



25th Anniversary

The Path

“Guiding People on the Path to Change”

A Publication by PA Treatment & Healing

www.pathtochange.org

February 2011, Volume 3, Issue 7

FROM THE PRESIDENT’S DESK...



Be a Positive Attitude Carrier

It has been said that there is little difference in people, but that little difference makes a big difference. That little difference their talking about is attitude. The big difference is whether it is positive or negative. It’s important to keep in mind that a truly happy person is not someone who is that way based on having a certain set of circumstances but rather a happy person chooses to have a certain set of “attitudes” in spite of his circumstances.

William James was quoted as saying “The greatest discovery of my generation is that man can alter his life simply by altering his attitude of mind”. In other words even though we can’t keep certain things from happening to us, or around us we always have a choice regarding how we respond to them. It’s the old “Is the glass half empty or half full mentality”! Be careful of who you surround yourself with because attitudes are probably one of the most contagious things people spread! If you hang out with positive people, everything looks a little brighter...and it doesn’t take long to start thinking negatively when you are surrounded by negative people. Soon you are likely to be thinking and feeling the very same way! Attitudes are indeed contagious...Be a positive attitude carrier!

ATTITUDE

by

Charles Swindoll

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you... we are in charge of our Attitudes”

All my best,

Jerilyn

Jerilyn A. Keen

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News from our Corporate Office...

PATH is Going Green~ The centers and staff at PA Treatment & Healing are committed this Spring to begin like never before to implement new ways to help reduce, reuse and recycle whenever possible. By recycling bottles, cans, toner and ink cartridges among other things, we at PATH are reducing the amount of waste we produce as well as the amount of natural resources we use up.



In addition to recycling materials, PATH will begin sending copies of our Monthly Newsletter "The Path" electronically. If you'd like to help us conserve, send your email address to admin@pathtochange.org. Our goal is to move to a paperless electronic newsletter by the end of Spring!

Thanks for sending us your email address to make a **greener PATH**.

The PATH newsletter is made up of at least 3 sheets of 8 ½ x 14" paper. The monthly newsletter distribution list is at an all time high of almost 600 readers.

A cord of wood from 1 tree, is approximately 8 feet wide, 4 feet deep, and 4 feet high. A cord of air-dried, dense hardwood (oak, hickory, etc.) weighs roughly 2 tons, about 15-20 percent of which is water. It has been estimated that one cord of this wood will yield one of these approximate quantities of products:

- 1,000-2,000 pounds of paper (depending on the process)
- 942 100-page, hard-cover books
- 61,370 No. 10 business envelopes
- 4,384,000 commemorative-sized postage stamps
- 460,000 personal checks
- 1,200 copies of National Geographic
- 2,700 copies of an average daily newspaper

This information was gathered from www.tappi.org

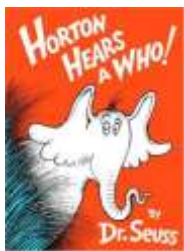


When we are no longer able to change a situation, we are challenged to change ourselves.

~Victor Frankl

Happy Birthday, Dr. Seuss

On March 2nd the world celebrates Theodor Seuss Geisel's birthday. Theodore, known to many as Dr. Seuss, was a famous American author and cartoonist. Widely known for stories such as; The Cat in the Hat, Horton Hears a Who, and How the Grinch Stole Christmas, among many others. Happy Birthday Dr. Seuss!



and TRY!"

**"Don't give up! I believe in you all.
A person's a person, no matter how small!
And you very small persons will not have to die,
If you make yourselves heard! So come on, now,**



~ Dr. Seuss (Horton Hears a Who)

This is "What's Happening" at our Centers...

PATH - Bloomsburg: Congratulation to **Client, Scott W.** who was recently discharged at a Star Level. The Center made homemade egg rolls to celebrate, as Scott moves on to the next chapter in his life. The Center also said goodbye to **Client, Zak S.** wishing him luck on his journey. We wish you more than good luck and very happy fortunes! In March the Alternative Education Program (AEP) students and Day Treatment Clients will be touring the **Columbia County Prison. Police Chief, Eckert** from Montour Township will be doing a group series to help our youth realize the power of choices and good decision making. The Center also said goodbye to **Program Manger, Heather Heiny.** Everyone would like to wish her luck in her future endeavors.



PATH - East Stroudsburg: The clients, students, and staff have all been busy at the East Stroudsburg Center. The Alternative Education Program (AEP) students continue to develop their science knowledge and art skills. **Teacher, Rose Standiford's** Science class recently constructed and set off an eruption of a volcano. They are now busy painting a mural for the Center's front wall to welcome spring. The Day Treatment clients have really been working diligently towards strengthening their community norms and learning to give and accept feedback from each other through the group process. The clients have been participating in weekly feedback groups, and really seem to be understanding the true meaning of how negativity can severely impact an individual's progress in treatment. Thanks to **Community Monitor, Larry Miller** several of the Center's Day Treatment clients are developing useful life skills that will definitely prove to be helpful in the future! While Larry has been fixing up various rooms throughout the center repairing drywall and painting, he has been teaching the clients about the proper way to do these repairs for themselves. These are skills that we all need and will come in handy when they have their own places to fix up someday! There is no I in Team as the staff of the center have all been pulling together and truly showing their teamwork spirit! All the programs have been fortunate enough to experience an increase in referrals lately which is absolutely fantastic! No matter what the staff face each day, they continue to give their all to the clients, and students we serve. The dedication and commitment is truly appreciated in this time of growth. Thanks gang! You guys are amazing!!!

PATH - Honesdale: **Program Manager, Lee Viola; Clinical Supervisor, Eric Perry; and Regional Director, Scott Constantini** presented all the PATH treatment services to the **Wayne County Children & Youth Services (CYS)** Administrative staff in late January. They must have made a very good impression because they were then invited back to participate in a presentation of PATH services for their entire staff of Caseworkers. The Honesdale and Scranton Centers, in a show of interagency cooperation, will be sponsoring a day at the Scranton Center for Blue and above clients in the Alternate Education Program (AEP) on a monthly basis. On Thursday, February 17th the Honesdale students made their first trip to the Scranton Center. Students from both centers participated in a day of activities and group sessions fostering a spirit of unity amonth PATH clients. Students were treated with homemade pizza. Participating in these events if they have a high level will hopefully give students the incentive to strive to do well and achieve their goals. The After School clients were busy preparing cards and chocolates to distribute to Nursing Home residents for Valentine's Day. **Caseworker, Brittany Robbins** arranged a visit to **Brighten at Julia Ribaudo's** in Lake Ariel. Clients prepared personalized Valentine cards, and then utilized a cooking group to melt chocolates and make different shaped candies, which they wrapped for distribution with the cards. On February 17th, clients and staff visited the Home and interacted with residents, while distributing the cards and chocolates. Both residents and staff of the home were extremely thankful for the visit. Not only did the residents benefit from the visit, but PATH clients were emotionally moved and thanked our staff for sponsoring the event.



PATH - Lehighton: The Lehighton Center would like to acknowledge **Client, K.B.** for moving up to Stripes Level this month. K.B. has been working very hard at making it to Stars Level, and is taking the Stars Packet very seriously. Keep up the great work and positive attitude!

Clients at Blue Level and above have had the opportunity to go on mini trips and/or adventures every other week to celebrate their hard work in the Program. Their most recent excursion was to a local bowling alley, where two clients were given the opportunity to go show their skills. Both clients had a great time and were able to work on additional treatment goals at the same time. The Lehighton staff is very proud of them!



The annual "Walk Now For Autism Speaks" team is beginning to form at the Lehighton Center. **Clinical Supervisor, Marisa**



Anderson will be heading the team that will represent PA Treatment & Healing in the Lehigh Valley walk. The 5th annual walk in the Lehigh Valley will take place on April 16, 2011 at 10 AM. Last year the walk raised an overall total of \$51,630. Monetary donations are required to participate in the walk. If you are interested in making a donation or donating your time and ability, please contact Marisa at 610-377-8870.

-Client bowling-

D&A Counselor, Jessica Hansen and **Case Worker, Scott Pomictor** sent an email of appreciation for **VH1's Celebrity Rehab** television series. Jessica and Scott informed **Shelly Sprague** of **Hollywood Recover Services**, that they use **Celebrity Rehab** to help educate our adolescents about the real truth of addiction in the lives of the people they look up to. Shelly replied thanking Jessica and Scott for their support, words of encouragement, and for their



utilization of the show to help educate others about addiction. "Celebrity Rehab" is the first television series to chronicle the real life experiences of a group of celebrities as they make the life-changing decision to enter themselves into a drug, alcohol, and addiction treatment program. They each have the sincere desire to achieve rehabilitation and recovery. This inspirational journey takes

place inside one of Southern California's private addiction and recovery treatment facilities, the Pasadena Recovery Center. Each member of the group has committed themselves to a course of supervised medical treatment for a period of several weeks. At every step in this challenging process, viewers at home witness the struggles of these celebrity patients, who reveal themselves to be regular people in need of a helping hand as they strive for recovery, health, and future happiness.

PATH - Middleburg: This month has once again been a successful month for the Halfway House. The staff, as a whole, is making some great leaps in treatment with the residents. Family sessions are happening, healing is happening, and past hurts are being addressed and no longer weighing down on the residents. **Interns, Kyle**



Galer, Messiah College and **Lauren Snyder, Susquehanna University** are settling right in as part of the family. **Program Manger, Michael Burns** would like to share a little



something that a positive discharge wrote this month to the Halfway House staff and PATH Company. **Tyler writes: "When I first came to PA Treatment & Healing I was full of a lot of anger and fear. I didn't want to listen and I wanted things done my way. But after my stay of almost seven months I learned to cope with my feelings better. To take direction in a positive manner. And most importantly, I learned about myself. I couldn't have done it without the help and support of Mr. Mike Burns or the other staff in the house. So thank you. All of you."**

What a great testimony to what the Halfway House staff has done and is continuing to do. This too is a great example of what all PATH centers are doing and what the PATH Relationship-Based CBT model is capable of doing when in the right hands of a well trained, committed PATH team member.

PATH - Milton:

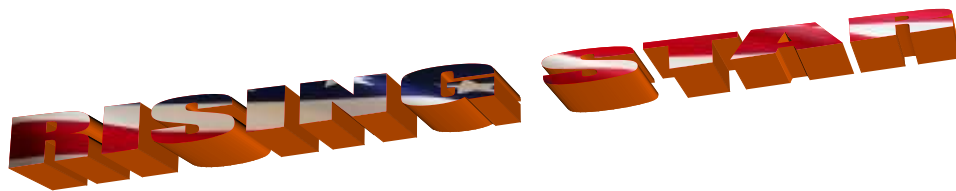


February has been a great month for the PATH Center in Milton. There have been some very interesting things taking place. In the Alternative Education Program (AEP) **Teacher, Kurt Eck** had the students in his class participate in lab dissections of fetal pigs. The students prepared by spending several weeks studying the biology and anatomy of pigs. The students relished the opportunity with the hands on experience after all of the book work. Way to go everyone!

Several students in the AEP have made the commitment to continuing the healing process by enrolling in the Intensive Adolescent (IA) Program. These individuals are looking to improve all facets of their lives, and the staff are ready to help them meet their goals of more successful lives.

PATH - Scranton:

The Alternative Education Program (AEP) students have been working hard to develop a solid group of High Levels and Leaders. They have been rewarded weekly by preparing a cooked lunch with desserts. The students have invested in this and really enjoying doing this as well. The After School clients have focused on Groups such as Anger Management, Relationship Building, Trauma Groups, and Drug & Alcohol Counseling and Education. Clients also engaged in Art Therapy Group this month, and as a result they have displayed their individual projects on the Group Room wall. They also worked on writing letters and gathering Care Packages for our soldiers overseas. These clients gained awareness of the true sacrifice of our troops, the struggles they face by being away from family, they gained a sense of compassion, empathy and appreciation for the people who serve our Country. Several students in the AEP have completed Community Service hours for the courts after school at the center. Congratulations to **Program Manager, Mark Bonfiglio** who got married at the end of February. The staff and clients of the center would like to wish him and his wife Danielle a very happy future.



Student **Jacob W.** is this Month's Rising Star recipient. **Jacob** is a student in the Williamsport Alternative Education Program (AEP). He reports that one of his very favorite things at PATH is the breakfast and lunches offered! Just like many of us when we were in school, his favorite part of the day is MEALTIME! We are with you on that **Jacob!** He's a growing boy and the Williamsport Center does an excellent job of making sure that no student goes hungry! **Jacob** is currently on Stripes Level and has been attending the Williamsport AEP for several years. He is in the 10th grade and has indicated that he hopes to one day become a Youth Pastor! He states that during his time at PATH he has learned to be patient, to respect peers and adults and to focus his energy into positive activities. Some of his hobbies are attending youth group at church, listening to Toby Mac, a Christian Music Artist and going on quarterly retreats sponsored by his church.

Jacob's peers say he is more relaxed and has been cooling off more quickly and not getting so easily upset. We wish to congratulate **Jacob** as he strives to eliminate negative activities and attitudes in his life in order to achieve success. PA Treatment & Healing and the entire Williamsport Center send a big shout out to **Jacob (YEAH JACOB!!!!)** and wish him the best of luck in his future as he continues to pursue his goals in life!

PATH - South Montrose:



Dean of Students, Ferdi Bistocchi has announced the Officers for the Stars Honor Club: **President, Ashley T.; Vice President, Jeff S.; Secretary, Courtney R.; Sergeant of Arms, Jerry V. and Andrew D.;** and **Client Navigators, Shane C. and Cody W.** The Officers have met twice thus far, and are doing a phenomenal job at setting goals for both their peers and for the Center as a whole. Each new Officer has taken a case load of at least three peer clients to mentor for the remainder of the year. The club is setting goals as far as keeping the Center “Green”. The new officers will be setting up center wide community service projects. They will be helping and working at both the

County SPCA and **Catholic Charities**. The new officers should be commended on their efforts and determination. They have also been acting as junior staff, where they have been doing a tremendous job at keeping other clients in line by policing the 12 Step Policy. Bravo!

On March 1st the Center will be having a presentation on Cyber Bullying, presented by **Attorney General, Janene Holter. Program Manger, Walt Gieski** would like to thank **Teacher, Sheri Dailey** and **Teacher’s Aide, Brenda Darrow** for helping out in the After School Program (AEP), as Community Monitors. **Clinical Supervisor, Tiffany Benedict** and **Caseworker, Courtney Lange** have been very busy keeping the Intensive Adolescent (IA) Program running smoothly.



PATH - State College:

Program Manager/Clinical Supervisor, Sue Patterson reports that 65% of the Alternative Education Program (AEP) students achieved honor roll status for the second marking period. Way to go AEP students and staff! This is outstanding! The Intensive Adolescent (IA) clients have begun a “fitness club”, exercising together weekly so they can develop a healthy body to go with their growth in mind and spirit. The AEP and IA Programs have taken the lead in collecting Box Tops by reaching out to friends and family in order to purchase supplies for physical education. The State College Center has taken the idea of “Going Green”



and has begun to develop a plan. Recycling has been instituted and will be monitored by both AEP students and After School clients. The Center has set a goal of decreasing paper usage by 15% over the next two months. The IA Program has also adopted a long term care facility once again. They will be making Easter cards to take to share with the

residents. The IA clients were encouraged to “play with their food” in an attempt to show through various mediums their understanding of the Path of Life (POL). After creating a 3D model using food, they then discussed what parts of the PATH they have experienced or can remember experiencing. The State College Center would like to welcome **Teacher’s Aide, Cheryl Swineford** to the PATH family. **Program Manager, Sue Patterson** stated that the staff of the Center is excited about the skills and ideas she will contribute.

PATH - Williamsport:

The Williamsport Center just completed a fundraiser selling **Krispy Kreme** doughnuts to help benefit the youth who attend programs. The fundraiser was headed by **Community Service Coordinator, Nancy Shires**. The Center sold donuts for approximately two weeks and it was a great success! Community Service clients went over to the **Salvation Army** to help unload trucks. They also performed the usual cleaning at **Yolk Fellow Ministries, Bridge Haven,** and **St. Michael’s Church**, among other places.



-Nancy Shires-

-IA Client making his 3D POL Model-

Welcome To Our Family...

Callie Gaylord – Teacher, Williamsport
Cheryl Swineford – Teacher's Aide – State College
Keynan Jett – Community Monitor, Williamsport

Anniversaries

PATH would like to thank the following for their commitment to PATH and celebrate the year(s) they have shared with us.

Lisa Alfieri, Program Manager, East Stroudsburg, (14 Years) – February 17th, 1997
Frank Swartwout, Jr., Community Monitor, Honesdale, (8 Years) – February 24th, 2003
David Weibley, Community Monitor, East Stroudsburg, (8 Years) – February 27th, 2003
Michele Dougherty, Teacher's Aide, Milton (3 Years) – February 21st, 2008
Michael Burns, Program Manager, Middleburg (3 Years) – February 22nd, 2008
Janelle Miller, Social Worker, Williamsport, (2 Years) – February 2nd, 2009
Ferdinand Bistocchi, Dean of Students, South Montrose, (2 Years) – February 4th, 2009
Maryalice Coyle Brearey, D&A Counselor, South Montrose, (2 Years) – February 16th, 2009
Amanda Rathburn, Clinical Supervisor, Milton, (1 Year) – March 11th, 2010
Mary Stewart, Community Monitor, Williamsport, (1 Year) – March 11th, 2010
Andrea Brancati, Clinical Supervisor, Scranton, (1 Year) – March 15th, 2010
Jennifer Tressel, Teacher, Scranton (1 Year) – March 15th, 2010
Shawn Redanauer, Social Worker, Bloomsburg, (1 Year) – March 16th, 2010
Dana Ottalagano, Social Worker, Lehigh, (1 Year) – March 18th, 2010
Diana Feyen, Social Worker, East Stroudsburg, (1 Year) – March 4th, 2010

Upcoming Training Events

March 16th, 2011 – Manager's Meeting – J. Keen (Corporate)
March 23rd, 2011 – Individual Counseling & Documentation– E. Frey & J. Keen (Corporate) **PCB Approved**
March 30th, 2011 – Relationship-based CBT Training – J. Keen (Corporate)
April 6th, 2011 – Bullying – J. Keen (Corporate)
April 7th, 2011 – Safety Committee Recertification – Penn Safe & Mike Cuff (Corporate)
April 13th, 2011 – Experiential Group Counseling – J. Keen (Corporate)
April 20th, 2011 – Manager's Meeting – J. Keen (Corporate)

**Some of the PATH trainings are available to the public & other professionals. If interested in attending one of these trainings, please contact Heather at 570-649-6855 to find out more.*

Join The PATH Family

PA Treatment & Healing is looking for committed professionals to join our family to make a difference in the lives of the youth we serve. Please check for up to date job postings at www.pathtochange.org. Please contact Heather Bickhart at 570-649-6855 for more details.



Current Openings

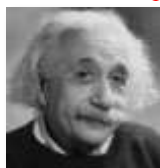
Full Time Caseworker -- **East Stroudsburg Center**
 Part Time Drug & Alcohol Counselor -- **State College Center**
 Part Time Residential Support Staff -- **Middleburg Halfway House**
 Part Time Caseworker -- **State College Center**
 Part Time Teachers – **Bloomsburg, East Stroudsburg & Williamsport Centers**

Happy Birthday!

Michele Booths, Scranton, March 5th
Robert Mattioli, Scranton, March 11th
Jonathan Sharpe, Milton, March 20th
James Shoemaker, East Stroudsburg, March 24th
Jennifer Wolfe, Milton, March 27th
Gail Benio, South Montrose, March 29th

LuAnn Becker, Scranton, March 10th
Frank Swartwout, Honesdale, March 16th
David Munson, Bloomsburg, March 23rd
Jennifer Tressel, Scranton, March 25th
James Strahan, Milton, March 28th
Tara Gillick, Scranton, March 29th

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning."



Albert Einstein, Physicist and Genius, March 14th

Employee of the Month



Teacher's Aide, Tammy LaStarza is an outstanding member of the Honesdale Team. She always completes any task that is given to her, and she will go above and beyond without being asked to. When she is asked to drive clients home, in the evening, she is always willing and cooperative. She assists the Program Manager and other staff with the supervision of clients, as well as cooking for them. Thank you for all that you do to make a difference!

The following staff was also nominated for Employee of the Month for February:

- **Chelsea Haberstroh**, Teacher's Aide, Lehighton
- **Curt Keihl**, Dean of Students, Williamsport
- **Luann Becker**, Secretary, Scranton
- **Mike Ubbens**, Teacher, Lehighton
- **Yvonne Clay**, Day Treatment Supervisor/Foster Care, East Stroudsburg



JOIN THE PATH TO CHANGE ON FACEBOOK

Log in to your face book account and type this address in the address bar and keep up to date with all the happenings and event going on in the agency!!!

<http://www.facebook.com/pages/PA-Treatment-Healing-PATH/98184489024?ref=ts>



Donations



PATH would like to take time to thank all the generous individuals and businesses that have given to our centers and to the children we serve. These are the people that make up the foundation that makes our agency strong and allow us to continue to serve the children and the communities in which they live. Thank you from the PATH family and the children we serve. PA Treatment & Healing is a 501 (c) 3 non profit entity and all donations are tax deductible. A donation letter will be generated for you, after the donation has been made, for your tax preparer.

February 2011 Donations

Moshannon Valley School District

5 Dell Computer, 5 Color Monitors, 5 Computer Keyboards, 5 Computer Mice

North Central Sight Services

2 Computers

Centre County Youth Service Bureau -- Burrowes Street Youth Haven

1 Shredder and Printers

Linda O'Hagan

1 Lexmark X-75 Printer

Mr. and Mrs. Chris Rager

3 Large bags of XL men's brand name clothes

Scott Constantini

Donated Organic Baby Food to Clients with Children



Donations Wish List



PATH appreciates the support from the generous individuals and agencies that donate to our schools and programs. As we continue to offer the best possible treatment for the youth in our program, we require certain items and equipment that help the treatment continue and improves the experience for the youth. The following is a wish list for items that our centers could use to enhance and improve the experience for the youth in their centers.

Computers & Computer Equipment

(All Centers)

Updated Books and Curriculum

(All AEP Classrooms)

Camping Equipment (Be Challenged Program)

Event Tickets For Field Trips (All Programs)

Gift Cards (All Centers)

Men's Clothes (Halfway House)

Monetary Donations (All Centers)

Food Storage Items (All Centers)

Contact Heather Bickhart at 570-649-6855 or heatherb@pathtochange.org for details on where to make your donation

Spread The Word!



Know someone or an agency that would enjoy reading The PATH and the activities and stories about the children and staff at PA Treatment & Healing? Request a copy of the newsletter by emailing Heather Bickhart at heatherb@pathtochange.org. Please submit the name and address of the individual in an email so that we may contact them to verify delivery. We are one band with one sound and the more band members we have, the louder our tune will



5972 Susquehanna Trail
Turbotville, PA 17772
Return Service Requested

Mental Health Director - Dr. Fred Maue
Medical Director - Dr. Vikas Passi

Psychological Consultants:

Emery Behavioral Health Services, Inc.
The Aaron Center
Roger Smothers & Twin Tier Psych Services
Dr. Sara Cornell
Lycoming Therapeutic Wrap around Services, Inc.
Pocono Center for Psychological Services

Dr. Hugh Smith & Associates
Karen Livingood
Dr. Elizabeth Ciaravino
Dr. Jennifer Hartey
Dr. Kenneth Kindya
Dr. Jennifer Hixson

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www.pathtochange.org

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[PA TREATMENT & HEALING](#)

