

July / August 2008

Treatment Times

Inside this issue:

<i>Animals</i>	2
<i>Nick's Journey to the Farmhouse</i>	3
<i>Kent's Journey to the Farmhouse</i>	4
<i>Ironwood Quotes Advice from Chris</i>	5
<i>In the Kitchen with Rachel</i>	6
<i>Kevin's Recipe</i>	7
<i>In the Garden</i>	8
<i>Myths About Ironwood Ali's Journey to the Farm</i>	9
<i>Resident of the Month</i>	10
<i>Wendi's Words of Wisdom</i>	11
<i>Editors Note</i>	12

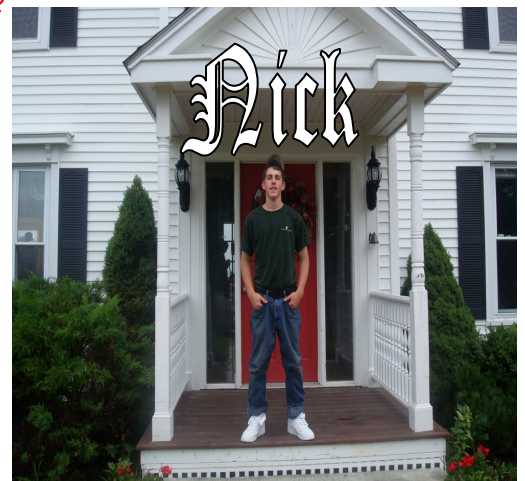
What's New ! (Field Trips)

- Carousel play in Belfast
- Belfast park
- Lake St. George (swimming)
- White water rafting on the Kennebec.
- Common Ground Fair.



Birthdays at the Farmhouse

**NICK CELEBRATED HIS
17TH BIRTHDAY HERE
AT THE FARM 9/4/08**



**Two of our loved
horses, Frankie and
Tonka**



Ironwood Animals : Pat



Here at the Farmhouse we have many lovable animals. We have dogs, horses, Alpacas, and even donkeys. There is Petunia the overweight but incredibly lovable Jack Russell Terrier. She is white and black and very friendly. Magic is also one of our dogs. She is a Black lab. She is very nice and obedient. She has very soft fur and is very loving and affectionate. There are also 8 horses. Their names are Peanut, Mac, Rocky (who has been elected animal of the month), Bruce, Frankie, Justin, Pa-

per Storm, and Tonka. Justin actually just came back to the Farmhouse. He was being leased by someone and their lease is up so he is now back with us. Along with the horses there are Alpacas. Their names are Echo, Lugio, Botar, and IN-XS. These animals are very shy and docile. But they do love to try to spit on people if they get too close. They are very skinny and resemble a llama. A couple of months ago they were sheared and groomed. And finally there is one super cool donkey named Theo. He is very small and very stubborn. He is all black ex-

cept for his muzzle and his chest. He has caused quite a bit of trouble in these past couple months. One incident he got loose and caused all sorts of



havoc in the barn. But after settling down he is a good addition to the Farmhouse family.

Nick's Journey to the Farmhouse

It was dark, cold, and a very wet day. I was nervous about making my presentation. I was in school when I got the call to walk to the therapist shack. On my way there it was pouring. All I could think was about walking through the graduation trail in the wet high grass that has not been cut in about 2 months. I walked into the shack, made my presentation, and returned to school. I was wondering if they liked my speech, and if I would be going up that day. I could not get the farmhouse off my mind. After school, we walked back to the lodge where, we began to prepare lunch, and started deep clean. I was looking all around for Greg to tell him how my speech went but I could not find

him. I found it weird that he wasn't at my presentation. After lunch he walks into the lodge and tells me to pack up I'm moving out. He said to me "I never thought we would see this day." I packed up my entire belongings, said goodbye to everyone and began my new journey, my journey to the farmhouse. I had to carry 2 heavy bags, with all my school books and clothes. I approached a stream that I had to cross, decided to jump it, I didn't think about the weight of my bags, and I ended up falling in. I thought to myself great, now I am soaked, full of mud, and I need a shower. I made it up to the horse field where I saw everyone on the back deck of the farm



yelling and screaming congratulations. I got to have my first laugh at the farm when I saw Anderson walking towards me to help carry my bags, and all the horses start chasing after him in the wet muddy field. I also had my first off grounds field trip that weekend. We went out for ice cream and I got chocolate peanut butter cup ice cream. It was my first ice cream in about 3 1/2 months. Then after we ate our ice cream we went to the Belfast common and watched a play called "The Carousel". Even after all this, I still couldn't believe I was finally at the farm house.



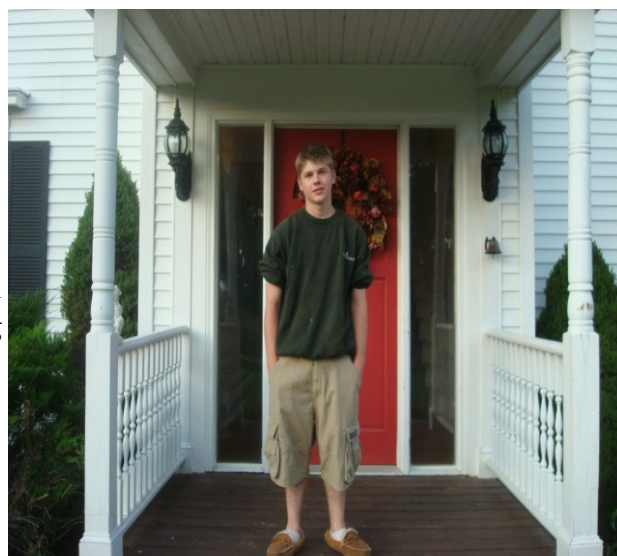
Kent's Journey to the Farmhouse!

I remember when I first came to Ironwood on May 5th driving past the farmhouse down to Frye. I remember Jon and Bo (the transporters) saying, "That's where you want to get as fast as you can." At first, I did not accept the program, the same as pretty much everyone else... However, about 30 or so days in I decided I was going to make changes and do work to get yellow and go to the farmhouse.

I got my yellow on day 45 and was never more psyched. My next step.... Was to get my papers and head up to the farmhouse. On day 102 I was called over to the lodge by Molly because she had "forgotten to give me my mail," and when I walked in she told me my email was the first one and just to grab it. As I got closer to the mail, I could see the lines through it and I knew it was my papers. I was so exited when I got them I went directly back over to the bunk to start on my presentation. The next day I was called out of school to go to the shrink

shack. I could not believe it . . . I was already presenting! I presented in front of 4 people, Kristen, Ezra, Don, and Kellie. After my speech, I walked out and directly went up to the farmhouse. I thought to myself, wow I didn't even get my papers 12 hours ago and I'm already heading up to the farmhouse, this is sick.

I got my stuff packed up and was driven up by my therapist. Right when I got out of the car all the kids at the farmhouse congratulated me. I was so stoked to finally be there. The first thing I did was ceramics with Chris's mom. That night we had some Gnarly Chicken Parmesan and it was so good. I was so proud of myself that I had made it this far and told my self I was going to keep up the good work and move towards getting blue.



Ironwood Quotes

Alexis - All I know about life I can sum up in three words, **IT GOES ON.**

Nick - Chances are something you don't take when you're lost.

Brittany - Life goes on.

Michael - It is hard to fail, but it is worse never to have tried to succeed.

Tomas - A journey of a thousand miles begins with a single step.

Benjamin - Procrastination is the thief of time.

Kevin - Wisdom suffocates in a closed mind.

Rachael - Honesty IS the best policy.

Lauren - The truth will set you free.

Christopher - Knowledge comes, but wisdom lingers.



Advice from Chris

Dear "advice giver", what advice would you give to the people down at Frye? –anonymous.

*Well I could give a lot of advice to many of the people down at Frye. The question is what their goal in this program is. That's the first thing they have to think about. Do they want to change their relationship with their families & friends; do they want to adjust their own mindset; do they want to do good in the program so they could graduate sooner; or what else? I suggest that people down at Frye be honest with themselves and their peers from the beginning; it is a lot easier to deal with ones problems in the

beginning so you can re-live your stress and self-consciousness. Also knowing your limits of conso-ciation. By this, a resident should partake in the program ironwood has to offer you with your peers and staff members / special guests, but this program is solely for the benefit of you. So creating tight alliances with other could possibly hold you back in the long run. Basically though any resident should be fine if you use common sense.

Dear "advice giver", what would possibly hold someone back from graduating the Ironwood program? –anonymous.

*This is a very good question which I'm sure all my

readers are quite curious about. There are numerous reasons why a resident could slow down his/her graduating process. Not having a positive mindset first off could be very prohibiting. Ironwood has been a prodigal to us as we come to develop and enhance our skills in order to create a better future. By not participating or giving effort to reform our attitudes, we are not efficiently fulfilling our goals.



In the Kitchen with Rachel

The heat is on and the ingredients are pouring out of the farmhouse kitchen. Since our new menu here at Ironwood, the food has been absolutely delicious. Bob has been coming in and turning out the best food we have seen on the hill. We recently had Italian Night, with garlic bread, baked ziti, and much more. We have also made honey ham, pizza, and great desserts. Keep reading for your food update.

Interview with Rachel by: Tom

Tom: How long have you been here?

Rachel: 6 months.

Tom: Why do you like Petunia?

Rachel: She is cute and lovable.

Tom: How long did you spend in each color?

Rachel: *Orange- 2 Months.

*Yellow- 2 Months.

*Green- 2 Months.

*Blue- 1 day so far.

Tom: Where do you live?

Rachel: South Florida.

Tom: Were you transported?

Rachel: No.

Tom: Who is your favorite actor?

Rachel: Johnny Depp.

Tom: Who is your favorite staff?

Rachel: All of them.

Tom: Easter or 4th of July?

Rachel: 4th of July.

Tom: Impact?

Rachel: 13 times = a lot.



Kevin's Cocoa Brownie Balls

Kevin's Cocoa Brownie Balls

Preparation Time: 4 ¼ hours

(includes refrigeration time)

Baking Time: 8 Minutes

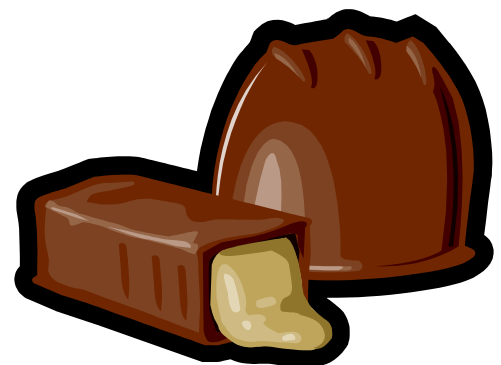
Yield: 4 dozen

-Ingredients-

- 1 cup flour
- 1tsp. baking powder
- 1/8 tsp salt.
- 5 tbsp. butter.
- ½ cup cocoa powder (sifted).
- 1 cup sugar.
- 2 eggs, lightly beaten.
- 1 tsp. vanilla extract.
- 1 cup finely chopped walnuts
- 1 cup confectioners, sugar, sifted.



1. Combine the flour, baking powder, and salt in a mixing bowl and set
2. Melt the Butter in a 1-quart heavy sauce pan over low heat. Stir in the cocoa powder and blend until smooth. Remove from heat, and stir in the sugar. Using a mixer, combine the cocoa powder mixture with the eggs in a large mixing bowl and blend well. Blend in the vanilla. Add the flour mixture in three stages blending well after each addition. Stir in the walnuts. Cover the bowl with plastic wrap and chill for at least four hours.
3. Preheat oven to 400 degrees, Line a cookie sheet with parchment paper. Place the confectioner's sugar in a small bowl. Roll teaspoon full of the dough into balls into balls and roll the balls in confectioners sugar. Place the balls on the cookie sheet, leaving 2 inches between them.
4. Bake for 8-9 minutes until set. Remove the cookie sheet from the oven and



In the Garden with Mike

This is Mike here to talk about the farmhouse garden. Many residents from frye and the farmhouse have been working on the garden with help from staff like Amy. After preparing the garden in May and doing a lot of planting in June, we have been picking vegetables in July and August. Residents now are pulling weeds out of areas and picking vegetables that are ready. We have also been picking potato bugs off the potato leaves recently. (I never even heard or knew of such a thing before.) Some vegetables that we have been picking lately are peppers, carrots, basil, and all different types of beans and peas. There have also been regular and cherry tomatoes that have been ready to pick. One vegetable that I'm looking forward to eating and I'm sure other residents are as well is Corn.



Myths about Ironwood by: Brittany

5 Myths about Ironwood by (BRITTANY)

- An elderly woman haunts the upstairs in the farm.
- There was a kid who ran and was never found.
- At the farmhouse you can do what ever you want.
- Maggie has a German attack word.
- You always graduate two weeks after your home visit.



Ali's Journey to the Farm House



My journey to the Farm was, literally, tiring and wet. Walking up the hill to the Farm House in the rain was probably the hardest thing physically I have ever done. On a Thursday afternoon I gave my promotion speech that I had been waiting to get for the four months I was at Frye. I was really happy to know that my days at Frye were numbered.

When Greg told me to pack my things and start up the hill, I was excited...until I picked up my bag. Because its summer, the plants were up to my shoulder the whole time. To make it worse, it was pouring rain. A few yards into my journey, my shoes were soaked along with the whole bottom half of my jeans.

After about 15 minutes of all this ridiculousness I saw the farm house at the top of the hill. The girls came down to help me with my bag and I gladly gave it to them. I was grateful to walk into the nice, air conditioned house after this long journey.

Resident of the Month by: Chris

Resident of the Month – Kevin

Chris: How long have you been residing at Ironwood?

Kevin: I have been here for just over 5 months.

Chris: What is your favorite hobby outside of Ironwood?

Kevin: My favorite hobby would most definitely be snowboarding man.

Chris: Mine too man! Where is your favorite place to snowboard?

Kevin: Probably Breckenridge in Colorado.

Chris: Have you ever been to Sunday River in Maine?

Kevin: I have not.

Chris: We should go once we graduate. Anyway, what is your favorite holiday?

Kevin: My favorite holiday is Christmas for sure.

Chris: What advice would you give to all the upcoming impacters?

Kevin: Yo, what ever you do, don't try to run away. And just remember it all gets better after impact.

Chris: If you could change one thing about your past what would it be?

Kevin: Hmm... If I could change one thing about my past, it'd have to be the fact that I smoke cigarettes because it is a disgusting habit that is very hard to break.

Chris: What is your best personality trait?

Kevin: I have a good sense of humor.

Chris: What was your biggest challenge here?

Kevin: Overcoming my addictions.

Chris: Who is the most inspiring person to you?

Kevin: My grandpa

Chris: How do you like being here?

Kevin: I'd rather be at home, but I'm glad that I got a chance to make changes in my life.

Chris: What is your favorite Ironwood memory?

Kevin: Moving to the Farm House

Chris: During what color did you learn most about yourself?

Kevin: Definitely green. It doesn't hurt that I spent like 3 months in it.

Chris: Favorite animal?

Kevin: It's a tie again between Rocky and all three barn cats, Scaredy, Jupiter, and Mars.



Wendi's Wise Words of Wisdom

I look back over my time here at Ironwood, I fondly remember a moment that stands out to me so distinctly.

A resident was very concerned over our beloved donkey Theo. He was eating, he wasn't drinking and his body functions were beginning to shut down. The vet had come and said the more he drinks the better chance he had to survive. So the quest began. The resident asked if we could get the donkey to the bucket. We must get the donkey to water if he won't help himself. The adventure began. We got out to the pasture and pushed and prodded the donkey to stand. He finally got to his feet, which we soon found out was the easy part. I got the front and the resident got the back.

I was the puller and the resident was the pusher. The donkey literally dug his heels in. So deep in fact his bottom almost touched the ground!! After ten or so minutes of backbreaking prodding, we saw some headway being made. The relief was evident on our faces. The donkey was going to make it. We were certain. The pulling the pushing went on for a quite a few more minutes. Imagine how excited we were to finally have crossed the pasture and the cool clear water was in reach. The donkey has arrived. Its life saving liquid was within inches of his nose and that's when it hit me.

Ironwood-this whole situation was an analogy of the parents, staff, and residents of Ironwood. We, as owners, therapists, behavior specialists, are all here to push, pull, and encourage, you all to the life saving measures that are within your reach. Giving you the tools you need to for behavior modification, respect, healthy communication and relationships, plus a whole lot more.



Unfortunately, just as the situation unfolded with Theo, we can't make you drink. Only you can embrace the opportunity's given to you here! It is my hope that each of you will be smarter than the donkey and not just choose to to survive, but to thrive as well!!!!



Letter from the Editor Nick

The making of the Treatment Times was very fun, yet very challenging. Everything from enforcing due dates, to choosing the pictures to put with everyone to add in. I'm going to be honest I couldn't have completed this treatment times without the help of all the residents (especially Rachel), and staff members. I want to thank everyone for helping me, it was hard, but we got it done!



-About Me-

-Hi! My name is Nicholas. I am 17 years old, from Bristol, Rhode-island, and currently a level 4.

-I am a senior in High school.

-My favorite ironwood animal is definitely . Puppet, and Peanut.

-I love to play baseball, football and hockey.

