



ARC Manor News

SPRING 2007

Drugs 101: What Parents Need to Know

According to the National Youth Anti-Drug Media Campaign, research shows that teens who have a positive relationship and open lines of communication with their parents are less likely to engage in risky behaviors involving the use of alcohol, tobacco, and illicit drugs.

However, one in four parents do not talk to their kids about drugs at all. (Susan P. Byrnes Health Education Center.)

Parents often say they are at a loss as to how to communicate about drugs and alcohol to their teens. Parents and other responsible adults are often unaware of current drug use trends and often do not recognize what drugs and drug paraphernalia look like.

ARC Manor recently received a grant from the ACMH Medical Staff Fund to host two sessions of **Drugs 101: What Parents Need to Know** in Spring, 2007.

Drugs 101 is an eye-opening, innovative two-hour educational program designed to provide parents with information regarding teenage drug and alcohol use. **Drugs 101** also helps to facilitate communication between parents and teenagers regarding the effects of drug and alcohol use, good decision making skills, and explanations of family values and beliefs regarding drug and alcohol use.

The highlight of the program is a **"Mock Teen Bedroom,"** which is designed to make parents, educators and social service workers cognizant of current symptoms of drug use by teens, to familiarize them with what drugs look like, and to illustrate how teens might use everyday items in their bedroom to conceal their use of drugs.

SCA Executive Looks Forward to Retirement

Charlene Givens has twenty-nine years of service with the Armstrong-Indiana Drug and Alcohol Commission. She is retiring in June, 2007. A recent interview with Kay Detrick Owen, Executive Director of ARC Manor, revealed these comments --

What have been your guiding principles in doing your job?

I have always made the needs of the Commission first and foremost. The needs of the Commission were put before my own interests. I was the person responsible for carrying out the wishes of the Commission Board.

What are you most proud of?

I am most proud of the growth of the Commission. We started out as a small rural organization and by being involved at the state level and applying for grants, we have grown considerably compared to similar counties.

ARC Manor congratulates Char for her years of service and wishes her the best in retirement!!



Check out our new
website at:
www.arcmanor.org

ARC
MANOR

Executive Director's Message
Kay Detrick Owen

Budget Woes and Worries

I vividly recall attending a meeting of human service agency representatives and hearing a comment from a former businessman. He said, "How do you folks handle the uncertainty of grant funding year after year?" Living year to year applying for grants and other funding is a way of life for ARC Manor and other human service agencies. That man's comment struck me about how difficult this is.

The first quarter of the calendar year is a challenging time. Proposals to request funds are due. Grant applications are due. At ARC Manor, we work hard on these proposals and hope that we are successful in obtaining funds to continue our programs.

Thankfully, ARC Manor is fortunate to receive support from the community. These funds help fill in the gaps and help us to help our clients. If you would like information about funding at ARC Manor or would like to make a donation, please feel free to contact me at (724) 548-7607.

Christmas Open House

Thanks to the ARC Manor Foundation for sponsoring our annual Christmas Open House which this year raised over \$3000. We'd also like to thank Bill & Lori Cunningham for hosting the open house and the following sponsors for their support:

Armstrong County Building & Loan
Armstrong Eyecare Associates, P.C.
Bradigan's, Inc.
James L. Cook, Jr. O.D., P.C.
Karl E. Colyer & Bret J. Buterbaugh
J. Gary DeComo
Paul E. Dunmire (Merchants Bank)
ESS Insurance Group
Farmers National Bank
Frank N. Genovese, M.D.
George Kepple
Klingensmith HealthCare
KPM Herkules Group (Sam Kube)
Roger T. Mechling
W.D. Mohney & Associates
Northwest Savings Bank
Rosebud Mining, Inc.
Snyder Charitable Foundation

ARC Manor Board News

The following board officers have been re-elected for 2007:

President: Chase McClister
Vice-President: Steve Bono
Secretary: Sheree Shafer
Treasurer: Frank Shumaker

Additional members include Bonnie Dulany, Allen Lockard, Mona Rupert, Beverly Steffey, Rich Trinclisti, Brian Trudgen, & Liz White.

Thank you for your dedicated service.

In Memorium

ARC Manor was saddened to hear of the passing of George Capone. Among his many other charitable efforts, he was a former board member and president of ARC Manor.

PREVENTION



Double Trouble

Good news!!! ARC Manor recently began hosting a weekly Double Trouble meeting. Double Trouble is a 12-step meeting for those individuals who are recovering from a drug/alcohol problem and a mental health

problem such as depression, bipolar disorder, anxiety, etc. The meeting is held in the All Purpose Room at ARC Manor on Fridays from 3-4 pm. Please contact ARC Manor at (724) 548-7607 for more information.

Robotripping

Robotripping is rising at an alarming 50% a year and most people don't even know what it is. About one in ten teens got high last year on the illicit use of cough medicines containing dextromethorphan (DXM). These cold remedies can cause hallucinations, out-of-body experiences, and even death from seizures and elevated body temperature. For some, the heart begins to race, blood pressure rises and they become dizzy and confused, and act as if inebriated.

Since many products containing DXM are available over-the-counter, many teens perceive them as not being potentially dangerous. The drug is also relatively inexpensive. Teens are able to get high from the contents of one package. Parents, who are typically alarmed at finding white powder in a child's room are often unsuspecting of finding cold and cough medicine packages. Adding to the danger is that when someone who has overdosed on DXM is brought to an emergency room, the medical staff are often unaware of the robotripping trend and its symptoms and may misdiagnose the condition.

According to the Community Anti-Drug Coalitions of America, "We know anecdotally that kids know all about this, but that parents and adults do not." If you would like to talk to your child about the dangers of Robotripping and would like more information, please contact ARC Manor at (724) 548-7607.

Ready to Quit?

Are you one of the many smokers still struggling with kicking the habit and breaking your addiction? Have you been thinking, why quit again, I always go back to it?

You are not alone. Eight out of 10 smokers have a strong desire to quit. By now, you know that it takes more than desire. You also know it is more than just a habit. You have an addiction to nicotine, which is one of the most difficult addictions to break.

Why quit alone? Studies show that people who quit smoking have a better chance when they have support from a network of people, or a trusted counselor. Studies also show that if nicotine replacement therapy or other medication is used in addition to the support network, the success rate is even higher.

ARC Manor offers a variety of free services to those who have a desire to quit tobacco. Services include financial aid for nicotine replacement therapy to those that qualify, a special incentive program for pregnant women trying to quit smoking, individual cessation counseling, group counseling and referral service.

To register for this class or for information on our other tobacco cessation services, contact Amanda Cochran 724.548.7607.

Human beings,
by changing the inner attitudes of their minds, can
change the outer aspects of their lives.
William James (1842 - 1910)

ARC MANOR BOARD OF DIRECTORS

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

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

Bonnie Dulany * **Allen Lockard**

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. Treatment statistics may contain errors due to data collection issues and electronic system capabilities.

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@allegh.net
Website: www.arcmanor.org

200 Oak Avenue
Kittanning, PA 16201

ADDICTION RECOVERY CENTER

ARC
MANOR

