



Harborcreek Youth Services  
5712 Iroquois Avenue • Harborcreek, PA 16421

# Harborcreek Happenings

## Looking Forward...

- The Fahey/Ferko Memorial 10K Run/5K Walk is scheduled for Saturday, September 20. For more information, call Nancy Zawadzki at (814) 899-7664, Ext. 401 or visit our Web site at [www.hys-erie.org/fahey\\_ferko.htm](http://www.hys-erie.org/fahey_ferko.htm).
- Our annual Spaghetti Dinner will be held this year on Sunday, October 12 from 11:30 AM to 4:30 PM. Mark your calendar now and be sure to join us for a wonderful meal!

We are accredited by



## Questions?

For more information about our treatment programs and services, visit our Web site at [www.hys-erie.org](http://www.hys-erie.org) or call Tim Borgia, Kirsten Turowski, or Darryl Rickard, Intake Coordinators, at (814) 899-7664.

## HYS Implements New Program Model

by John Petulla, Harborcreek Youth Services CEO

In 2005, Harborcreek Youth Services implemented changes in its residential program to become a Psychiatric Residential Treatment Facility as a part of the State Integrated Children's Services Program. In 2006, our agency achieved accreditation from the international Council on Accreditation (COA). During the past year we have been studying changes to be made to continue the positive transition in our treatment program.

We have identified the Sanctuary Model as a tool for system change. This model has been identified as a promising practice by the United States Department of Health and Human Services' Substance Abuse and Mental Health Services Administration. The Pennsylvania Department of Public Welfare has provided team training on the model to 29 Commonwealth providers, including HYS, through the Andrus Children's Center Sanctuary Leadership Development Institute.

The Sanctuary Model, developed by Sandra Bloom, M.D. in the 1980s, is a trauma-informed method for creating or changing organizational culture. Although the model is based on trauma theory, its tenets are applicable to work with children across a wide diagnostic spectrum. The

Sanctuary Model is based on 25 years of practice in therapeutic communities and incorporates perspectives from trauma, systems, recovery, and business theories.

Because the Sanctuary Model is a cultural model rather than a treatment intervention, Harborcreek Youth Services maintains its structures and guidelines for our clients, as well as consequences, incentives, individual and group therapy services, and all the requirements of the Balanced and Restorative Justice (BARJ) program.

The Sanctuary Model is the way we organize our treatment and the way we run our organization. We call Sanctuary an *everybody* model because it is a way of guiding leaders, staff, clients, and families to share the same values and language. Sanctuary is a guide to the way we provide healing to children and to those that care for them. It is, first and foremost, a guide for creating a safe and non-violent environment for our clients *and* our staff.

The Sanctuary Model is based on seven shared values, or commitments:

- **Nonviolence:** Being safe physically, emotionally, socially, and morally

- **Emotional Intelligence:** Managing our feelings so we don't hurt ourselves or others
- **Social Learning:** Respecting and sharing the ideas of our teams
- **Shared Governance:** Shared decision-making
- **Open Communication:** Saying what we mean and not being mean when we say it
- **Social Responsibility:** Together we accomplish more. Everyone makes a contribution to the organizational culture
- **Growth and Change:** Creating hope for our clients and ourselves.

In addition, the Sanctuary Model is guided by four steps to healing, as embodied in the acronym SELF:

**S = Safety.** No one can be healed or work well without safety, which includes physical, emotional, social, and moral safety

**E = Emotions.** Managing emotions helps us know what we are feeling and to handle our feelings so we don't hurt ourselves or others

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## New Program Model (continued)

**L = Loss.** We recognize the need to find a safe way to acknowledge and grieve the painful things that have happened to us and to move on to a healthy future

**F = Future.** We are encouraged to make positive choices to create a better future for ourselves and for the world.

A Core Steering Committee began meeting in March 2008. One of the committee's first tasks was to establish a Sanctuary implementation timetable with target dates for reaching goals. Implementation activities include

- Completing Sanctuary training for all staff
- Permeating our orientation trainings with Sanctuary principles
- Encouraging all clients and staff to create personal safety plans
- Implementing community meetings and SELF groups throughout the agency
- Increasing family involvement
- Implementing psycho-educational groups using the new curriculum.

In the words of Mother Teresa, "If we have no peace it is because we have forgotten that we belong to one another." The Sanctuary Model is a means of recovering the peace we may be lacking due to trauma or loss. The Pennsylvania Department of Public Welfare and the Erie Community Foundation are assisting our agency in this positive process, and we are grateful for their help.

## Client Finds Lifelong Interest at HYS

*During the 1980s and 1990s, Harborcreek Youth Services hosted a 10K race in memory of Father James Fahey, a long-time administrator at HYS. The race was discontinued for a time but is being revived this year. Now known as the Fahey/Ferko Memorial Race, the event honors the memory not only of Father Fahey but also of Rick Ferko, who devoted his life to serving troubled youth. The 10K run and 5K walk will be held on Saturday, September 20. A downloadable registration form is available on our Web site: [http://www.hys-erie.org/fahey\\_ferko.htm](http://www.hys-erie.org/fahey_ferko.htm).*

*Shortly after the race information was posted, we received the following letter, along with a check for \$500:*

My name is Darrell Wargo. I am a former student at HYS. I was searching the Internet and found out about your race coming up in September. I wanted to give some sponsorship to your event because that's where my whole career started at Harborcreek, running the Father Fahey 10K in 1983, the first year they hosted the event. I have run it about 10 years and won it two times.

I came to HYS in 1982 with a lot of family problems and stayed there until 1986. I ran that first race in 1983, and have not stopped since then. I have competed in 1,200 races in 30 different countries and all over the USA. I have won 400 out of 1,200 races. I have competed in 200 triathlons and almost qualified for the 1996 Olympics in Atlanta. My sports have been a big part of my life and have taken me all over the world. I have met a lot of famous people.

I am now 40 years old and living in Lynchburg, Virginia. I coach cross country as well as track and field at a high school.

I knew Rick Ferko very well and I do miss him. He was a big part of my life and helped me get started.



Darrell crosses the finish line

## Annual Trout Derby Day a Big Success

Harborcreek Youth Services' 32nd Annual Trout Derby, held this year on May 7 at Camp Glinodo, was a big hit with clients and staff alike.

All HYS units participated in the Trout Derby, but Wagner House clients were especially successful. Not only did they catch the most fish — 32! — of any unit, but a Wagner resident caught the biggest fish.

Thanks to the generosity of the Wesleyville Conservation Club, the Glinodo creek was stocked with 400 fish, and everyone enjoyed the delicious post-derby picnic lunch prepared by the Metz staff. Thanks to all who helped to make this a perfect day!

