



# ARC Manor News

S P R I N G 2 0 0 6

## Communities that Care Has Exciting News!

The 2004 Adolescent Risk and Resource Assessment is complete and ready for distribution. This study includes data collected from Armstrong County residents and is compared with data collected nationally through a study titled "Monitoring the Future." The Risk and Resource Assessment identified the following as the top five risk factors for Armstrong County. They are listed in order of significance below:

1. Availability of drugs
2. Favorable parental attitudes and involvement in the problem behavior
3. Friends who engage in the problem behavior
4. Academic failure beginning in late elementary school
5. Transitions and mobility

Select risk factors were compared from the 2000 study to the 2004 study. All of these but Favorable Attitudes Toward Alcohol, Tobacco or Drugs decreased. Protective Factors, which are the things that offset the impact of risk factors, however, are a cause for concern. Since the 2000 study, six of the nine protective factors decreased.

Overall, it appears that what CTC has been doing is making a positive impact, illustrating why it is important to support prevention initiatives in Armstrong County. You can help! The Community Prevention Board meets the first Friday of every month at noon in conference room two at ACMH. Come to a meeting and see how you can make a difference in your community! For more information, please contact Tori Hilty, Community Mobilizer, at 724-548-7644 or [tlhilty4ctc@yahoo.com](mailto:tlhilty4ctc@yahoo.com). (The complete study can be found at [www.airnetfrn.org](http://www.airnetfrn.org))

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## ARC Manor Supports Community Awareness Day



Partners in Community Awareness Day

Armstrong County held its third annual Community Awareness Day on January 9, 2006. Community Awareness Day is a comprehensive community-based effort to raise awareness on drug and alcohol prevention and treatment, domestic violence, sexual assault, and child abuse as well as inform the community of the resources available to those in need.

The theme for this year was ***"Protecting Our Youth and Community."***

**ARC**  
MANOR

*Executive Director's Message*

*Kay Detrick Owen*

**Future Direction of Addiction Treatment**

Addiction is a chronic disease yet we treat it like an acute condition. Treatment of addiction has resembled treatment of a broken arm. An addiction professional diagnoses and treats the problem. The treatment ends with a graduation and discharge and the client is expected to go on with their life without further need of treatment. People ask about success rates, and if relapse occurs, it is often viewed as a failure.

What is needed is a change in the model of treatment. We need to move toward sustained recovery management. Addiction should be viewed and treated like other chronic health conditions. For example, diabetics are supposed to change their habits by eating better, exercising, and taking medications. Do we ask doctors who treat diabetics what their success rate is?! If diabetics go off their diets and have a relapse, do we look at this as a failure?! Do we limit the number of treatments diabetics can have? Do diabetics need to see a medical professional on an ongoing basis?

Think about it!

**Treatment Works!**

We recently received a thank you from someone who had a friend who had hit "rock bottom." She gave her friend information about treatment at ARC Manor. According to the person who referred the individual to ARC Manor, the friend is now in recovery and is "doing great. The family thanked me profusely and thanks ARC Manor for giving her the treatment she needed. She is attending meetings, has a job, and has moved away from her using friends."

**Congratulations!!**

ARC Manor is pleased to announce that Alexandra Brown and Janetta Thomas are now Certified Addiction Counselors and Jill Pless has been recertified. Susan Zalenski has received her Associate Addiction Counselor Certification. Great Job!

**Special Gifts**

Gifts in memory of someone are a wonderful way to support ARC Manor while remembering someone. ARC Manor was fortunate to receive gifts in memory of:

**Harvey H. Heilman**  
**James E. Taleff**  
**Zachary Joseph Zion**

These gifts help us to turn the lives filled with the destruction of addiction into lives of productive, fulfilling recovery.

**In Memory of Zachary**



Zack Zion lost his life to a heroin overdose. His mother, Susan Johns, wants parents to know that heroin is in the community and that it is a powerful and dangerous drug. Susan volunteers for the Reality Tour, a drug awareness and prevention program. Friends have given donations in memory of Zachary Joseph Zion. Thank you for caring!! For Zack's sake.

**Leadership Transition**

On behalf of the Board of Directors and all of ARC Manor, we extend our special thanks and gratitude to these remarkable individuals:

**Allen Lockard** -- who has been on the Board since 1998. He completed two years as board president and will continue to serve as a Board member. Allen is the CEO of Elderton State Bank.

**Chase McClister** -- who assumed the position of Board President in January, 2006 after serving as Vice-President for two years. Chase is an attorney and Assistant District Attorney for Armstrong County.

Additional Board Members for 2006 are: Sheree Shafer (Secretary), Steve Bono (Vice-President), Bonnie Dulany, Jeff Hall, Carl Lytle, Mona Rupert, Frank Shumaker (Treasurer), Beverly Steffey, Rich Trinclisti, Brian Trudgen, and Liz White.



## Myth vs. Reality

**Myth:** It's safe to let underage kids drink. At least they aren't doing *hard* drugs.

**Reality:** According to the Substance Abuse and Mental Health Services Administration, during 2004 there were 142,701 alcohol related emergency room visits to US

hospitals by individuals aged 12 to 20. Prom season is approaching. Talk to your kids.

## Clean Air For Healthy People

Clean Air for Healthy People is a free, accredited training offered by ARC Manor to all health care providers in Armstrong County. The program's goal is to ensure that effective smoking cessation advice and counseling is being offered by every health care professional so that smokers are informed of the health risks associated with tobacco use, are being motivated to quit, and are educated on available cessation tools. To accomplish these objectives, ARC Manor trains health care professionals in various settings including physicians' and dentists' offices, nursing homes, personal care homes, and visiting nurses and human service organizations.

The training includes research-based intervention strategies with several resources and free materials for the staff and patient. This program also offers continuing education credits from the University of Pittsburgh and is sponsored by the Pennsylvania Department of Health and the American Academy of Pediatrics. For more information on Clean Air for Healthy People or any of our other tobacco programs, please contact Amanda at ARC Manor at 724.548.7607.



## Volunteer Spotlight

ARC Manor would like to welcome our new volunteer, Kay Shirley. Kay was inspired to become a volunteer after hearing her brother-in-law, Commissioner Rich Fink, speaking about the drug and alcohol problem in our county. "I had a burden in my heart, an ache. It made an impact on me and I just really felt like I needed to do something. Everyone at ARC Manor has always treated me so nicely and the employees do such tremendous work, it is really rewarding to be a part of it."

Since August, Kay has already logged in 154 hours. Thanks, Kay!

*You must be the change you want to see in the world.*

*--Mahatma Gandhi*

## PRIORITY TREATMENT POPULATIONS

The federal government establishes priority populations for treatment. Any agency that receives federal money must ensure that individuals fitting into the priority population are promptly admitted to treatment. Since ARC Manor is the recipient of federal dollars we must comply with this requirement.

Priority populations are the following:

- \*Pregnant women who inject drugs
- \*Pregnant substance abusers
- \*Drug users who inject drugs
- \*Women who are injecting drug users and have children.

These groups of people are considered high risk, very vulnerable, and in intense need of drug and alcohol treatment. If you know any one who fits these groups, please urge them to get help!!!

## *Summer Splash!!*

*Get your suits ready! ARC Manor will again be hosting the annual Summer Splash at the Belmont Complex in June. Admission will be half-price and will include snacks, drinks, giveaways and a DJ. Stay tuned for details.*

## ARC MANOR BOARD OF DIRECTORS

President: **Chase McClister** • Vice-President: **Steve Bono**

Secretary: **Sheree Shafer** • Treasurer: **Frank Shumaker**

**Bonnie Dulany** \* **Jeff Hall** \* **Allen Lockard**

**Carl Lytle** \* **Mona Rupert** \* **Beverly Steffey**

**Rich Trinclisti** \* **Brian Trudgen** \* **Liz White**

**Kay Detrick Owen** - Executive Director

*ARC Manor Newsletter Staff:*  
**Denise Marano and Sheila Knell**

We regret any errors or omissions. Our goal in this newsletter is to inform, educate, and encourage your involvement in doing all you can do to help yourself and your neighbors who are experiencing problems with alcohol or other drugs.

Eligibility for ARC Manor programs is open to anyone who has a problem with alcohol or other drugs or is affected by substance abuse. No one is discriminated against on the basis of age, race, creed, sex, ethnicity, color, national origin, marital status, sexual orientation, handicap or religion.


ARC Manor is licensed by the Bureau of Community Program Standards, Division of Drug and Alcohol Licensing, Pennsylvania Department of Health, and is funded by the Armstrong-Indiana Drug and Alcohol Commission through a grant from the Bureau of Drug and Alcohol Programs, Pennsylvania Department of Health, the Armstrong County United Way, the Westmoreland County United Way, the Armstrong County Commissioners through a grant from the Human Services Development Fund, private grants, fees, and community donations.

This project is funded, in part under a contract with the Department of Health, Bureau of Drug and Alcohol Programs, Commonwealth of Pennsylvania and the Armstrong/Indiana Drug and Alcohol Commission, Inc. Basic data for use in this study were supplied by the Pennsylvania Department of Health, Harrisburg, Pennsylvania. The Department of Health, Bureau of Drug and Alcohol Programs and the Armstrong/Indiana Drug and Alcohol Commission, Inc. specifically disclaim responsibility for any analyses, interpretations, or conclusions herein.

## OurMission

ARC Manor is a nonprofit agency that is committed to prevention, education, intervention and treatment of abuse and addiction to alcohol and other drugs.

Our mission is to provide affordable, high quality, timely services that enhance the quality of life for individuals, families and the community.

A United Way Agency 

Robert S. Muscalus, D.O.,  
Secretary of Health

Governor

Edward G. Rendell

DEPARTMENT OF  
HEALTH

TEL: (724) 548-7607  
FAX: (724) 545-7999  
E-mail: [arcmanor@alltel.net](mailto:arcmanor@alltel.net)  
Website: [www.arcmanor.org](http://www.arcmanor.org)

200 Oak Avenue  
Kittanning, PA 16201

ADDICTION RECOVERY CENTER

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