

Welcome!

I and the Pennsylvania Counseling Service staff are glad to have you here. We are hoping that you can help us answer a question that has been on our minds for some time. On October 27, 1999, we began a journey to establish this program to assist individuals with a criminal history to begin to recover from drug and alcohol addiction. Journey is the nicest word I could think of, to describe our attempt to obtain the funding, meet the numerous federal regulations and spend hundreds of hours of work to establish the program that you are presently in or about to enter. Since this is a non-profit enterprise, the already busy people who have worked so hard, had only one motivation and thus, we return to our need to have a question answered.

The question is: **Are you the one?** It is our belief that if one life is turned around, all the work described above is worth it. **A life that makes wise personal choices; learns to love and respect; is able to control one's behavior; parents others well; moves beyond past failures; is sober; doesn't fool oneself; learns to be honest with others as well as honest with their original design; gives and contributes to the community, is quite beautiful, priceless and valued.** There is a firmness here, as well as commitment to find out if you are the one that makes our efforts worthwhile.

It is possible for the first time in your life, that you will look at your self with no games and see who you are versus what you sell. If you are now breathing, it is not too late to change. Maybe you can learn to connect with your good self for the first time. Reality is what you make it! Your entrance into this program is proof that you approach to life "Isn't working". It is now for new learning, new behaviors, new feelings, new choices, new strategies, new relationships, new beliefs, and new self-controls. Maybe then, **You can be the one!**

Sincerely,
Roy A. Smith, Ph.D., C.A.C.
President of Pennsylvania Counseling Services

MISSION STATEMENT:

We the clients of Renaissance Crossroads will be consistently responsible in communicating with one another with care and concern, with trust and being honest in all we do.

Today I will begin to be accountable for myself.

Today I have a choice to live in recovery or to die in addition.

Today I replace despair with hope, hatred with love, an insanity with serenity.

Today my thoughts will be on recovery and living life without the use of drugs and alcohol.

Today my mission is to work on my attitude and behavior. I am convinced that life is 10% of what happens to me and 90% on how I react to it.

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.



Pennsylvania Counseling Services

Location: VA Medical Center
1700 S. Lincoln Ave.
Lebanon, PA 17042

Mailing Address:
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Pennsylvania Counseling Services

RENAISSANCE CROSSROADS

*You have come to a
crossroad in your life.
What are you going to
do?*



About the program...

Renaissance Crossroads is a 34-month long drug and alcohol treatment program. It is designed for non-violent offenders with a sentencing level of three or four.

The first twelve months of your treatment will be broken down into two phases. Approximately the first six months will consist of intensive inpatient drug and alcohol counseling, while the last six months you will have the added ability to work.

All privileges must be earned. To earn privileges like using the telephone, getting visits, going off grounds, you must reach a certain level. You will be watched carefully to see how much effort you put toward working the program. You will be evaluated by your peers, primary counselor, and staff before changing levels.

To be faithful to the community you will be asked to abide by the following **Four Cardinal** rules.

- ◆ No physical violence or terroristic threats.
- ◆ No use of/or possession of a drug is allowed on or off the premises. No drug paraphernalia or weapons are allowed in the building at any time. Random checks will occur throughout Renaissance Crossroads.
- ◆ No relationships or inappropriate sexual behavior which includes: Kissing, Prolonged Hugging, Touching, Body Contact, Sexual Intercourse, Oral Activity, Genital Foundling, Etc.
- ◆ Any failure to report to/or return from your approved place of employment, training or education, or any other authorized destination, as well as leaving the facility without authorization is deemed to be absconding/escaping and such action will result in an unsuccessful discharge from the program and notification will be given to the appropriate authorities immediately.

In order to have an open, respectful community we take very seriously our six core concepts:

- ◆ COMMUNICATION
- ◆ HONESTY
- ◆ RESPONSIBLIITY
- ◆ TRUST
- ◆ CARE AND CONCERN
- ◆ CONSISTENCY

Created by the first five "ones"

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