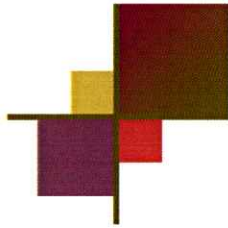


FIRETREE, LTD'S CONEWAGO FAMILY OF TREATMENT PROGRAMS



Life Skills Curriculum *Continued*

Obtaining Proper Identification/
Health Insurance Options

- ◆ Time Management ◆ Stress Management in the Workplace
- ◆ Employment Preparation and Maintenance ◆ Ethics and Accountability

Social Skills

Often a client's social skill functioning is negatively affected by their addiction. Clients are provided social skills training via The Change Company's Transition Skills Journaling Workbook to improve in this area. *Social Skills topics include:*

- Realistic Expectations ◆ Healthy Relationships ◆ Managing Your Time
- ◆ Handling Social Influences ◆ Road Blocks in Transition ◆ Thinking for a Change ◆ Authority Figures ◆ Managing Your Anger ◆ Your Safety Net.



Firetree, Ltd.

"Together Building a
New way of life."

Our commitment is to our clients and their success. Our progressive programs, on ensuring that clients change their thinking and behavior in order to maintain sobriety.

Often a lack of appropriate life skills has a negative impact on recovery. Recognizing this, Firetree researched available resources and drew upon them to develop a rich and extensive life skills curriculum.

Life Skills Program

CONEWAGO FAMILY OF TREATMENT PROGRAMS

Firetree, Ltd
800 West Fourth Street
Suite 202
Williamsport, PA 17701
Phone: 570-601-0877
Fax: 570-326-1050
E-mail: info@firetree.com



www.firetree.com

Life Skills Curriculum

Upon admission each client is given a life skills assessment to determine areas of need. Life skills classes are held daily using Firetree's proprietary life skills curriculum. Each resident participates in a life skills group based on the results of the needs assessment test. Before discharge clients are reassessed via a post-test to determine progress and remaining needs. The results of the post-test are used when developing aftercare planning as well as collect outcome data.

Family and Parenting

These sessions deal primarily with child care issues that affect our clients and their families. The focus is on building positive and healthy relationships.

- Specific topics include:* Child Development/Practical Parenting
- ◆ Home Safety for Children
 - ◆ Effective Discipline
 - ◆ Working with Community Agencies as a parent or guardian
 - ◆ Building and Maintaining Positive Family Relationships
 - ◆ Dealing with Divorce
 - ◆ Stress Management in Parenting
 - ◆ The Importance of Fathers/Mothers
 - ◆ Expectant Mothers
 - ◆ Balancing Work and Family

History of Abuse: Sexual/Emotional/Physical Abuse

Experience has shown that, many clients have been abused in some way. There is a strong link between abuse and addictive behaviors. *Specific topics include:* Domestic Violence Prevention

- ◆ The Impact of Domestic Violence on Children
- ◆ The Cycle of Abuse
- ◆ Sexual Abuse/Assault Prevention
- ◆ Stalking & Harassment
- ◆ Child Abuse/Maltreatment Prevention
- ◆ Surviving Abuse
- ◆ Suicide Prevention
- ◆ Women's Criminality
- ◆ Building and Maintaining Positive Relationships

Vocational

Vocational training needs ranging from career planning to GED preparation to communication skills to higher education are addressed. *Specific topics include:* Identifying Interests

- ◆ Women/Men in the Workplace
- ◆ Exploring Options in Education/Career Planning
- ◆ Steps to Obtaining a GED
- ◆ The College Enrollment Process
- ◆ Employment Issues for Ex-Offenders
- ◆ Time Management
- ◆ Cultural Competency
- ◆ Communication Skills

Money Management

The basics of money management, such as checking, budgeting and assessment of financial needs are addressed. *Specific topics include:* Assessing your Current Financial Situation

- ◆ Creating a Spending Plan
- ◆ Banking Services
- ◆ Basic Money Concepts
- ◆ Being a Smart Shopper
- ◆ Children and Money
- ◆ Planning for your financial future

Health/Wellness

Health and wellness topics are covered to raise awareness of proper nutrition, living a healthy lifestyle and addressing anger.

- Specific topics include:* Stress Management
- ◆ Anger Management
 - ◆ Conflict Resolution
 - ◆ Proper Nutrition
 - ◆ Maintaining a Healthy Lifestyle
 - ◆ Sexual Health/Birth Control
 - ◆ Infectious Disease Control
 - ◆ Suicide Prevention
 - ◆ Smoking Cessation

Housing

Many clients need suitable, approved housing upon discharge. *Specific topics include:* Apartment Searching

- ◆ Obtaining Housing
- ◆ Being a Responsible Tenant
- ◆ Types of Housing
- ◆ Purchasing a Home
- ◆ Maintaining a Residence
- ◆ Home Safety for Children
- ◆ Basic Home Safety Tips
- ◆ Selecting a Room Mate
- ◆ Saving Money and Energy at Home

Employment/Job Readiness

Employment is generally a priority for our residents. Intense focus is given to employment preparation. *Specific topics include:* Conducting a Job Search and Effective Job Applications

- ◆ Resume Writing and Cover Letters
- ◆ Effective Interviewing Techniques
- ◆ Social Skills in the Workplace
- ◆ Cultural Awareness
- ◆ Effective Communication

