susan has been working in the fields of criminal justice and human services. Susan holds a Masters degree in Criminal Justice from the University of North Carolina at Charlottesville. Before she came to Firetree, Ltd., Susan was the Coordinator of the Domestic Violence Specialty Court in New York. Susan's extensive management experience working with human service and criminal justice programs has given her a great background for carrying out the responsibilities of her position at Syracuse Pavilion.

Quick Overview of the Franklin Model by Terry Stockholm

One of the primary methods being utilized to treat clients is a "Cognitive Change Program" known as the Franklin Model. The principle of Cognitive Change is based on the simple fact that, how people think has a controlling effect on how they act. It stresses that what we do in our minds controls what we do in our lives. Therefore, by controlling our thinking, we

can begin to exercise control over our lives. The Franklin Model helps the client identify his/her personal "thinking distortions" that have impacted negatively on his/her life, the family's life and on society as a whole and provides the client with an opportunity to change his/her thought processes through "cognitive - restructuring." The Franklin Model teaches the client specific skills to identify his/her thinking dis-

tortions that directly connect with how he/she behaves and the consequences that result through self reflection and role modeling exercises in group therapy sessions. Teaching our clients techniques for controlling and changing their thought processes to help them recognize they have the ability to change through positive reinforcement is the goal. The Franklin Model is only one

component of the cognitive change process. It blends well with the other components that include; "A Framework for Breaking Barriers," "A Commitment to Change" and "The Relapse Court."





Hats Off to Jason Myers!



On December 29, 2004 a truck plunged into building 30 at our Conewago Wernersville facility. Fortunately, none of our residents were in the affected section of building at the time. One of the passengers was not as fortunate and was trapped. The following is an excerpt from a letter sent to us from the Fritztown Community Fire Company.

“On Wednesday, December 29, 2004, our agency, as well as numerous other organizations, was dispatched to respond to your facility at the Wernersville State Hospital. While still responding to the scene, we could tell by the information coming across the radios that this was not going to be an easy incident to manage. As personnel began to assess the situation, we found that one of the occupants of the truck was still severely trapped in the wreckage, and that it was going to be an involved process to remove the victim. The whole scenario was made more difficult because of the instability of the building and bricks creating additional hazards for the victim and the rescuers.

We, in the emergency services, work under the principle of the “Golden Hour.” Simply stated this means to us that if we get a victim to a trauma center within 60 minutes of the accident, they would have significantly greater chance of survival. Our first reaction at this scene was to accomplish this and we would have to work very quickly. Keeping in mind that all of our local fire departments are volunteer-staffed and this was a daytime call, we were not sure if we could meet this goal.

However, from the very start of this incident one of your employees, Jason Myers, was right in the “thick of things” assisting our rescue technicians in caring for and extricating the entrapped victim. The invaluable help he provided, without regard for his personal safety, made for a more rapid extrication. The rescue technicians commented that he did everything exactly when and how he was asked, and actually offered suggestions to expedite the entire rescue effort. Our entire crew agreed that if it would not have been for Jason, this rescue would probably not have gone as quickly and easily as it did.

Members of the Firetree, Ltd. Group

Corporate Headquarters

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Detoxification and Inpatient

Services

Conewago Wernersville

165 Main Street, Bldg. 18-19
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

Halfway House Services

Conewago Wernersville*

165 Main Street, Bldg. 18-19
Wernersville, PA 19565
(610) 685-3733

Conewago Harrisburg*

1829 North Front Street
Harrisburg, PA 17102
(717) 236-4100

Outpatient Services

Genesis House, Inc.

800 West Fourth Street
Williamsport, PA 17701
Phone: (570) 322-0520

* other Genesis House sites

Community Corrections Centers

Capitol Pavilion-male

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

Conewago Harrisburg-female

1829 North Front Street
Harrisburg, PA 17102
(717) 234-4100

Conewago Wernersville

165 Main Street, Bldg. 30
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