



ARC Manor News

SPRING 2008

NEW DIRECTOR NAMED

How are the Steelers and ARC Manor alike?! Both organizations have chosen strong, successful leaders. Both organizations have been fortunate to have longevity with their leaders. For the Steelers, it was Chuck Noll, Bill Cowher, and now Mike Tomlin. For ARC Manor, it was Kevin Anne Miller, Kay Detrick Owen, and now Cindy McCrea.

Long term Executive Director Kay Detrick Owen retired in early February. The Board of Directors named Cindy McCrea as the third director of the agency. McCrea comes to ARC Manor with an impressive list of credentials. She did her undergraduate work at Clarion University and obtained a Master of Social Work degree from Pitt. Cindy worked as a Supervisor at Clarion County Child Welfare and upon her resignation there, she was named the Program Director at the Armstrong County Jail. In April 2007, she became the Clinical Director at ARC Manor. According to the Search Committee, she is "an excellent selection." ARC Manor welcomes Cindy in her new role!!

SCHOLARSHIP FUND ESTABLISHED

When Kay Detrick Owen retired on February 2nd from ARC Manor, she left behind a 32-year legacy of service to the community and to those suffering from addiction. What better way to honor Kay than to provide a way for her work to go on?

That is exactly what the ARC Manor Board of Directors and the ARC Manor Foundation have done by creating the **Kay Detrick Owen Scholarship Fund** at the **Armstrong County Community Foundation**.

The Fund will offer two scholarships every year: one for a high school student pursuing training in human services with preference being given to those studying addiction treatment, and one to a professional already working in the field who is seeking additional training.

Kay has asked that in lieu of gifts, she would be delighted if anyone wishing to honor her as she retires would consider making a tax-deductible gift to the **Kay Detrick Owen Scholarship Fund**. *Simply send your check payable to ACCF with Kay Owen in the memo line.*

Congratulations, Kay!
And thank you for your many years
of dedicated service!



**Executive Director's Message
Cindy McCrea, MSW,LSW**

*The beginning is the most important part
of the work. –Plato*

Welcome to an exciting time in ARC Manor history. I have the honor and pleasure of introducing myself as the new executive director of ARC Manor. The excitement of this announcement comes with the knowledge that I am only the third person ever to fill this position.

In order to celebrate a beginning, however, I must recognize a significant ending. Kay Detrick Owen has been a part of ARC Manor for 32 years. She has helped to guide the agency toward success and has constantly encouraged growth and change. Kay deserves to enjoy every minute of her retirement knowing that she has impacted the community in so many positive ways.

I enter this position knowing that I have been left with the best resources to tackle this new challenge. The board of ARC Manor is an amazing group of community leaders who care about furthering the mission of the agency. The staff members of ARC Manor are competent, knowledgeable, and invested in assisting all who have been impacted by addiction. The surrounding community is aware of the need and value of providing quality treatment, prevention, and intervention services to every person. Finally, I know that—for the past eight years that I have been involved with ARC Manor—I have been trained by the very best.

Welcome to my new beginning...and to the next chapter in ARC Manor's history.



OXFORD HOUSE OPENS

Safe and affordable housing has been a concern for those in addiction recovery for many years in Armstrong County. Fortunately, through the work and dedication of The Advocacy Group (T.A.G.) in Armstrong County, we now have an option: the Oxford House located on North Avenue in Kittanning. The Oxford House is a national organization of democratically run, independent housing for men in early recovery. The Kittanning Oxford house opened in October 2007 with one occupant. There are currently five men residing in the house. The men are working, paying the necessary rent and utilities, have assigned chores and hold offices such as President and Treasurer. We asked a few of the members what the Oxford House has meant to them and here are their responses: “Opportunity of a lifetime; a chance to get it right and keep it right” – Kenny N.; “People living together sober” – Rich H. and “A great place to recover and start a new life” –Brandon H

STAFF ACCOMPLISHMENTS

Jill Pless, B.A. – Certified Addiction Counselor

Linda Courson- Certified Allied Addiction Practitioner

Anna Mieszkowski – Certified Allied Addiction Practitioner

Michael Watterson, MS – Associate Addictions Counselor II

Cari Harmon, B.A. – Associate Addictions Counselor II

Anna Shuster, BA. – Associate Addictions Counselor I

Jessica Atwood, B.S. – Associate Addictions Counselor I

*Congratulations to those who have received these
certifications!!!*

PREVENTION

CTC YOUTH SURVEY

The results of archival data used for the 2008 Risk and Resource Assessment by Armstrong County Communities That Care are available. The archival indicators suggest that Early Initiation of the Problem Behavior *is* a risk factor.

In addition, the archival indicators suggest that the following *may be* a risk factor:

- Availability of Drugs
- Transitions and Mobility
- Extreme Economic Deprivation
- Family History of the Problem Behavior
- Family Conflict

The archival indicators suggest that the following *are not* risk factors:

- Low Neighborhood Attachment and Community Disorganization
- Family Management Problems
- Favorable Parental Attitudes and Involvement in the Problem Behavior
- Lack of Commitment to School

REALITY TOUR

The Reality Tour is a drug awareness and prevention program that takes you into the life experiences of a teen addicted to heroin. Currently in its third year, it begins simply with a party, which leads to an arrest and imprisonment, then an overdose at the emergency room, and, finally, to a funeral for the overdose victim.

At the end of the evening, addicts in recovery tell how addiction took hold of their lives in their teenage years and how it has impacted them today. Also, law enforcement officials speak of the legal ramifications of drug use. The Reality Tour has a wonderful group of volunteers who show up each month to join in the fight against addiction.

The Reality Tour is held the second Tuesday of the month at the Armstrong County Jail from 6:00 to 9:00 p.m. For more information, please visit our website at www.arcmanor.org or call (724) 548-7607.

MYTH VS. REALITY

True or False? Smoking Is Sexy?

False! - Only if you think bad breath, smelly hair, yellow fingers, and coughing are sexy. Advertisements often portray smoking as glamorous and sophisticated, but think carefully about who created these ads and why.

TOBACCO CONSULTS AT ACMH

ARC Manor's Tobacco Cessation Counselor provides many support services within Armstrong County. One such service is to partner with Armstrong County Memorial Hospital and provide tobacco consults to their patients who are suffering from tobacco related illnesses. These illnesses include heart attack, congestive heart failure and pneumonia as well as emphysema and various types of cancer. The consults are used to determine the patient's level of readiness in the quitting stages and to provide cessation information. The patients who are interested in quitting are encouraged to call the quit hotline at 1-800-QUIT-NOW (1-800-784-8669) and are given ARC Manor's cessation group schedules to consider after they have been discharged. The collaboration has been well received by both patients and hospital staff.

THANK YOU

ARC Manor survives and thrives on community donations. We are grateful for receiving donations from the following individuals and organizations since September 2007:

James Panchik, Barb Miklos, Jerusalem Lutheran Church, C. Talbot and Sarah Heppenstall Jr., New Life Center Church, Joseph and Judith Nickleach, Kay and Steve Owen, Richard and Sue Boggs, Walter and Shirley Schutzman, St. Luke's UCC Women's Guild, Leonard and L. Suzanne Meneely, Grace Presbyterian Church, Yates Moffitt and Zulu Endowment Fund, Chase and James McClister in memory of Harvey H. Heilman

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**

Cindy McCrea - Executive Director

ARC Manor Newsletter Staff:
Denise Marano and Kathy Velcko

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.

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Our Mission

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

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ADDICTION RECOVERY CENTER

ARC
MANOR

