

## TREATMENT TIMES

Volume 1, Issue 1

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## WHAT'S NEW? BY: ANDREW

Recently, many of the residents have been taking part in building yurts. This is a circular shaped shelter made out of thick, long sticks that the residents gathered and skinned. The Ironwood yurts will provide our level one and two residents with a place they can call home. The process calls for cutting down trees, skinning them to length, and finally building the actual structure itself. We are planning to have them up and running by late spring, early summer.

Another building project that many residents have been taking part in is the building of a sugar shack so that we can produce our own maple syrup. The process has been moving along

smoothly, except for the days where it is extremely cold out or snowing. This would not be possible without all of the carpenters who do all the "hard stuff".

This month, two residents have been promoted to level three: Amanda and Imelda. They are both doing a fabulous job up at the farm house, and are continuing to grow. Will, John, Sameer, and I, (Andrew) have been promoted to level four. Three residents have left the program: Lindsay, Libby, and Shelby. We all hope that they are doing well and we keep them in our thoughts and prayers.

Lastly, we have acquired a new group of livestock: alpacas.

## Coming Up...

- Our new livestock
- Spring Fun!
- A Taste of Italy...
- Name that staff / Resident!!
- Sugar Shack News

## RESIDENT OF THE MONTH! BY: ALI

Name: Andrew

Level: 4

Home State: New Jersey

Favorite Food: fettuccini alfredo

Favorite Color: blue

Favorite sport: Baseball

Hobbies: Music, Sports, Horseracing, and hanging out with friends

Favorite Project @ Ironwood: Maggie's pen

Favorite Staff: Donna

Happiest Moment @ Ironwood: "The day I got my level four"

Worst Moment @ Ironwood: "The day I got sent back down to Frye"

Favorite Memory @ Ironwood: First day up at the house

Words of Wisdom: "Stay Strong"

## SCHOOL TIME BY: AMANDA

Every Tuesday and Thursday we spend most of the day working on our education through Oak Meadow. Jim Nelson, our academic director, does a really great job of keeping us motivated and on top of our assignments. Jim has a really impressive background in the department of education. He was a teacher at Winthrop high school for 15 years, and a head master of Erskine Academy for 17 years. He also administered a grant for the department of

education for 6 years after retirement. He says that he really enjoys this job because he gets to work directly with the students.

We also have a staff member, Jay Thornton, working on school days who some may call a "walking dictionary". Jay is leading us in the class Spirituality where every week we read a section from the book, The Power Of Myth, take a quiz, and discuss our opinions on the reading. We get high school credit if

we participate in the class.

Right now there are 9 residents enrolled in Oak Meadow. We are all working towards goals of our own. Danny wants to become a veterinarian. He is taking animal science and is around all kinds of animals here at Ironwood. Being able to take classes and stay educated is such a privilege. We are all going through a huge life changing experience and are still able to stay caught up with our schooling.

## ASK WILL? BY: WILL

Howdy Folks! How are things this month? Things are good here. I've got some good questions and answers, I hope you like what I've got to say this month. I think you'll find some things pretty COOL in here that you don't know about. Please send in some questions for me to answer. Thanks!

1. Our staff member Kellie Plessner, "Momma Dukes", asks what is it like, on average, living with 6 to 8 teenagers?

Well in my opinion, it is really frustrating because it's like you're a big family and you don't always get along with your brothers and sisters. But you don't always look at them like your brothers and sisters. It's really hard if someone

has feelings for your Ironwood "sister" and that's breaking the rules. That's a **BIG NO NO** here at Ironwood because when you're here you have to remember you're in treatment.

2. Donna asked me to tell all of you what it's like to be her. What I see here at Ironwood is that she is always running around doing things for everyone. She has to see about 12 teenagers throughout the week and they're always nagging her about something: "Donna will I be able to talk to you today". Those are the famous words she hears everyday. She also has to respond to phone calls all day. Further, after she has therapy with all 12 of us she then has to talk to all of our parents at least

once a week to let them know how we are doing. She gets really stressed out around the end of the week because she has so much on her plate. She never gets a break. On top of all that she has a lot of paperwork to complete.

3. "Momma Dukes", Kelly, asks "what does the exercise program consist of and what do we get out of it?"

Well our exercise program takes place every other morning. We do yoga or imitate the instructor of a kickboxing video. It depends on the staff member that works that morning. When it's warm outside, we go out to the garage and we do push ups, sit ups, and then do stretches. **WE GET BUFF!**

## PARENT WEEKEND! BY: AMANDA AND IMELDA

On February 23rd, parent weekend began. At 10:30 am parents started showing up. It is really nice to see how happy the families are when they are together. The day started out with many activities. There was horse back equine with Kellie and Chris, dog sledding with Aimee, and snow-mobiling with Rod. We also had family therapy. Since

**Ali says, "I felt parent weekend was very successful. It was very well put together and just ran smoothly."**

most of the therapy is done over the phone, it was so much better being able to see each other face to face.

Then after all the activities we were allowed to go off campus with our families.

On The 24th, parents arrived at 10:30 am again. We did more activities and enjoyed a good lunch. We then went off campus again to spend time with our

families. On the 25th, the last day of parent weekend, we spent the morning with our parents and returned to Ironwood at 1:00 to say goodbye.

Overall, we all enjoyed ourselves and are looking forward to seeing our families again.

## FROM FRYE TO FREEDOM! BY: DANNY

Meghan is 17 years old and she lives in Illinois. She came to Ironwood in August and graduated in December.

She was nice enough to share some of her experiences with us as she continues on with her new and improved life after completing Ironwood.

**Danny:** What did you learn while you were here?

**Meghan:** That I could respect myself and that I do not need others' approval to be a good person.

**D:** When was the point when you noticed a change in yourself?

**M:** When I went back to Frye and when I went from level four to level three.

**D:** What memory of Ironwood stands out in your mind?

**M:** All the field trips that we went on

and horse back riding. My favorite horse was Franky.

**D:** Who was your favorite staff member?

**M:** Either Wayne or Aimee L, I cannot decide.

**D:** How was your first Impact?

**M:** It was horrible, it was so hard and I felt like I would never get better. I was so depressed.

**D:** What was your favorite activity here?

**M:** Riding horses and hiking.

**D:** What scared you the most about changing?

**M:** I had it in my head that I still needed Tony to believe that I was good enough; If I changed I felt that I might not be good enough for other people,

**D:** What did you experience on your graduation?

**M:** I felt a lot of accomplishment and it was the happiest moment I had had in a long time. I felt proud of going through the program and making my parents happy.

**D:** How was the trip back to home?

**M:** It was amazing. I was so happy that I was crying on the plane. I did not think that I would ever get back.

**D:** How are you doing now?

**M:** I am doing good. I have had good and bad times, it is really hard to adjust.

**D:** If you could give a kid some advice on the first day, what would it be?

**M:** I know you are mad and don't want, to be here and it all around stinks but its worth it! Follow the rules and stay out of the drama, be you and don't tell others just what they want to hear.

## AIMEE'S MAC N CHEESE! BY: SHELBY

Aimee makes her famous Mac & Cheese nights. We always enjoy the laughter and tears out of that meal. This is how we make it- 2 boxes of elbow macaroni, seasoned bread crumbs, sour cream, and cheddar cheese. First, you boil the water for the elbows and while you're

*"We always enjoy the laughter and tears out of that meal."*

waiting, you can shred the cheese if it's not already shredded and mix in your 1/2 cup of sour cream. While your water is boiling; add the elbows. Wait till the elbows are ready and get a big pan and add the elbows, cheese, and sour cream. Add a layer of bread

crumbs and stick it in the oven @ 450 for 15 minutes. Take it out and enjoy!!!

**Bon Appetite!**

## WINTER FUN BY: IMELDA

Here at Wonderful Ironwood, besides all the horse riding, k-9 training, and art, we like to enjoy our snow. We get to sled "safely". We hope to one day be able to sled down Frye Mountain. (Not quite sure when that will happen.) We also have a nice body of water, also known as Beaver Pond. We waited for it to freeze over and then when it finally happened, we shoveled it off to make a nice slick ice rink. Some



days we play a fun and friendly game of hockey with our home-made hockey sticks. We also get to go snowshoeing which is not only fun, but also a good form of exercise. For those who don't know, snow shoeing is a way of walking on top of deep snow. Cross country skiing is another activity we get to enjoy.



Jeremy Teaching the Finer Art of Pyrotechnics.

## IRONWOOD

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## Recovery

Maya Angelou

*A last love,  
Proper in conclusion,  
Should snip the wings  
Forbidding further flight.*

*But I, now,  
reft of that conclusion,  
Am lifted up  
And speeding toward the light.*



## EDITORS NOTE ALI

Dear Readers,

I hope that you enjoyed this month's edition of Treatment Times. I can say with raw honesty that so much has changed within such a short amount of time. What seems to be a month outside of Ironwood (and in the "real world") may seem like two or three months to us residents here. I truly believe that keeping parents, graduated residents, and even staff informed on what goes on from day to day is extremely important so that people can know and understand what life is like as a current Ironwood resident. Like I once stated in Suzannah's graduation speech: *"Change is the essence of life. Be willing to surrender what you are, for what you could become."*

I am proud to say that this month has been an absolute blast! With a totally

new crew up at the farmhouse and lots of life's naturally occurring chaos, we have still managed to get what needs to get done in order for this month's issue to be a success. I encourage all of you to comment and to write to us so we can add a whole new column based on your responses!

Thank you for all of your time and support!

Happy Readings,  
Ali

