

25th Anniversary

The Path

“Guiding People on the Path to Change”

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FROM THE PRESIDENT'S DESK...



The Grinch

The movie “The Grinch” released in 2000, starring actor Jim Carey is a recommended must see for all PATH employees! This angry fella definitely spiraled down into the Well of Destruction. His pain is a classic example of *hurt not healed becoming hate!* The story reveals the unresolved issues the Grinch sustained when he was just a young boy and just like the hurt we see on an everyday basis those issues were rooted in broken relationships that had not been repaired. He was rejected, taunted and teased. The odd looking little creature was abandoned at birth by his parents, and then he was re-traumatized when he finally gets the

courage up to profess his love for Martha Ma Whovier and instead of acceptance he was pierced with the poison darts of insults and ridicule by his peers.

Rejection a second time became too great for him to bare so he withdrew to his mountain cave with his only companion, his dog Max. Detaching to a mountain top hideaway provided him with a “wall of protection” in order to prevent anyone from getting too close and hurting him again! In his isolation, the Grinch has no peace. He stews and plots vengeance and retaliation on those he perceives to be his perpetrators. His pain owns him and everything that he does. Sound familiar? He cannot get far enough away from those he holds responsible to get any type of relief. This is the classic example of anger contaminating the canister that holds it....it was not in the air. It was inside of him and goes with him no matter where he is! The Grinch had an emotional wound that was so infected he couldn't contain it or hide from the rage!

Meanwhile down in “Who Ville”, no one has any idea why the Grinch is so vile, mean and nasty. The poisonous darts that pierced his heart have now infected his entire body with the venom of anger and bitterness. Time has not healed the wounds...it never does. All is not forgotten. In fact the hate has grown into an emotional cancer that takes over his every thought and deed. The ultimate way to settle the score is to steal the thing they cherish most ~ Christmas!

In spite of his hideous actions, precious little Cindy-Lou Who gives him the gift of unconditional love and acceptance which magnifies the size of his heart which has shriveled down to nothing. Through her efforts and demonstration of love, she helps him to forgive and reconcile with those who have hurt him and his heart magnifies in size as a result.

This is our story at PATH! The writers and director Ron Howard must have known all about our PATH of Life model and what we have the opportunity to do every day in PATH-ville! This movie is just another affirmation that “hurt people really do hurt people”.

Without Finding it, Feeling it, Facing it, Forgiving it and Forging ahead the world would be full of Grinches! Responses to this or any other article from the President's desk are welcome at jerilyn@pathtochange.org.

Happy New Year to you and yours! Let's make 2012 an awesome year of healing and relational growth!

All My Best,

Jerilyn

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News from our Corporate Office...

In December, the corporate office and Middleburg Halfway House had another successful annual **Department of Public Welfare (DPW)** inspection. Three more central region centers will be inspected throughout the month. Corporate was also successful in testing with the **Managed Care Organizations** for the transition with the HIPPA upgrade. **President, Jerilyn Keen-Katherman** held a **Path of Life Model - Relationship-Based Cognitive Behavioral Theory** training on December 7th. The staff members really enjoyed this personalized training. Some of the comments made by staff were:

"I think your knowledge is incredible on this subject and I'm happy I was able to hear and learn about it".

"Thank you for telling us about your past history on this matter, I find it truly inspiring."

The corporate office held a Christmas dinner luncheon on December 20th to celebrate the holiday season. Everyone enjoyed this time of sharing and teambuilding together.



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

PATH - Bloomsburg: Alternative Education Program (AEP) and Day Treatment (DT) clients have decorated the center for the holiday season. DT clients decorated the Christmas tree and AEP students helped to hang the Christmas lights. The Bloomsburg center discussed what Christmas means to them and processed how each family has different traditions and beliefs. Last month DT students placed decorative bags over the parking meters in downtown Bloomsburg, they also plan to help take them down. **Nikia O.** has reached Stars Level and is beginning her pledge packet. She hopes to complete it before her discharge at the end of the month.



Bloomsburg Christmas Tree

PATH - East Stroudsburg: The East Stroudsburg office was fortunate and thankful to have **Labor of Love** put on their Christmas play for our clients.



East Stroudsburg's Holiday Decorations

The play focused on positive change to one's life and how these changes impact others and their lives. Students made Christmas decorations which are displayed throughout the PATH building. The kids and staff worked very hard to make the center shine during this time of the year. The AEP program developed their own Christmas play which was presented to staff and students. The East Stroudsburg center had a Christmas dinner for the AEP and After School Program. We thank those staff who have donated their time to help prepare a festive time of sharing for our youth. We would also like

to welcome our new psychologist, **Dr. Diana Cuello, Ph. D**



PATH - Honesdale: The AEP Students (Blue level and above) traveled to the Scranton Center for two different presentations in December. The first was on December 6th entitled "**Living in Reality**". Unfortunately the program was cancelled after the students arrived at the center. However, staff ran fun games as a reward to the Blue level and above students. The 2nd presentation was held on December 16th entitled "**Radio Road Show USA**". This presentation addressed driving under the influence. Both staff and students enjoyed these shows. The Honesdale ASE clients had a chance to help the less fortunate families in **Wayne County** through their community service work. In early December, clients assisted the **Honesdale Pennsylvania State Police** in sorting, cleaning and packaging toys for the **Toys for Tots** program. **Program Manager Lee Viola** would like to thank **Trooper Marty Robbins** for organizing this wonderful program. Program Manager Lee Viola will be investigating the possibility of our clients performing community service at one of the local fire departments. Lee is a member of the **Forest Volunteer Fire Department** located in Kimbles, PA. The Honesdale center would like to take this opportunity to welcome **Teacher, Annette Sheppard** to our staff. Annette has been a substitute teacher in the **Wayne Highlands, Western Wayne and Wallenpaupack School Districts**.



PATH - Leighton: **D&A Counselor, Jessica Hansen** led clients in a group where they were provided materials to make holiday greeting cards for service men and woman. These cards were mailed over seas to let them know just how important they are to us. The cards let them know that we are thinking of them and how thankful we are for all of their services while being away from their families during this holiday season.



Leighton's Christmas Decorations

PATH - Middleburg: The holidays are upon us and the house has seen a recent increase in client numbers. By the time this newsletter makes print, the Halfway House will surely be at maximum capacity. Although this sudden increase presents many challenges, the staff and treatment team have taken it in stride and are excited to begin working with the new clients. The guys have decorated the Christmas tree and the living room with stockings and lights. Client **Bobby M.** continues to work diligently towards achieving his goal in obtaining his G.E.D. at the **Community Action Agency** in Selinsgrove. Despite many personal obstacles, including the loss of his maternal grandmother, Bobby has made some impressive strides towards his personal goals. This progress will surely assist him in giving his best effort for the upcoming test in January. Good luck Bobby!



Middleburg's Christmas Tree

PATH - Milton: The Milton center has been busy celebrating the Christmas Holiday. **Foster Care Coordinator, Stephanie Rice** collected donations that were used for our DT programs annual Christmas party. All of the clients and their families were invited to the center to enjoy a wonderful holiday meal and fellowship. This years meal was not only planned by Stephanie but she was our "head chef" as well. It was a wonderful time. The AEP students were pleased to welcome **Jim and Andy** from "**The Road Radio USA**" show. "The Road Radio USA" is an excellent production that alerts and cautions young people about the dangers of substance abuse and particularly, the dangers of driving under the influence. The students thoroughly enjoyed this presentation. We would like to give a great big thanks to Jim and Andy for their time and energy. Thanks to **Day Treatment Supervisor, Jen Wolfe** for the wonderful Christmas tree that lightened the center.



PATH - Scranton: The AEP has its first star client of the year. **Ed S.**, who was a student here last year, has shown tremendous progress and has completed his pledge log to become the first star of the school year. Way to go Ed!! The Scranton center celebrated Christmas with the IA students by going to see the 10th annual light display at **Nay Aug Park**, constructed of nearly 100,000 Christmas lights and then a homemade Christmas dinner. The AEP students also had a holiday party to celebrate the season.



Nay Aug Park Christmas lights

PATH - South Montrose: With the first snow of the year, AEP students participated in a team building activity where each team built a snowman representing violations of PATH norms. IA students learned the importance of giving back and showing appreciation to others throughout the month of December. The AEP and IA programs took upper level students to the Scranton center on December 16th to participate in a presentation about under age drinking and alcohol awareness. AEP students made cards of thanks and visited Veterans. The school made cards and ornaments for residents of a local convalescent home.



South Montrose Christmas Tree

PATH - State College: The IA program held a special dinner for clients and their families to gather and celebrate the holiday season. The dinner took place on December 20th. Students and staff thoroughly enjoyed this event. We would like to congratulate **Justin H.** on a positive discharge from the AEP at the end of December. We wish him the best of luck in his future. Over the summer, **Sara Byron, Dean of Students**, contacted textbook companies; Soliciting donations to update/upgrade the curriculum. After all of her hard work State College PATH received textbook donations, as well as some academic supplies from the **McGraw-Hill Company** with an approximate value of \$10,000.00. Sara will remain on their contact list for each school year, with additional textbook donation possibilities. Thank you for all the hard work that you do Ms. Sara!!



PATH- Williamsport: **Cheryl Kane** visited the AEP and DT clients at the Williamsport center. She gave a presentation on AIDS awareness and prevention. Clients also had the opportunity to meet guest speaker, **Sunny James**, who gave a wonderful presentation on overcoming life's obstacles. Sunny told her life story of being hit by a drunk driver, her recovery and battling depression after the accident. She sang and involved the students in some sing along songs. Sunny now has CD's out on the market for sale. The Williamsport center received a generous donation of a pool table which is used as a reward in the game room. The game room also includes a ping pong table, weights, air hockey, foosball tables, Play Station II, TV, trampoline and a lounge area. The Williamsport center would like to welcome **Fatimah Brooks** as the new **Clinical Supervisor**, and congratulate **Marjaneh Frelin** on her promotion to **Day Treatment Supervisor**.



The Williamsport Game Room



Fun Holiday Facts:



- 1.8 billion candy canes in traditional peppermint, super sour, and tropical fruit flavors were made for the holidays this year.

- Rudolph the red-nosed reindeer was invented for a US firm's Christmas promotion in 1938.

-The first Christmas card was designed in 1843 by J.C. Horsley

-Between January and September 2011, \$79.7 million worth of artificial Christmas trees were imported from China to the United States. However, real trees still outsell artificial trees 3-to-1. To accommodate the demand, Christmas tree farms in North America planted an estimated 40 million new seedlings in the winter and spring of this year to replace harvested trees and meet future needs.



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 or heatherb@pathtochange.org for more details.

Current Openings

Teacher - **South Montrose**
Community Monitor - **South Montrose**

D&A Counselor - **South Montrose**
Community Monitor - **Williamsport**

Employee of the Month



Dean of Students, Linda O'Hagen is an integral part of the Honesdale AEP team. She arrives to work extremely early and usually leaves late in the evening. She is conscientious regarding her timely submission of reports to the school districts. Linda has an excellent rapport with both staff and students. She has assumed the position of English and Math teacher while completing all of her required duties as the Dean of Students, despite being in the classroom for a majority of the school day. Thank you Linda, for all that you do to make a difference!

The following staff were also nominated for Employee of the Month for December:

- **Kristen Rambo**, Clinical Supervisor, Bloomsburg

January Anniversaries

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

- Tiffany Hessek**, Education Director, Milton, (12 Years) – January 25, 1999
- Eric Roberts**, Case Worker, East Stroudsburg, (10 Years) – January 23, 2001
- Gail Benio**, Secretary, South Montrose, (8 Years) – January 23, 2003
- George O’Rourke**, Teacher, Bloomsburg, (6 Years) – January 31, 2005
- Ethal Pentz**, Community Monitor, Milton, (5 Years) – January 12, 2006
- Nancy Shires**, Community Service Coordinator, Williamsport, (2 Years) - January 8, 2010
- Jeffrey Kiss**, Teacher, Milton, (1 Year) - January 7, 2011
- Ronald Kohut**, Community Monitor, Scranton, (1 Year) - January 20, 2011
- Elizabeth Glica**, Caseworker, Williamsport, (1 Year) - January 24, 2011

HAPPY BIRTHDAY!



- Sara Byron**, State College, January 5th
- Hassan Clark**, East Stroudsburg, January 9th
- Marisa Anderson-Riolo**, Lehighton, January 9th
- Gail Pearson**, Scranton, January 12th
- Lori Miller**, Turbotville, January 12th
- Lee Viola**, Honesdale, January 15th
- Walt Gieski**, South Montrose, January 16th
- Jeffrey Hontz**, East Stroudsburg, January 18th
- Jeffrey Kiss**, Milton, January 20th
- Bonnie Stoltz**, Turbotville, January 25th
- Andrea Brancati**, Scranton, January 25th
- Tiffany Benedict**, South Montrose, January 25th
- Barbara Weibley**, East Stroudsburg, January 30th



RISING STAR

Client, **Hailey P.** is this Month’s Rising Star recipient. Taylor is a client in the Williamsport DT Program and is currently at Star Level. Hailey’s favorite thing about PATH is the staff. She also enjoys the facilitating groups and helping her peers. Hailey enjoys cheerleading and going shopping. Her goal is to take Cosmetology in her future. Being involved in PATH has taught Hailey coping skills, the importance of family and that positive attention is much better than negative attention. Keep up the great work Hailey!



Upcoming Training Events

- January 6th** - Safety Committee Meeting (Conference Call) - Jamie Peterson
- January 11th** - Clinical Supervisors and D&A Counselor Meeting (Corporate) - Erica Frey & Michele Barrows
- January 18th** - Treating the Sexually Abused (Corporate) - Jerilyn Keen-Katherman
- January 25th** - Manager's Meeting (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.**



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.

- | | |
|--|---|
| <ul style="list-style-type: none"> Computers & Computer Equipment (All Centers) Updated Books & Curriculum (All AEP Classrooms) Camping Equipment (Be Challenged Program) Gift Cards (All Centers) | <ul style="list-style-type: none"> Event Tickets For Field Trips (All Programs) Men's Clothes (Halfway House) Monetary Donations (All Centers) Food Storage Items (All Centers) Pots & Pans (All Centers) |
|--|---|

Contact Jamie Peterson at 570-649-6855 or jamie@pathtochange.org for details on where to make your donation



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 allows 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.

December 2011 Donations

Dr. Troy Williamson Assorted Games to the Middleburg Halfway House	Travis Fenstermacher TV Hockey Sticks to the Williamsport Center
Wegmans \$25 Gift Certificate to the Williamsport Center	McGraw-Hill Company \$10,000 in Textbooks and academic supplies. State College Center

Thank you for all of the donations and support!



*5972 Susquehanna Trail
Turbotville, PA 17772
Return Service Requested*

Mental Health Director - Dr. Keith Tolan
Medical Director - Dr. Vikas Passi

Psychological Consultants:

*Nulton Diagnostic and Treatment Center
Pocono Center for Psychological Services
Karen Livingood
Dr. Kenneth Kindya*

*Dr. Jennifer Hixson
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