

Drug & Alcohol Treatment Program

Continued

In-house 12-Step Meetings:

Occur on a daily basis and are utilized to address program participant awareness of addiction, cognitive/behavioral change to support sobriety, peer support and feedback on program participant progress in recovery. The program offers groups with outside speakers at least twice per week and meetings in the community twice per week.

Educational Groups

- Drug & alcohol psycho educational groups
- 12 Step lecture groups
- Cognitive restructuring groups



Firetree, Ltd.
"Together Building a
New way of life"

Our Mission Statement

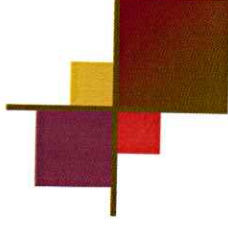
"Together Building a New Way of Life"

Firetree, Ltd. and its Conewago Family of Treatment Programs believe that working as a team with our clients is the most effective way to help them change their thinking and behavior in order to maintain sobriety. Change is possible but can only take place through acceptance of personal responsibility and accountability for one's choices.

CONEWAGO FAMILY OF TREATMENT PROGRAMS

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FIRETREE, LTD'S CONEWAGO FAMILY OF TREATMENT PROGRAMS



Drug & Alcohol Treatment Program



www.firetree.com

Drug & Alcohol Treatment Program

Firetree's Conewago Family of Treatment Programs have historically employed evidence based treatment models addressing the chronic nature of the disease of addiction, i.e., the Recovery Oriented Systems of Care (ROSC) approach.

Our programs employ cognitive/behavioral-based treatment and motivational interviewing. They are formatted as modified Therapeutic Communities. Treatment is offered in conjunction with supportive life skills training, increased peer support, and targeted social skills training to enhance the individual's positive social attitudes and values.

The overall goals of the program involve working with the individual for the purpose of increasing and maintaining an improved level of functioning and supportive recovery.

Comprehensive Treatment Planning

A Comprehensive Individualized Treatment and Rehabilitation Plan is developed through a collaborative partnership between the individual and his or her counselor. This strength-based treatment plan includes written documentation of the following:

- Realistic and measurable goals for treatment are formulated by staff and the program participant.
- Types and frequency of treatment and rehabilitative services are clearly defined, i.e. group counseling three times per week, family therapy once every three weeks, daily relaxation etc.
- Support services are proposed and discussed, which may include medical, psychiatric, or psychological assistance, economic, legal, AA, NA etc.

Community Participation

- Daily Community Meetings
- Daily Goal Setting Groups
- Daily Positive Affirmation Groups
- Daily Inventory Groups
- Peer Review Groups
- Work Therapy

Clinical Groups

Multiple treatment groups are offered to meet the participants at their stage of change.

Traditional Groups allow the participants to vocalize the negative consequences of their addictions to not only themselves but to others involved in their lives as well. This verbalization is designed to improve the participants' awareness and acceptance of addiction as well as internal motivation to change. Participation in the group also allows group members to identify with

their addiction and take responsibility for making the necessary changes to embrace long term recovery and improve overall functioning

Relapse Court is a very structured relapse prevention model that focuses on each participant's development of a functional relapse prevention plan that is tested within the structure of the model "court". The court serves as a form of peer review and accountability that challenges the strengths and weaknesses of the relapse prevention plan and allows for constructive feedback on ways to modify and strengthen the plan.

Small Process Groups are more intensive, intimate groups that allow the counselor to get more in-depth with program participant issues and progress.

Co-Occurring Disorders Group targets participant awareness of the various interrelated aspects of a co-occurring mental illness in the treatment of addiction. Firetree has revised its pertinent policies and procedures in order to be certified as co-occurring capable.

Gender Groups provide gender specific programming and allow the members to address sensitive issues without the distraction of participants of the opposite sex.